

Dr Karen Reivich



Director of Resilience and Positive Psychology Training Programs and Director of Training Programs at the University of Pennsylvania Positive Psychology Center. She is the lead curriculum developer and instructor and trains and supervises all training instructors. She is an internationally recognized expert in the fields of resilience, depression prevention, and Positive Psychology.

She has more than 30 years of experience developing and delivering resilience and Positive Psychology programs for educators and their students, U.S. Army soldiers, health care professionals, a professional sports organization, corporate audiences, and more. As lead instructor of the Penn Resilience Program, she has worked with more than 10,000 participants.

Dr. Reivich's scholarly work focuses on helping parents, educators, and leaders to promote resilience and well-being. For 20 years, she was a Co-Principal Investigator of several research studies of the Penn Resilience Programs funded by the National Institute of Mental Health and the U.S. Department of Education. Dr. Reivich has published extensively in academic journals and edited books in the areas of Positive Psychology and resilience. Her 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 two books: [The Optimistic Child](#) and [The Resilience Factor](#).