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Nota di contenuto	Chapter 1. Resilience and SHINE -- Chapter 2. Distress and Psychopathology in the Context of Adversity and Resilience -- Chapter 3. Strength-based Habit-Building -- Chapter 4. Hopeful Thinking -- Chapter 5. Interpersonal Support and Communication -- Chapter 6. Noticing Both Positives and Negatives -- Chapter 7. Embracing

Changes -- Chapter 8. Epilogue.

Sommario/riassunto

This book aims to present a new evidence-based approach to the development of resilience: the SHINE framework. Created by the author himself, the SHINE framework is based on five factors: Strength-based habit-building, Hopeful thinking, Interpersonal relationships, Noticing both positives and negatives, and Embracing changes. It combines elements of cognitive psychology and positive psychology to promote long-term habit-building to increase resistance during adversities, post-adversity resilience, and constructive positive changes. Bringing together theory and practice, this timely book features assessment tools and practical strategies to foster psychological resilience in individuals and successfully show how to overcome the challenges of today's world. It is also an ideal reading for academics at any level, psychologists, clinicians, social workers, and social sciences students. Readers will find the information and practical exercises useful for self-care and enhancement. Samuel M.Y. Ho is a Professor of Psychology and the former Head of the Department of Social and Behavioural Sciences at the City University of Hong Kong. He is a registered clinical psychologist focusing on psycho-oncology, traumatology, depression, and anxiety, and one of the first psychologists in Hong Kong to apply positive psychology intervention strategies to clinical work. His current research focuses on examining the role of cognitive processing styles, including attentional bias in psychopathology and the phenomenon of resilience and post-traumatic growth among survivors of traumatic encounters. .