

# The concept of resilience vs. ataraxia

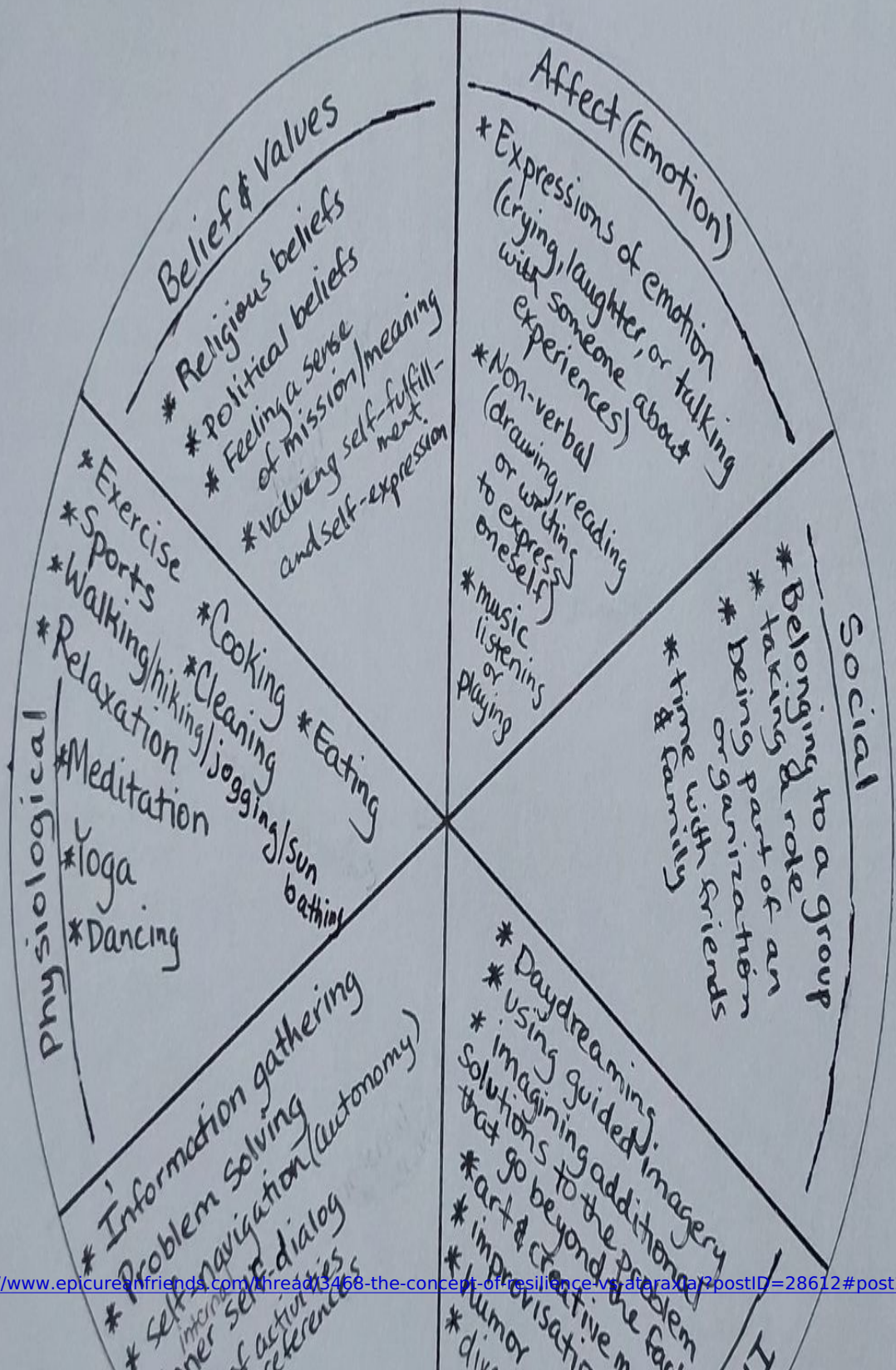
Post by “Kalosyni” of January 13, 2024 at 10:34 AM

In another thread the idea of "finding meaning" came up, and it reminded me about this much more useful model, which I think is much more effective for coping -- it is called the "**BASIC-ph Model of Coping**" created by Mooli Lahad.

It incorporates 6 aspects for good coping...and one of them is physical pleasure (under the label "Physiological").

Here is a diagram I drew:

# BASIC-ph Model of Coping - Mooli Lahad



Here is a website that has brief explanation (but it's not the site from which I created the above diagram).

[Resilience and Trauma – The BASIC Ph Model - Brighton Therapy Partnership](#)

The BASIC Ph model is a method of understanding resilience in the face of trauma, and was developed by Professor Mooli Lahad. About Professor Mooli Lahad...

[brightontherapypartnership.org.uk](http://brightontherapypartnership.org.uk)