

Biography: Dr. Karen Reivich

Karen Reivich, Ph.D. is Co-Director of the Penn Resiliency Project at the Positive Psychology Center and a Research Associate in the Department of Psychology at the University of Pennsylvania. Dr. Reivich is also an instructor in the Masters of Applied Positive Psychology program where she teaches Positive Psychology and Interpersonal Relationships. She is a leader in the fields of depression prevention, optimism, resilience, and Positive Psychology interventions.

Dr. Reivich's work focuses on helping parents and educators to promote well-being in children and adolescents. She is a lead author of the Penn Resiliency Program for Adolescence (PRP) and a parallel program for parents. During the past 25 years, she has been a Co-Principal Investigator of studies of PRP funded by the National Institute of Mental Health. She is also a co-author of a high school Positive Psychology curriculum and a Co-Principal Investigator on a Department of Education funded study of that program.

Dr. Reivich works with the US Army as part of Comprehensive Soldier and Family Fitness, an initiative to develop and train a resilience program for Soldiers, Families and DA Civilians. Dr. Reivich and her team have trained over 30,000 Soldiers to be Master Resilience Trainers for the US Army.

Dr. Reivich also partnered with Pepperidge Farm Goldfish to develop the Fishful Thinking program, which provides information about how to promote optimism and resilience in school aged children. Together with Pepperidge Farm, she has created a free, interactive website (www.goldfishsmiles.com) which enables parents and educators to easily access information, activities and strategies for enhancing resilience and well-being in youth.

Dr. Reivich's scholarly publications have appeared in academic journals including Psychological Science, Journal of Early Adolescence, School Psychology Quarterly, Journal of Abnormal Child Psychology, and Journal of Consulting and Clinical Psychology. She is a co-author of the books *The Optimistic Child* and *The Resilience Factor*.

Dr. Reivich completed her B.A. and her Ph.D. in Psychology from the University of Pennsylvania.