

Michael Ungar, PhD

An Expert on Resilience, Parenting, and Risk

Michael Ungar, PhD, is one of the world's leading authorities on resilience in children and young people. His direct but engaging style makes him a popular interview subject and his easy on-air presence makes him a perfect choice when looking for an expert on the topics of resilience, parenting and risk.

Michael has been interviewed on numerous television and radio shows, including Good Morning Atlanta and the CBC (both their radio and television services), and has given his expert opinion in a broad range of print and online media, including USA Today, Macleans, the Globe and Mail, the National Post, Reader's Digest, the Christian Science Monitor and Parentcentral.ca.

His books for parents have been published in Canada, the USA, Australia and France. His book *We Generation: Raising Socially Responsible Kids*, helps parents learn how to raise kids that are connected to their families, their communities and the world at large. Ungar's message is that encouraging our children to make a contribution to the welfare of others helps them realize their full potential and protects them from the dangers of delinquency (whether that be drug abuse, violence, or early sexual activity). In *Too Safe for Their Own Good: How Risk and Responsibility Help Teens Thrive*, Ungar shows parents how our mania to keep kids safe from harm is causing them to miss out on the many benefits that come from experiencing manageable amounts of risk and responsibility. Ungar calls this "the risk-taker's advantage".

Some of the subjects that Michael can speak on with the media are:

- The benefits of risk-taking for children and youth.
- How to engage children and adolescents better at school.
- Parenting teenagers.
- Resilience and what it takes for children and youth to thrive.
- Delinquency, bullying, domestic violence and other concerns for our children.
- Families across cultures, immigration and refugees.
- Design of social services (child welfare, corrections and mental health).

Biography

Dr. Ungar, or Michael as he prefers to be called, has practiced for over 25 years as a Social Worker and Marriage and Family Therapist with children and families in child welfare, mental health, educational and correctional settings. Now a Professor of Social Work and Co-Director and Founder of the Resilience Research Centre at Dalhousie University in Halifax, Canada, he leads a multi-million dollar study of resilience with an international team of researchers that spans more than a dozen countries on six continents. Building on years of research Michael became the Network Director for the Children and Youth in Challenging Contexts Network, sharing best practices related to working with vulnerable children and youth.

In 2012, Michael was the recipient of the Canadian Association of Social Workers National Distinguished Service Award and was identified as the most cited social work academic in Canada according to an independent survey published by Canada's national newspaper, The Globe and Mail.

Michael has delivered keynote addresses at conferences across North America and around the world (from Slovakia to South Africa). He still maintains a small family therapy practice and, among other volunteer work, is a Board member of the American Family Therapy Academy.



To request an interview with Michael Ungar,
please contact:
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A selection of high resolution images of Michael Ungar are available for download on his website.

Find Michael online at www.michaelungar.com



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