

# 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 University Research Professor, and Professor at the School of Social Work 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.

Michael has given keynote speeches and presented at conferences in many different countries (from Slovakia to South Africa), and recently participated in roundtable events at the European Parliament in Brussels. He still maintains a small family therapy practice for troubled children, youth and their families.

## **To request an interview with Michael Ungar, please contact:**

Canada: Michael Ungar, [rrc@dal.ca](mailto:rrc@dal.ca), 902-494-3050

United States: Lissa Warren, [lissa.warren@perseusbooks.com](mailto:lissa.warren@perseusbooks.com), 617-252-5212

Australia and New Zealand: Kelly Fagan, [kellyf@allenandunwin.com](mailto:kellyf@allenandunwin.com), +61-2-8425-0184

A selection of high resolution images of Michael Ungar are available for download on his website.



**Find Michael online at [www.michaelungar.com](http://www.michaelungar.com)**  &  **MichaelUngarPhD**