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Autore	Viljoen Rica
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Chapter 4: Human reactions to change4.1 Introduction; 4.2 Different theoretical approaches to human reactions to change; 4.3 The implications of the human reaction to change on change initiatives; 4.4 A positive reaction to change; 4.5 Overcoming resistance to change; Untitled; PART 2: EMERGING DIVERSITY OF THOUGHT; Chapter 5: Human niches - seeing in colours; SECTION 1: The first tier - worldviews of subsistence; 5.1 Introduction; 5.2 How spiral dynamics manifest in society; 5.4 Human niches; 5.5 Underlying assumptions to spiral dynamics; 5.6 Human niches, personality and intelligences 5.7 Metaphor: The Game of Life5.8 Spiral dynamics and motivational theory; 5.9 The different human niches; BEIGE; PURPLE; RED; BLUE; ORANGE; 5.10 CONCLUSION; Chapter 6: Human niches - seeing in colours; SECTION 2: The second tier - worldviews of being; 6.1 Introduction; GREEN; YELLOW; TURQUOISE; 6.2 Shadow niches; 6.3 Spiral and integral theory; 6.4 Designing from yellow; 6.5 Conclusion; PART 3: NAVIGATING OCD - APPLIED; Chapter 7: Inclusive OCD methodologies; 7.1 Introduction; 7.2 Appreciative inquiry (AI); 7.3 Dialoguing; 7.4 Storytelling; 7.5 World cafe; 7.6 Conclusion Chapter 8: Alternative intervention modalities8.1 Introduction; 8.2 Emotional and bodily human reaction to change; 8.3 The purpose of alternative intervention modalities; 8.4 Alternative intervention modalities; MUSIC; MEDITATION; HOLOTROPICAL BREATHWORK; TRAUMA RELEASE EXERCISE - TREMORING; CHANTING; JUGGLING; 8.5 The brain and alternative healing modalities at work; 8.6 Conclusion; Chapter 9: OCD interventions for inclusivity; 9.1 Introduction; 9.2 Experiential learning; 9.3 Industrial Theatre; 9.4 Action Learning; 9.5 Large-group interventions; 9.6 OCD interventions; 9.7 Conclusion Chapter 10: Value circles - people mandalas

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