

1. Record Nr.	UNINA9910830326703321
Titolo	Happiness, healing, enhancement [[electronic resource]] : your casebook collection for applying positive psychology in therapy / / edited by George W. Burns
Pubbl/distr/stampa	Hoboken, NJ, : Wiley, c2010
ISBN	1-282-46138-9 9786612461385 1-118-26966-7 0-470-56055-X
Descrizione fisica	1 online resource (362 p.)
Altri autori (Persone)	BurnsGeorge W (George William)
Disciplina	158.1 616.8914
Soggetti	Happiness Psychotherapy
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	Happiness, Healing, Enhancement: Your Casebook Collection For Applying Positive Psychology in Therapy; Contents; Acknowledgments; Quick Reference Guides; Introduction; WHAT THIS BOOK OFFERS; THE CONTRIBUTORS; THE STRUCTURE OF THIS BOOK; Part One: Happiness; Chapter 1: Strengthspotting; Chapter 2: We Will Be Laughing Again; Chapter 3: What Is Right with Him?; Chapter 4: The Why, Not the What; Chapter 5: From Here to Where You Want to Be; Chapter 6: You Want Me to Fix It?; Chapter 7: Putting the Lid on the Divorce Monster; Chapter 8: Development through Disability Chapter 9: From Vulnerability to SkillfulnessChapter 10: Do You See the Forest or the Tree?; Part Two: Healing; Chapter 11: Now I Can Get on with Life; Chapter 12: Empowering Lisa; Chapter 13: Can Helping Others Help Oneself?; Chapter 14: Doing Nothing, Changing Profoundly; Chapter 15: Laying Out in Anxiety; Chapter 16: Playing with the Moment; Chapter 17: Can You Be Happy in Pain?; Chapter 18: Charting a Course to New Beginnings; Chapter 19: A Surprise Attack, A Surprise Result; Part Three: Enhancement; Chapter 20: Sunsets and

Seashores; Chapter 21: A Dream of Creative Menopause

Chapter 22: Can We Play Again?Chapter 23: Inspiring Change; Chapter 24: A Positive Way of Addressing Negatives; Chapter 25: There Is a Fly in the Urinal; Chapter 26: Soaring to New Heights; Chapter 27: Are There Times Not to Use Positive Therapy?; Author Index; Subject Index

Sommario/riassunto

Praise for Happiness, Healing, Enhancement ""Filled with good strategies based in research, compelling case material, and most importantly, practical advice, this book belongs in the library of everyone interested in what it means to live well. It provides not only ample food for thought, but for action.""-Christopher Peterson, Professor of Psychology, University of Michigan ""If you are a therapist, a coach-or if you want to help yourself and others flourish-then this book is a must-read. It is an important theoretical and practical contribution to the field of positive psychol
