The present paper is a description and analysis of the process of activation of resilience carried on twenty families belonging to the therapeutic community Luis Amigó of Medellín, as a project of investigation-action during the year 1999. As a strategy, the eight principles of emotional interaction and cognitive mediation were followed, as proposed by the International Child Development Programs ICDP. The expected result at the end of the process, which could be ascertained at the final evaluation of the project, was the strengthening of bonds of healthy affection among its members, necessary for the generation of an ambience different from co-dependency.

Keywords
Co-dependent family, resilience, principles of emotional interaction, principles of cognitive mediation.