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Nota di contenuto	Chapter 1. Exploring the Emerging Field of Financial Therapy -- Chapter 2. The Brain and Financial Decision-Making -- Chapter 3. Practical Application of Neuroeconomics in Financial Planning -- Chapter 4. Models, Resources and Tools Employed in Financial Therapy -- Chapter 5. Decolonising Assessments in Financial Therapy: The Covid-19 Pandemic and African Context -- Chapter 6. Online Therapy: Challenges, Benefits, and Implications for Online Financial Therapy -- Chapter 7. Understanding The Different Generations as Part of Financial Therapy -- Chapter 8. Couples and Financial Therapy -- Chapter 9.

Planning for and Surviving Divorce: Can the Incorporation of Financial Therapy Be a Game-Changer? -- Chapter 10. Rebuilding a Stable Emotional and Financial Foundation After the Divorce -- Chapter 11. Therapeutic Jurisprudence and Estate Planning -- Chapter 12. The Limitations on Freedom of Testation -- Chapter 13. Allaying Estate Planning Fears Through Trusts -- Chapter 14. Financial Therapy – A Critical Appraisal.

Sommario/riassunto

As we deepen our understanding of the interplay between money and psychology, financial therapy has emerged as a popular field of study. This book offers a diverse range of perspectives on the practice of financial therapy, exploring its benefits, challenges, and potential critiques. The book also provides practical guidance for financial therapists as well as financial planning and mental health practitioners who incorporate financial therapy into their work. The book covers a wide range of topics, including the neurobiology of financial decision-making, models in financial therapy, online financial therapy, generational differences in financial attitudes, incorporating financial therapy into divorce planning, and techniques for coping with the stresses associated with estate planning. The book addresses the need for culturally relevant assessments of financial therapy in African contexts and offers a critical appraisal of the field of financial therapy. By providing multiple perspectives and practical guidance, this book will be a valuable resource for students, scholars, and researchers in financial therapy, financial planning and related fields, as well as the broader field of psychology.
