

Promoting Emotional Resilience Cognitive Affective Stress Management Training

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Promoting Emotional Resilience: Cognitive-Affective Stress ...

Cognitive-affective stress management training (CASMT) promotes resilience by integrating cognitive-behavioral strategies with relaxation training, mindfulness, and other techniques. Systematic guidelines are provided for implementing CASMT with individuals or groups. The book includes detailed instructions for using induced affect, a procedure that elicits arousal in session and enables clients to practice new emotion regulation skills.

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subject of promoting resilience with the aim of promoting activity in this important area. In direct work with children and young people however careful planning and supervision are important to consider. Where expert assistance or counselling is needed then the consultation, or services, of a specialist should be sought.

Promoting Emotional Resilience - Support & Advice

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acquire empirically supported cognitive and somatic coping skills, and thereby gain increased control over their affective responses. The pro-cess is designed to enhance stress-resilience by altering the demands-to- resou rces stress equation and by increasing the client's "learned resource - fulness."

Sample Chapter: Promoting Emotional Resilience: Cognitive ...

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Promoting Emotional Resilience: Cognitive-Affective Stress ...

Psychosocial factors also contribute to resilience, and in this chapter, we review the psychosocial factors most strongly associated with resilience in the scientific literature: optimism, cognitive flexibility, active coping skills, social support networks, physical activity, and a personal moral compass.

Grounded in extensive research, this book presents a brief emotion-focused coping skills program that helps clients regulate their affective responses in stressful situations. Cognitive-affective stress management training (CASMT) promotes resilience by integrating cognitive-behavioral strategies with relaxation training, mindfulness, and other techniques. Systematic guidelines are provided for implementing CASMT with individuals or groups. The book includes detailed instructions for using induced affect, a procedure that elicits arousal in session and enables clients to practice new emotion regulation skills. Purchasers get access to a companion website where they can download and print the volume's 16 reproducible handouts and forms in a convenient 8 1/2" x 11" size, and can also download a muscle relaxation training audio track.

Now revised and expanded, this state-of-the-science guide is edited and written by leading authorities. The volume covers the full range of effective treatments for posttraumatic stress disorder (PTSD) and helps clinicians gain competency for working with service members and veterans.

What if depression could lead to positive change? Written by acceptance and commitment therapy (ACT) cofounder Kirk Strosahl and Patricia Robinson, this revised edition of the best-selling classic, *The Mindfulness and Acceptance Workbook for Depression* includes updated research on self-compassion, mindfulness, and neuroscience to help you live a more meaningful life. If you suffer from depression, you may feel like you are living under a perpetual raincloud, even when it's sunny outside. If left untreated, clinical depression can damage relationships, cause problems at work, lead to substance abuse, and even make it more difficult to overcome physical illnesses. You may feel too tired and scared to reach out for help, or you may try to avoid your feelings altogether. But you should know that there are little, effective ways you can overcome your depression, one day at a time. This fully revised and updated second edition of *The Mindfulness and Acceptance Workbook for Depression* will show you how changing daily behaviors and practicing new mindfulness skills can literally reshape your brain. Rather than fruitlessly trying to avoid your depression, you'll learn to focus on living a productive life by accepting your feelings. There are hundreds of books that will try to help you overcome or put an end to depression. But what if you could use your depression to change your life for the better? Your symptoms may be signals that something in your life needs to change. Learning to understand and interpret these signals is much more important than ignoring or avoiding them—approaches that only make the situation worse. This workbook uses techniques from acceptance and commitment therapy (ACT) to offer a new treatment plan for depression that will help accept your feelings instead of fruitlessly trying to avoid them. This new edition will include skills based on new research and contributions from mindfulness, self-compassion, and neuroscience. Using the skills outlined in this book, you'll be able to work through your depression, experience greater peace and well-being, and go on to create a better life.

This Research Handbook identifies how resilience has evolved as a critical theoretical concept in the organizational sciences. International resilience scholars conceptualize and explore the various ways resilience can be embedded in theory and practice, offering new and updated perspectives on the importance of resilience in multiple contexts.

Dossey & Keegan's *Holistic Nursing: A Handbook for Practice*, Eighth Edition covers basic and advanced concepts of holism, demonstrating how holistic nursing spans all specialties and levels. This text is distinguished by its emphasis on theory, research, and evidence-based practice essential to holistic nursing.

This volume explores cyberbullying and its impact on young people in schools in detail. It investigates social and emotional resilience and wellbeing in relation to developing protective factors against the impacts of cyberbullying and contains a range of perspectives to deal positively with cyberbullying as well as a summary of international research. Cyberbullying occurs when any means of technology is used to repeatedly and deliberately engage in bullying behaviours with the intent to cause harm to others. Although anyone can be affected, young people who are also being bullied offline are more likely to be the target of cyberbullying. Forms of cyberbullying include: • abusive texts and emails • posting messages or images • imitating and excluding others online • inappropriate image tagging. Cyberbullying differs from face-to-face bullying. • a sense of anonymity for those who bully • can occur 24/7 and is invasive • can have a large audience • difficult to delete comments and images.

Humans are remarkably resilient in the face of crises, traumas, disabilities, attachment losses and ongoing adversities. To date, most research in the field of traumatic stress has focused on neurobiological, psychological and social factors associated with trauma-related psychopathology and deficits in psychosocial functioning. Far less is known about resilience to stress and healthy adaptation to stress and trauma. This book brings together experts from a broad array of scientific fields whose research has focused on adaptive responses to stress. Each of the five sections in the book examines the relevant concepts, spanning from factors that contribute to and promote resilience, to populations and societal systems in which resilience is employed, to specific applications and contexts of resilience and interventions designed to better enhance resilience. This will be suitable for clinicians and researchers who are interested in resilience across the lifespan and in response to a wide variety of stressors.

Communities provide the context in which programs, principles, and policies are implemented. Their needs dictate the kinds of programs that community organizers and advocates, program developers and implementers, and researchers will bring to bear on a problem. Their characteristics help determine whether a program will succeed or fail. The detailed workings of programs cannot be separated from the communities in which they are embedded. Communities also represent the front line in addressing many behavioral health conditions experienced by children, adolescents, young adults, and their families. Given the importance of communities in shaping the health and well being of young people, the National Academies of Sciences, Engineering, and Medicine held a workshop in June 2016, to examine the implementation of evidence- based prevention by communities. Participants examined questions related to scaling up, managing, and sustaining science in communities. This publication summarizes the presentations and discussions from the workshop.

Insightful interviews with a Who's Who of the world's foremost therapists *Therapy's Best* is a lively and entertaining collection of one-on-one interviews with some of the top therapists and counselors in the world. Educator and psychotherapist Dr. Howard G. Rosenthal talks with twenty of therapy's legends, including Albert Ellis, arguably the greatest clinical psychologist and therapist of our time; assertiveness training pioneer Robert Alberti; experiential psychotherapist Al Mahrer; and William Glasser, the father of reality therapy and choice theory. Each interview reveals insights into the therapists' personal lives, their observations on counseling, and the helping profession in general, and their thoughts on what really works when dealing with clients in need. The interviews found in *Therapy's Best* uncover treatment strategies that are often missing from traditional textbooks, journal articles, courses, and seminars related to assertiveness training, Rational Emotive Behavior Therapy (REBT), marriage and family counseling, transactional analysis, psychoanalysis, suicide prevention, voice therapy, experiential psychotherapy, and Emotion Focused Therapy (EFT). Conversations with the "best and brightest" (including two recipients of the American Psychological Association's Division of Psychotherapy's "Living Legends" award) reveal why these therapists are such effective helpers, what makes their theories so popular, and most important, what makes them tick. This unique book lets you "rub elbows" with these consummate professionals and learn more about their theories, ideas, and experiences. *Therapy's Best* includes interviews with: Dr. Albert Ellis—creator of Rational Emotive Behavior Therapy (REBT) and APA Division of Psychotherapy "Living Legend" Dr. Edwin Schneidman—the foremost expert on suicide prevention, suicidology, and thanatology Richard Nelson Bolles—author of *What Color Is Your Parachute?* Dr. Dorothy and Dr. Ray Bevcar—husband and wife therapists who write textbooks on marriage counseling Dr. Al Mahrer—father of experiential psychotherapy and APA Division of Psychotherapy "Living Legend" Les Greenberg—father of Emotion-Focused Therapy (EFT) Muriel James—co-author of *Born to Win* and many more! *Therapy's Best* is a must read for professionals who practice counseling and psychotherapy, students preparing to do likewise, and anyone else with an interest in therapy—and the people with provide it.

This important new volume discusses the role of emotion, resilience, and well-being in many contexts of human life, including home, school, and workplace. Leading researchers and academicians from around the world and from various fields—such as health, education, information and technology, military, and manufacturing—explore the theoretical and practical implications of many studies in this area. They present new concepts, models, and knowledge for practical applications that address challenges to well-being. The volume also considers the roles of several other influencing factors, such as emotional intelligence, performance, productivity, and employee's health and happiness. The book's editors state that, "At this juncture of human and technological development, when artificial intelligence and automation are slowly taking over the world, holding on to the study of emotions, well-being, and resilience has become imperative, as these influence sustainable performances and growth by individuals as well as organizations."

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