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| Descrizione fisica      | 1 online resource (362 p.)   |
| Altri autori (Persone)  | GoodmanJane <1942-><br>SchlossbergNancy K. <1929->   |
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| Nota di bibliografia    | Includes bibliographical references and index.   |
| Nota di contenuto       | Cover; Half-Title; Title; Copyright; Dedication; Contents; Preface; Acknowledgments; I. What Do We Need to Know?; 1. Adult Development Theories; Theoretical Approaches to Understanding Adulthood; The Developmental Perspective; The Contextual Perspective; The Life-Span Perspective; The Transition Perspective; Applying the Theoretical Perspectives; Case of the Disabled Teacher; Case of the Single Expectant Mother; Conclusion; 2. The Transition Framework; Overview of the Transition Model; Approaching Transitions; Types of Transitions; Summary; The Transition Process<br>William Bridges-Endings, Neutral Zones, Beginnings<br>Frederick Hudson-Cycle of Renewal; Bloch and Richmond-Hope and Spirituality; Chaos Theory of Transitions; Unifying Themes-An Integrated Model; Retirement-An Example of the Transition Process; The Resolution; Summary; 3. Factors That Influence Transitions; The 4 S System: Some Considerations; Balancing Assets and Liabilities; Appraisal of |

Transitions; Options and Diversity; The 4 S System: A Detailed View; Situation; Self; Support; Strategies; Assets and Liabilities: Another Look; II. What Are We Likely to Hear?; 4. Individual Transitions SituationTriggers; Timing; Duration; Source of Control; Self; Identity; Autonomy; Spirituality; Past Experience; Self-Efficacy; Support; Types of Support; Strategies; Reframing; Selective Denial; Hope and Optimism; Exercises; 5. Relationship Transitions; Types of Transitions; Partnering Relationships; Divorce; Widowhood; Remarriage; Parenting Issues; Grandparenting Issues; Eldercare; Death of a Parent; Friendships; Recurring Issues; Intimacy; Belonging; Mattering; Assessing Resources: Looking at the 4 S's; Situations; Self; Support; Strategies; Summary; Exercises; 6. Work Transitions Issues Related to SituationTriggers; Timing and Concurrent Stress; Control/Source; Previous Experience With a Similar Transition; Summary; Issues Related to Self; Salience and Balance; Resilience or Adaptability; Self-Efficacy; Meaning Making; Summary; Issues Related to Support; Issues Related to Strategies; Moving In, Through, Out, and Back (Again) Into Work; Moving In; Moving Through; Moving Out; Moving In Again; Gender Differences; Summary; Exercises; III. What Can We Do With What We Know and Hear?; 7. Individual Counseling; Hackney and Cormier's Counseling Model; Relationship Building AssessmentGoal Setting; Interventions; Termination and Follow-Up; The Transition Model and the Hackney-Cormier Model: An Integrative Approach; Assessment; Goal Setting; A Case Study; Interventions; Behavioral Interventions; Conclusion; Exercises; 8. Helping Clients Deal With Nonevent Transitions; Step 1: Understand Nonevents; Where Do Unmet Dreams Reside?; What Triggers Nonevents?; What Types of Nonevents Exist?; Are All Nonevents the Same?; Exercises 1: Listen With a Third Ear; Step 2: Develop Specific Strategies for Clients to Use as They Cope with Nonevents; Discovering Exercises 2: Tell Your Story

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### Sommario/riassunto

The only textbook explicitly designed to address counseling with adults who are coping with individual, relationship, and work transitions, this volume integrates the basic tenets of adult development with therapeutic practice. It is based on Schlossberg's theory of transitions, a new process and content model that offers effective techniques for helping adults to understand and successfully navigate normal life transitions. This revised edition addresses contemporary societal ills that exacerbate adult life transitions, such as a tumultuous economy, increased unemployment, bankruptcies, and f

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