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Thank God Ledge (1700 ft)  
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# Is resilience distinct from lack of vulnerability?

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- **Is resilience a unique biological trait?**

- Defined by behavior or by biology?
- Different types of resilience?
  - Low reactivity, focus/compartmentalization, optimism, homeostasis?
  - Transdiagnostic vs disease specific?
- Diseases of resilience? (depression? PTSD?)

- **Do treatments target disease, resilience, both?**

- “Listening to Prozac” (Peter Kramer): positive life changes independent of antidepressant effects?
- Psychedelics produce positive life change plus illness relief?

# Do antidepressants promote resilience?

## Resilience as a positive trait induced by SSRIs, ketamine

- Stress-resilient and stress-vulnerable rodents have distinct epigenomic "fingerprint"
- SSRIs, ketamine produce resilient epigenomic fingerprints in vulnerable animals associated with resilience to stress

## Similarity of placebo and SSRI/SNRI response and relapse supports resilience promotion

