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Nota di contenuto	Chapter 1. Introduction -- Part 1: Theoretical Approaches -- Chapter 2. Posttraumatic Growth & Wisdom: Processes and Clinical Applications -- Chapter 3. Perceived Growth and Wisdom: Unanswered Questions -- Chapter 4. Adversity Constitute an Epistemic Injustice? -- Chapter 5. PTG as Personality Change: A Straw-Man Argument -- Chapter 6. The Interplay of Adversity and Wisdom Development: The H.E.R.O.E. model -- Chapter 7. The H.E.R.O.E. Model and Self-injury Recovery: A

Commentary -- Chapter 8. Coping with Adversity through Metaconscious Wisdom -- Chapter 9. Commentary on "Coping with Adversity through Metaconscious Wisdom" by Michel Ferrari & Melanie Munroe -- Chapter 10. The Co-Evolution of Meaning-making and Wisdom in Processing and Developmental Time -- Chapter 11. Commentary on Mansfield's "The Co-Evolution of Meaning-making and Wisdom in Processing and Developmental Time" -- Chapter 12. Self-compassion as a Protective Factor for Adolescents Experiencing Adversity -- Chapter 13. Commentary on "Self-compassion as a Protective Factor for Adolescents Experiencing Adversity" by Bluth, Lathren, and Park -- Chapter 14. How MORE Life Experience Fosters Wise Coping -- Chapter 15. Commentary on Glück's -- Chapter : How MORE Life Experience Fosters Wise Coping -- Part 2: Case Studies of Wisdom and Adversity in Real-Life Contexts -- Chapter 16. Wise Coping during the Great Depression Years -- Chapter 17. Comments on "Wise Coping during the Great Depression Years (Monika Ardel, PhD, and Jared Kingsbury, MA) -- Chapter 18. Coping Wisely Through Self-injury -- Chapter 19. Recovery from NSSI and the H.E.R.O.E. Model of Wisdom -- Part 3: Wisdom in Therapy -- Chapter 20. Wisdom Therapy in Overcoming Trauma and Burdens of Life -- Chapter 21. Commentary on "Wisdom Therapy in Overcoming Trauma and Burdens of Life" by Arnold and Linden -- Chapter 22. Existential empathy: A necessary condition for posttraumatic growth and wisdom in clients and therapists -- Chapter 23. The Similarities and Differences between Existential Empathy in Therapeutic Practice and Wise Coping during the Great Depression Years -- Part 4: Institutional and Political Changes -- Chapter 24. Wisdom in Medicine: Growing and changing in the wake of an error -- Chapter 25. Learning from Mistakes: An Understudied Path to Wisdom -- Chapter 26. Colonial Adversity and Decolonial Wisdom: Radical Resurgence with Indigenous Youth -- Chapter 27. Commentary: The Vital Role of Indigenous Revitalization and Connectedness in Decolonial Healing -- Chapter 28. Conclusion.

Sommario/riassunto

This book explores 'why some people experience post-traumatic growth leading to greater wisdom and others do not' and suggests that a critical variable is how one copes with that trauma: individuals who actively reflect on their experiences of trauma should develop higher levels of self-transcendent wisdom. This same dynamic has been shown both in research studies of post-traumatic growth and by therapists working with people who have experienced trauma, but these two bodies of work have rarely been brought into direct conversation with each other. In this volume, wisdom researchers and therapists with direct experience with trauma survivors comment on each other's ideas about how coping with adversity can lead to wisdom, and how their proposed models of developing wisdom incorporate the act of coping with a stressful or traumatic event. Based on a synthetic integration of the recommendations in each chapter, the book concludes with the introduction of a new conceptual framework that can better help even individuals who experience significant stressors in their life to cope well and develop wisdom that will be both theoretically robust and practically useful.
