

1. Record Nr.	UNINA9910825625203321
Autore	Inghilleri P (Paolo)
Titolo	Enabling positive change : flow and complexity in daily experience // Paolo Inghilleri, Giuseppe Riva, Eleonora Riva; preface by Mihaly Csikszentmihalyi Managing Editor: Aneta Przepiorka; associate editor, Pietro Cipresso; language editor, Matthew Coleshill
Pubbl/distr/stampa	Warsaw, [Poland] ; ; Berlin, [Germany] : , : De Gruyter Open, , 2014 ©2014
ISBN	3-11-041024-9
Descrizione fisica	1 online resource (222 pages) : illustrations, tables
Disciplina	150.1988
Soggetti	Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front matter -- Contents -- List of contributing authors -- Preface / Csikszentmihalyi, Mihaly -- Introduction: Positive Change in Global World: Creative Individuals and Complex Societies / Inghilleri, Paolo / Riva, Giuseppe / Riva, Eleonora -- 1 Phenomenology of Positive Change: Social Growth / Inghilleri, Paolo -- 2 Phenomenology of Positive Change: Personal Growth / Riva, Giuseppe -- 3 Positive Change and Positive Technology / Riva, Giuseppe / Gaggioli, Andrea -- 4 Positive Change and Networked Flow: From Creative Individuals to Creative Networks / Gaggioli, Andrea / Milani, Luca / Mazzoni, Elvis / Riva, Giuseppe -- 5 Positive change in clinical settings: flow experience in psychodynamic therapies / Riva, Eleonora / Rainisio, Nicola / Boffi, Marco -- 6 Positive Change in Environment: Aesthetics, Environmental Flowability and Well-Being / Rainisio, Nicola / Boffi, Marco / Riva, Eleonora -- 7 Positive Change and Political Participation: Well-Being as an Indicator of the Quality of Citizens' Engagement / Boffi, Marco / Riva, Eleonora / Rainisio, Nicola -- 8 Positive Change and Scholastic Education / Cavanagh, Rob / Sharnoff, David -- 9 Positive Change and Flow in Sport / Diana, Barbara / Argenton, Luca / Muzio, Marisa -- 10 Positive Change and Transgenerational Relationships in Family Business / Inghilleri, Paolo / Cesaro, Franco -- 11 Positive Change and Mentoring in Adulthood / Nakamura, Jeanne -- 12 Positive Change and

Sommario/riassunto

Personal psychological growth Why are some people able to promote their own psychological growth and change toward complexity while others not? Is it possible to propose simple methodologies and instruments that would allow selection of positive experiences and hence develop a stronger and richer Self? This book describes the way to promote and foster positive psychological growth in everyday life, through simple instruments accessible to anyone. Positive psychological experience The focal point of the approach is the concept of Flow of Consciousness, an experience of subjective psychological wellbeing that nourishes and complexifies the Self. The authors propose a wide overview of positive psychological experience considering individual characteristics and experiences, as well as the influence of context, culture and social relationship, and the effects of the immersion in a globalized world, like the increasing daily use of mediated communication technologies. In the various chapters, this conceptual frame is declined in different areas of research, either consolidated ones or new fields. Self-development tips In a fresh and engaging style, the book transports the readers in a world of situations and opportunities through which they can identify themselves in a positive and stable self-development process. In the first two chapters the authors describe the impact of positive psychological experience in social and individual life. In the following chapters the reader discovers, accompanied by the exposition of concrete research results, the specific characteristics that may promote flow experience in several field of experience: the use of communication technology; the experience of social-networks; clinical settings and Psychotherapy; the psychological relation with environment, politics and social participation, school, sports, family business, mentor's influence, and the perception of quality of life in daytime. Everyday opportunities This opportunity of interacting with different and various kinds of experiences, that may appear dispersive, will on the contrary bring the reader - who may choose this book both for professional or personal reasons - to understand the concept of personal psychological growth in the wider and more concrete perspective, and to comprehend which personal skills he may bring into play in order to improve his personality and his daily experience.
