

1. Record Nr.	UNINA9910741191203321
Titolo	The strength of self-acceptance : theory, practice and research // Michael E. Bernard, editor
Pubbl/distr/stampa	New York, : Springer Science, 2013
ISBN	1-4614-6806-X
Edizione	[1st ed. 2013.]
Descrizione fisica	1 online resource (301 p.)
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Disciplina	150 155.2 302 616.89
Soggetti	Self-acceptance Psychotherapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction to Self-Acceptance: Theory, Theology and Therapy -- Humanistic Psychology and Self-Acceptance -- Self-Acceptance in Buddhism -- Self-Acceptance and Christian Theology -- The Value of a Human Being -- Psychologically Flexible Self-Acceptance -- Unconditional Positive Self-Regard -- Unconditional Self-Acceptance and Self-Compassion -- Self-Acceptance and Happiness -- Measuring and Characterizing Unconditional Self-Acceptance -- Self-Acceptance in the Education and Counseling of Young People -- Self-Acceptance and the Parenting of Children -- Self-Acceptance and Successful Relationships -- Self-Acceptance in Women -- Self-Acceptance and Chronic Illness -- Compassionate Self-Acceptance and Aging.
Sommario/riassunto	The rationale for this book is the exploration of how different theories (e.g., humanistic, cognitive-behavioral), theologies (e.g., Christianity, Buddhism) and therapies (e.g., REBT, CBT, ACT) view self-acceptance as a catalyst for the alleviation of emotional misery as well as an energizer supporting growth towards happiness and fulfillment. An additional rationale for this book is the desire to see self-acceptance recognized in the field of positive psychology as a fundamental character strength contributing to flourishing. Divided between theory and practice, The

Strength of Self-Acceptance assembles current research and seminal theory on self-acceptance both as scientific construct and as character strength in one lucid, well-documented reference. An expert panel of international scholars and practitioners examines links between self-acceptance and related concepts such as self-esteem, self-awareness, acceptance of others, and happiness. Specific areas for practice include parenting, education, relationships, women's and older people's issues, and chronic illness, as well as guidelines for developing self-acceptance in therapy with all clients, and for measuring client progress. Throughout, self-acceptance is revealed not merely as a desirable state, but one essential to positive development and fulfillment. Included in the coverage: What Maslow, Rogers and May have to say about self-acceptance Albert Ellis and Steven Hayes present their views Buddhist radical acceptance and the willingness to experience and accept whatever is taking place in the moment How Christian scripture through the lessons of Jesus Christ teaches that sin does not reduce human worth The human biological propensity for self-depreciation and the importance of teaching unconditional self-acceptance Ways to measure self-acceptance. Classroom and counselling strategies for teaching self-acceptance to young people. Self-acceptance as an integral component of comprehensive mental health programs The importance of social interest and responsibility in the encouragement of self-acceptance Compassionate self-acceptance and the aging process The Strength of Self-Acceptance offers a profound understanding of the nuances of self-acceptance to scholars in theology, psychology, counseling, and psychotherapy. In addition, the book should have an immediate impact on the work of counselors, clinicians and therapists.

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