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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	A family and wellness based approach to child emotional-behavioral problems / Rettew -- A strength-based approach to the psychotherapeutic management of schizophrenia / Vahia and Charmadhikari -- MDMA-assisted psychotherapy for PTSD / Raison -- Recovering strengths : combining psychodynamic psychotherapy and positive psychiatry for improved self-esteem / Bozorgnia -- Positivity in the treatment of opioid addiction and trauma / O'Donnell -- Effective use of positive psychiatry concepts in the psychotherapy of an older patient living with bipolar disorder / Sewell -- Diabetes as a family illness : a positive approach to diabetes management / Martin -- Surfing the urge to avoid : using acceptance commitment therapy and cognitively based compassion training to treat PTSD / Casmar -- Use of an integrated positive psychiatry approach in a veteran with tinnitus / Laird and Serpa -- Building resilience to chronic stress in caregivers / Biscoe -- Stress management and resiliency training in medical internship / Chaukos and Teitelbaum -- Acting 'as if' in executive coaching / Polly -- Teaching positive psychology in law school / Bowling.