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# Stuntzner and Hartley's Life Enhancement Intervention: Developing Resiliency Skills Following Disability

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## Authors' Biography

**Dr. Susan Stuntzner PhD, LPC, LMHP, CRC, NCC, DCC, BCPC, DAPA, FAPA** is an Assistant Professor of the Rehabilitation Counseling and Human Services at the University of Idaho. She is a Licensed Professional Counselor, a Certified Rehabilitation Counselor, a Nationally Certified Counselor, and a Distance Credentialed Certified Counselor. Dr. Stuntzner has employment experience in working with persons with disability as a psychology staff member, a rehabilitation counseling professional, a vocational evaluator, and a program coordinator for a non-profit rehabilitation agency.

Dr. Stuntzner is a graduate of the Rehabilitation Psychology program at the University of Wisconsin – Madison. Her research interests include: adaptation and coping with disability, resiliency, self-compassion and compassion, forgiveness and spirituality, development of intervention techniques and strategies, and mentorship of professionals with disabilities. She has written three books pertaining to coping and adaptation and/or resilience-based skills. Her works are entitled, *Living with a Disability: Finding Peace Amidst the Storm*, *Reflections from the Past: Life Lessons for Better Living*, and *Resiliency and Coping: The Family After*. More recently, she has published four articles on self-compassion and its potential relationship to the rehabilitation counseling profession and has written one other for review. She has also written four articles on forgiveness and disability for review. Dr. Stuntzner has a professional website devoted to helping people and professionals learn more about personal healing and growth following a disability (<http://www.therapeutic-healing-disability.com>).

**Michael T. Hartley, Ph.D., C.R.C.**, is an Assistant Professor in the Department of Disability and Psychoeducational Studies at The University of Arizona. He earned a M.S. degree in Rehabilitation Counseling from The University of Wisconsin-Madison and a Ph.D. degree in Rehabilitation Counselor Education from The University of Iowa. Dr. Hartley's professional experience began as a job coach working with individuals with developmental disabilities. After earning his master's degree, he worked as a counselor to assist individuals with physical disabilities to live and work independently in the community. Later, while earning his doctoral degree, he served as a director for a rural Center of Independent Living (CIL) providing information and referral for accessible housing, transportation, and community services. Since 2008, he has written, presented, and conducted research in the areas of ethics, disability rights, and resilience.

Recently, Dr. Hartley has had six peer-reviewed articles accepted for publication and three book chapters. Four of the articles were an initial exploration into resilience theory as an approach to support individuals with mental health disorders to be successful in college. In addition, the book chapters were part of edited collections covering important disability topics. For instance, one chapter, *Rehabilitation Issues, Social Class, and Counseling*, considered the complexities of social class and disability, examining the economic and cultural realities associated with both. Another chapter, *The Disability Rights Community*,

explored the emergence of Independent Living, Disability Studies and Disability Culture. The third chapter, Ethics and Accountability, highlighted tensions in healthcare related to distributive justice and disability. Dr. Hartley is currently conducting research related to the role that counselors can play in defining and supporting how individuals respond successfully and creatively to their disabilities.

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