

1. Record Nr.	UNINA9910791379203321
Autore	Van Deurzen Emmy
Titolo	Psychotherapy and the quest for happiness [[electronic resource] ] / Emmy van Deurzen
Pubbl/distr/stampa	Los Angeles, [Calif.] ; ; London, : SAGE, 2009
ISBN	1-4462-6917-5 1-282-62291-9 9786612622915 0-85702-653-4
Descrizione fisica	1 online resource (182 p.)
Disciplina	616.891401
Soggetti	Psychotherapy - Philosophy Happiness
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 (p. [176]-180) and index.
Nota di contenuto	Cover; Contents; Introduction: Happiness and Psychotherapy; 1 Opening Pandora's Box: Values and Beliefs in Psychotherapy; 2 The Good Life: Philosophy as a Guide to Therapy; 3 Positive Psychology: A Science of Well Being; 4 Predictable Difficulties: Everyday Challenges; 5 Life Crisis: Triumph over Trauma; 6 Speech is Silver and Silence Golden: Feelings Remain Unspoken; 7 The Meaning of Being: Beyond the Quest for Happiness; Conclusion; References; Index
Sommario/riassunto	The author addresses the controversial subject of the moral role of psychotherapists. She asks searching questions about the meaning of life, seeking to define what a good life consists of and how therapists might help their clients to live well rather than living simply in search of happiness.