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## Strengths-Based Prevention

### Reducing Violence and Other Public Health Problems

VICTORIA BANYARD AND SHERRY HAMBY

Presenting a new way of thinking about prevention that focuses on building assets and resources, this book provides practitioners and researchers with the means to make more impactful choices in the design and implementation of prevention programs. Drawing from state-of-the-art research on a range of behavior problems such as violence, drug abuse, suicide, and risky sexual activity, Victoria Banyard and Sherry Hamby present a strengths-based approach to prevention.

This book synthesizes research on behavior change from a variety of disciplines, including psychology, public health, sociology, criminology, resilience science, critical race theory, and even urban planning. It emphasizes the importance of building enough protective strengths to insulate people from risks.

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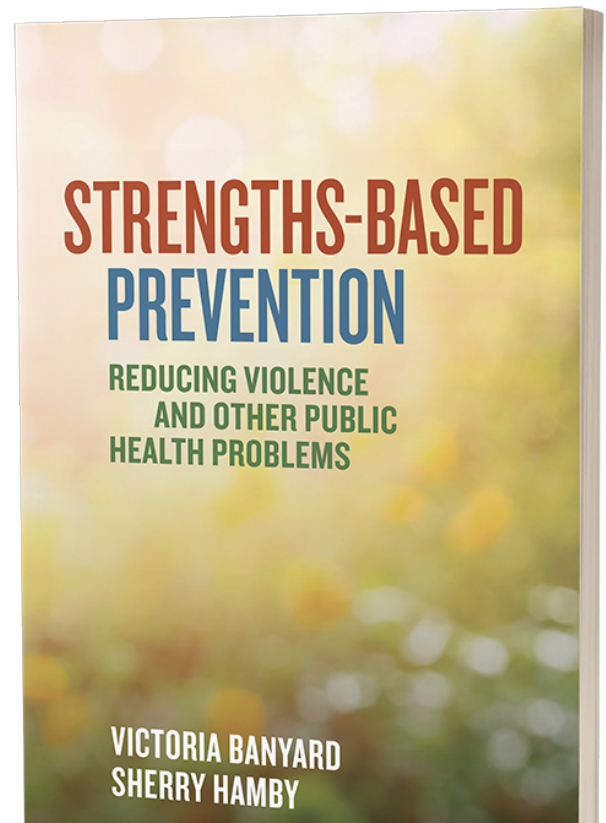
#### KEY FEATURES

- Helps practitioners and researchers design and implement effective prevention programs
- Connects findings from research to specific prevention practices and recommendations
- Considers how intersectional identities and social justice issues impact prevention effectiveness

#### ABOUT THE EDITORS

**Victoria Banyard, PhD**, is a Professor in the School of Social Work at Rutgers, the State University of New Jersey, and the Associate Director of the Center on Violence Against Women and Children. Dr. Banyard received her doctorate in clinical psychology from the University of Michigan with a Certificate in Women's Studies. She has authored over 150 publications on resilience in the face of interpersonal violence, evaluating the effectiveness of sexual and relationship violence prevention programs, and understanding how to mobilize bystander interventions to prevent violence.

**Sherry Hamby, PhD**, is Research Professor of Psychology at the University of the South, Sewanee, and Director of Life Paths Research Center. She is also founding editor of the APA journal, *Psychology of Violence*, and founder and co-chair of ResilienceCon. Dr. Hamby is an internationally recognized authority on victimization and trauma who is best known for her work in poly-victimization and resilience. Her awards include Outstanding Contribution to the Science of Trauma Psychology from the American Psychological Association. Dr. Hamby's work has appeared in the *New York Times*, *USA Today*, *CBS News*, and hundreds of other media outlets.



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