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| Policy Implications | <ul style="list-style-type: none"> • Focusing attention on systemic barriers to intensive intervention, such as billing and scheduling policies • Collecting wellbeing outcomes with the most evidence routinely and using them alongside problem-focused outcomes |
| Practice Implications | <ul style="list-style-type: none"> • Intensive and daily practice interventions are most promising for quality of life • Assess and harness whole portfolio of strengths, with the patient |
| Research Implications | <ul style="list-style-type: none"> • Consensus is needed in defining psychological resilience • Interventions fostering optimism, executive functioning, and social connectedness should be developed • Interpersonal effectiveness and making sense of trauma should be studied more • Studies measuring PTSD symptoms should also measure trauma exposure |