



# Practical Tools for **Building Resilience in Counseling and Therapy**

For over 20 years, WhyTry has provided practical, evidence-based resources that help people of all ages overcome adversity, build resilience, and develop the life skills they need to succeed. While widely used in schools, these same tools provide mental health professionals with engaging, practical strategies to reach children and youth who are often the hardest to connect with—those facing trauma, family stress, and overwhelming life challenges.



## Tools Designed for **Educators and Mental Health Professionals**

Our visual metaphor-based toolkits give therapists, counselors, social workers, and psychologists concrete ways to:

- Break through resistance and engage youth who feel shut down or hopeless
- Build trust and connection quickly in one-on-one or group settings
- Teach emotional regulation, decision-making, and self-efficacy through simple, memorable concepts
- Help clients identify strengths, develop coping strategies, and build hope
- Support growth for individuals struggling with peer pressure, family instability, anxiety, or low motivation

These strategies can be integrated into:

- Community mental health programs
- Family therapy
- Clinical psychology practice
- Social work case management
- Youth probation and correctional settings
- Counseling with early childhood through adult populations



## A Resource for **Every Age and Setting**

- Pre-K through Adults: Activities and analogies adapted for each developmental stage
- Youth on Probation or in Detention: Used successfully in justice settings to engage resistant youth
- Families: The Parent Guide to Resilience provides simple tools for caregivers to help their children build resilience at home.

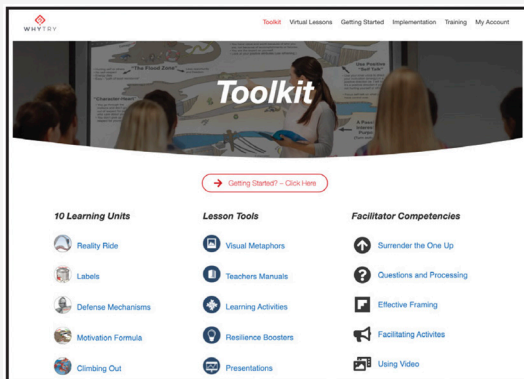
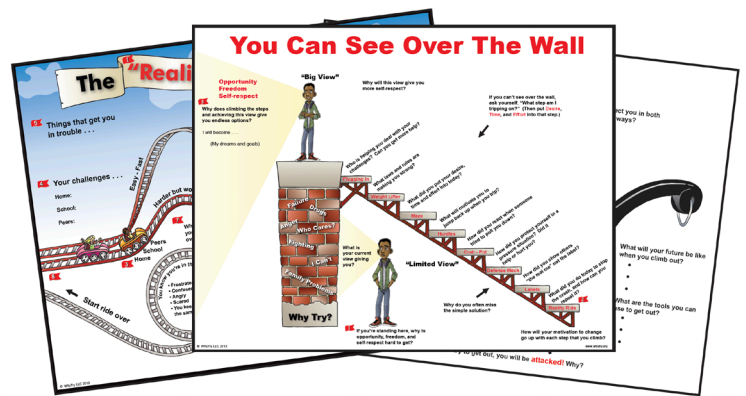
# The WhyTry Program

WhyTry is a **flexible toolkit and program for educators and mental health professionals**. It provides simple, hands-on strategies and resources to help motivate the unmotivated youth, support children and youth with trauma, improve engagement, and increase school success. It focuses on teaching the **“Skills of Resilience”** to students in a way that they will understand and remember.

The WhyTry program utilizes a series of ten visual analogies that teach essential life skills like:

- Improved decision making
- Positive self-esteem
- Dealing with peer pressure
- Emotional regulation
- Intrinsic motivation
- Problem solving in life
- Valuing hard work
- Plugging in to support systems
- Self-efficacy and hope

## 10 WhyTry Learning Units



## The WhyTry Toolkit and Materials

The WhyTry Program is flexible toolkit with resources for one-on-one settings as well as group sessions. To schedule a demo of our complete toolkit and implementation model, go to:

**[whytry.org/demo](http://whytry.org/demo)**

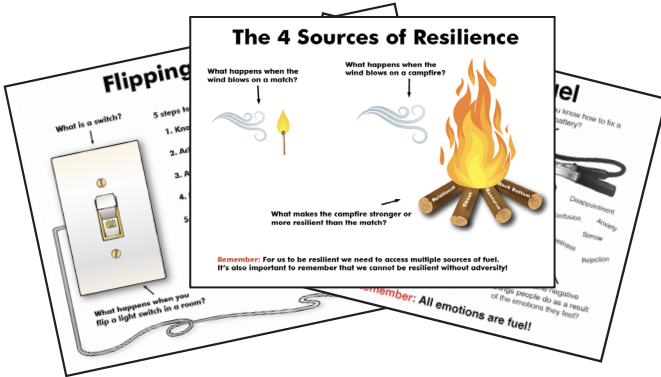
## Key Benefits for Your Clients

- Replace negative labels with strengths-based identity
- Choose positive coping skills in place of destructive patterns
- Strengthen problem-solving and goal-setting skills
- Build positive relationships and support systems
- Visualize a hopeful future and develop resilience for the long term

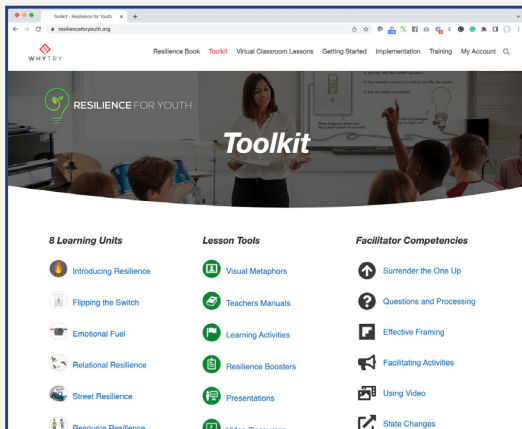
# Resilience For Youth

The Resilience For Youth program is **a suite of tools targeting grades 6-12** that teach the building blocks and **“Sources of Resilience”** for youth and also includes resources for educators and parents.

## Resilience for Youth Learning Units



- Focusing on Resilience
- Flipping the Switch
- Emotional Fuel
- Relational Resilience
- Street Resilience
- Resources Resilience
- Rock Bottom Resilience



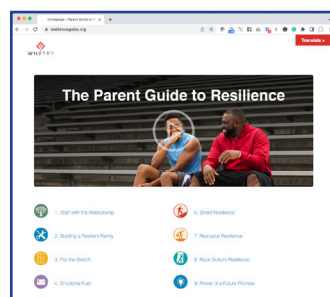
## Resilience for Youth Toolkit

Resilience for Youth is a flexible toolkit for one on one counseling or group sessions. To schedule a demo of our complete toolkit and implementation model, go to:

**[whytry.org/demo](https://whytry.org/demo)**

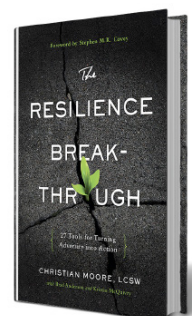
## The Parent Guide to Resilience

The parent guide is a companion resource for parents and families to help apply the same principles of resilience taught in our programs, in the home.



## Our Best Selling Book

“The Resilience Break-through” provides a series of 27 strategies for teachers and educators to find ways to cope and build their own resilience during difficult times.



# Training and Support

We provide more than just materials. Our trainings (available online or onsite) show mental health professionals how to use the WhyTry approach to create connection and engagement with clients who are often the hardest to reach.



## Participants learn:

- How to incorporate the visual metaphors and activities into therapy sessions
- Ways to use the language of resilience to reframe client struggles into strengths
- Strategies to build motivation and self-efficacy in resistant or traumatized clients
- Practical, step-by-step methods for individual, group, and family settings

Ongoing coaching and resources are also available, so you can confidently use these tools to create meaningful breakthroughs with the children, youth, and families you serve.

Would you like more of the **FREE** resources we provide to our growing community of resilience-focused educators and mental health professionals?

- Free WhyTry lesson sample
- Access to our Resilience Breakthrough Webinar Series
- Our Resilience Breakthrough Podcast
- Our Parent Guide to Resilience



Scan this **QR code** and fill out the form!

Schedule a **FREE** online demo of one of our programs and we will send you a free ebook and audiobook copy of our best seller,

***“The Resilience Breakthrough”***  
- by Christian Moore L.C.S.W.

**whytry.org/demo**

