

1. Record Nr.	UNINA9910816656703321
Autore	Alexander-Passe Neil
Titolo	Dyslexia and mental health : helping people identify destructive behaviours and find positive ways to cope / / Neil Alexander-Passe ; forewords by Michael Ryan and Pennie Aston
Pubbl/distr/stampa	London ; ; Philadelphia : , : Jessica Kingsley Publishers, , 2015
ISBN	1-78450-068-2
Descrizione fisica	1 online resource (266 pages)
Disciplina	616.85/5320651
Soggetti	Dyslexia - Psychological aspects Mental health
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	Chapter 1. What is Dyslexia?-- Chapter 2. A Dyslexic Life -- Chapter 3. Difference, Disclosure, Stigma and Labelling -- Chapter 4. Accepting a Dyslexic Identity; Chapter 5. -- Self-Belief -- Chapter 6. Stress and Anxiety; Chapter 7 Dyslexic Coping Profiles; Chapter 8. Defence Mechanisms and Coping Strategies -- Chapter 9. Pre-Defence Mechanism: Avoidance -- Chapter 10. Emotional Defences -- Chapter 11. Behavioural Defences -- Chapter 12. Vulnerability to Depression -- Chapter 13. Learned Helplessness to Optimism -- Chapter 14. Discussion and Conclusion
Sommario/riassunto	This book presents research and case studies to demonstrate why and how people with dyslexia can adopt adverse coping strategies and defensive mechanisms to deal with the emotional impact of dyslexia, leading to self-harm, depression and even suicide. It then looks at how they can best be helped and supported by professionals who work with them.