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Positive Psychology Across the Lifespan Piers Worth,2022-02-22 Positive Psychology Across the Life Span provides an insight into how we are affected by the different stages of adult development and gives us the opportunity to change through choice rather than leaving change to chance The science of positive psychology offers a wealth of research and evidence based interventions and shares insights into which habits and behaviours contribute to how to live a flourishing life This book aims to extend that knowledge by introducing and incorporating key aspects of existential and humanistic psychology and explores positive psychology with a lifespan perspective It goes beyond theory to look at practical application with insightful reflective questions Whilst acknowledging the differences and disagreements between some of the key figures in the subject areas of the book it seeks to highlight the areas where there is agreement and congruence which have been previously overlooked or ignored The book will be essential reading for students and practitioners of positive psychology as well as other mental health professionals

Routledge International Handbook of Positive Health Sciences Jolanta Burke, Ilona Boniwell, Beth Frates, Liana S. Lianov, Ciaran A. O'Boyle, 2023-12-29 This ground breaking book combines research and practice in the rapidly growing field of Positive Psychology with the fastest growing medical speciality of Lifestyle Medicine Section 1 maps out the new field of positive health by exploring the scope content and architecture of this rapidly emerging area of research It explores research findings and applications derived from Lifestyle Medicine and Positive Psychology that are critical for positive health Section 2 delves into positive health research covering topics such as using character strengths to improve health maximising psychological wellbeing from head to toe optimising gut health and understanding the relationships between mind and body Section 3 offers guidance on applying the principles of positive health by describing new Positive Health Interventions PHIs introducing innovative positive health coaching models and exploring the contribution of positive psychology to health equity The book is ideal for medical doctors nurses and health professionals interested in helping their patients flourish psychologically and physically It is an invaluable guide for social workers positive psychologists coaches and mental health professionals who want to explore the physiological dimensions of wellbeing

Intentional Responsive Adult Practices: Supporting Kids to Not Only Overcome Adversity but to Thrive Erik K Laursen, PhD, 2018-07-12 This book draws on positive psychology as well as strengths based and solution focused practices to empower adults to help children instead of reacting to their behavior Erik K Laursen PhD who has spent his career helping high risk children and their families identifies ten intentional responsive adult practices to give children the tools they need to overcome adversity Learn how to support young people to grow and develop throughout childhood adolescence into young adulthood provide supportive relationships where children and young people thrive and help children overcome social and emotional problems that are significant barriers to well being While numerous books articles and courses focus on the long term effects of childhood trauma this knowledge alone does not give us the tools we need to help children thrive By learning how to reflect and intentionally respond to children s pain which is the focus of this book you ll be able to help young people transform their lives

New Trends in Psychobiography Claude-Hélène Mayer, Zoltan Kovary, 2019-08-06 This volume offers insights into contemporary trends and perspectives in psychobiographical research It applies new theoretical and methodological frameworks and presents discourses on psychobiography from transdisciplinary backgrounds and various socio cultural contexts displaying the new state of the art new trends and themes in psychobiography The book outlines psychobiography s outstanding contribution to psychology from 36 internationally reputable authors It also presents the ideas of five outstanding psychobiographers through interview excerpts This book is a must for researchers lecturers and practitioners in the field of psychology and social sciences interested in the use of new psychological theories and methodologies in life span research

School-Based Family Counseling Brian A. Gerrard, Michael J. Carter, Deborah Ribera, 2019-06-27 Written by experts in the field *School Based Family Counseling An Interdisciplinary Practitioner s Guide* focuses on how to make integrated School

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