

Conditions Of Worth Psychology

conditions of worth psychology: *Encyclopedia of Personality and Individual Differences* Virgil Zeigler-Hill, Todd K. Shackelford, 2020-03-11 This Encyclopedia provides a comprehensive overview of individual differences within the domain of personality, with major sub-topics including assessment and research design, taxonomy, biological factors, evolutionary evidence, motivation, cognition and emotion, as well as gender differences, cultural considerations, and personality disorders. It is an up-to-date reference for this increasingly important area and a key resource for those who study intelligence, personality, motivation, aptitude and their variations within members of a group.

conditions of worth psychology: Understanding Person-Centred Counselling Christine Brown, 2014-12-22 This book provides a key introduction to the theory, concepts and practice of the person-centred approach, through the lens of the practitioner's experience and personal development. Writing as someone who has been through real life challenges and has developed and learned as a result, the author's strikingly personal style not only helps to contextualise complex and nuanced theory, but makes this a truly unique book about real person-centred practice and experience. From Roger's early philosophy through to the current developments and controversies in the field, the author uses personal testimonies, exercises and reflection points to make challenging concepts and practice issues accessible for the novice reader. What results is an informative and fascinating read for all those training and interested in the person-centred approach.

conditions of worth psychology: *Person-Centred Counselling Psychology* Ewan Gillon, 2007-06-18 'Not only is this the first key text on person-centred counselling psychology, but one of the best introductions to the approach. Gillon combines an in-depth understanding of the person-centred field with a highly accessible writing style to produce a book that will be of enormous value to anyone wanting to practice person-centred therapy. Essential reading for trainee and practising counselling psychologists with an interest in the person-centred approach and highly recommended for counsellors and psychotherapists of all orientations' - Mick Cooper, Professor of Counselling, Counselling Unit, University of Strathclyde *Person-Centred Counselling Psychology: An Introduction* is an introduction to the philosophy, theory and practice of the person-centred approach. Focusing on the psychological underpinnings of the approach, Ewan Gillon describes the theory of personality on which it is based and the nature of the therapeutic which is characterised by o unconditional positive regard o empathy o congruence. The book shows how the person-centred approach relates to others within counselling psychology and to contemporary practices in mental health generally. It also gives guidance to readers on the approach's research tradition as well as considering key issues for those wishing to train and work as a person-centred practitioner. As such, it is designed to be an applied, accessible text, providing a dialogue between the psychological basis of person-centred therapy and its application within the real world. As well as psychology students, it will be of interest to those from other disciplines, counselling trainees, those within the caring professions, and person-centred therapists from a non-psychological background. Ewan Gillon is Director of The Edinburgh Psychology Centre and Lecturer in Counselling Psychology at Glasgow Caledonian University.

conditions of worth psychology: Client Issues in Counselling and Psychotherapy Janet Tolan, Paul Wilkins, 2011-11-10 This is the first book to focus on commonly occurring client issues and explore how to work with them from a person-centred perspective. Extensive case studies translate person-centred theory into effective practice, enabling therapists to work successfully with clients presenting a variety of different problems including: - Post Traumatic Stress - Depression - Panic and Anxiety - Drug and Alcohol Issues - Eating difficulties - Self harm - Childhood Sexual

Abuse Each chapter covers the origin and meaning of the difficulty, the person-centred therapeutic approach and process, and the outcomes. Drawing from a combined 50 years of experience in the field, Paul Wilkins and Janet Tolan bring together leading person-centred therapists to address how and why each problem can be eased by means of working with the person. This book should be on the desk of every counselling and psychotherapy trainee, and is recommended reading for other practitioners of health and social care working with these client groups.

conditions of worth psychology: *Skills in Person-Centred Counselling & Psychotherapy* Janet Tolan, 2012-01-20 This book has already helped thousands of beginning practitioners understand the subtleties of the person-centred approach and develop skills in person-centred counselling practice. Now in its second edition, this step-by-step guide takes the reader through the counselling process, providing advice on how to structure and manage therapeutic work in ways which are thoroughly grounded in person-centred principles. Janet Tolan defines the key tenets of the approach - psychological contact, congruence, empathy and unconditional positive regard - and demonstrates how they are used effectively in a range of counsellor-client interactions. Describing all aspects of the therapeutic relationship from the initial meeting to ending the relationship well, this new edition contains new chapters - 'Debates and Developments in Practice' and 'Edgy and Ethical Issues'. This book is an ideal introduction for beginners and for more experienced therapists who want to extend their range. Janet Tolan is a Consultant and Private Practitioner in Manchester. She has worked extensively in education and training, most recently as leader of the Counselling and Psychotherapy Masters programme at Liverpool John Moores University.

conditions of worth psychology: *Authentic* Stephen Joseph, 2016-09-01 The hunger for authenticity guides us throughout our lives. People strive for joined-up living, where on the one hand what they say and do reflects what they think and feel, and on the other what they think and feel reflects who they are. Stephen Joseph has pioneered developments in research into authenticity, drawing on the solid science of positive psychology to develop what has become one of the gold-standard tests for assessing authenticity. His and others' findings reveal that when people are in relationships in which they feel accepted, understood and valued, they drop their defences. They naturally begin to examine themselves psychologically, accommodate new information and live more authentically. What's more, the latest studies reveal that it is authenticity that leads to true happiness. In *Authentic*, Stephen Joseph presents his fresh and inspiring perspective on the psychology of authenticity alongside practical advice and exercises for the reader. Drawing on the wisdom of existential philosophers, the insights and research of psychologists, and case studies from his own and others' clinical experiences, he shows how authenticity is the foundation of human flourishing - as well as how the ideas relate to debates about the importance of happiness.

conditions of worth psychology: *Learning and Being in Person-centred Counselling* Tony Merry, 2002 In the second edition of this hugely popular book, Tony Merry reorganised and updated the text to include the latest initiatives in the world of counselling and psychotherapy. It offers in-depth discussion of all aspects of person-centred counselling from its origins to current developments in theory and practice.

conditions of worth psychology: *What Doesn't Kill Us* Stephen Joseph, 2011-11-01 Surviving a traumatic experience is difficult and takes time to move on from, but this book makes the argument that with proper care and understanding, survivors can grow and reshape their lives in a positive way. For the past twenty years, pioneering psychologist Stephen Joseph has worked with survivors of trauma. His studies have yielded a startling discovery: that a wide range of traumatic events-from illness, divorce, separation, assault, and bereavement to accidents, natural disasters, and terrorism-can act as catalysts for positive change. Boldly challenging the conventional wisdom about trauma and its aftermath, Joseph demonstrates that rather than ruining one's life, a traumatic event can actually improve it. Drawing on the wisdom of ancient philosophers, the insights of evolutionary biologists, and the optimism of positive psychologists, *What Doesn't Kill Us* reveals how all of us can navigate change and adversity- traumatic or otherwise-to find new meaning, purpose, and direction in life.

conditions of worth psychology: *The Wiley Encyclopedia of Personality and Individual Differences, Models and Theories*, 2020-11-04 Volume 1, Models and Theories of The Wiley Encyclopedia of Personality and Individual Differences The Encyclopedia of Personality and Individual Differences (EPID) is organized into four volumes that look at the many likenesses and differences between individuals. Each of these four volumes focuses on a major content area in the study of personality psychology and individuals' differences. The first volume, Models and Theories, surveys the significant classic and contemporary viewpoints, perspectives, models, and theoretical approaches to the study of personality and individuals' differences (PID). The second volume on Measurement and Assessment examines key classic and modern methods and techniques of assessment in the study of PID. Volume III, titled Personality Processes and Individuals Differences, covers the important traditional and current dimensions, constructs, and traits in the study of PID. The final volume discusses three major categories: clinical contributions, applied research, and cross-cultural considerations, and touches on topics such as culture and identity, multicultural identities, cross-cultural examinations of trait structures and personality processes, and more. Each volume contains approximately 100 entries on personality and individual differences written by a diverse international panel of leading psychologists Covers significant classic and contemporary personality psychology models and theories, measurement and assessment techniques, personality processes and individuals differences, and research Provides a comprehensive and in-depth overview of the field of personality psychology The Encyclopedia of Personality and Individual Differences is an important resource for all psychology students and professionals engaging in the study and research of personality.

conditions of worth psychology: Dictionary of Counselling Colin Feltham, Windy Dryden, 2004-07-23 This book provides concise definitions of more than 1000 terms used in the field of counselling. As well as covering theory and practice, the book also includes client concerns and problems which may be helped by counselling, issues of professional and ethical interest to practitioners and clients, and words used in everyday language which have a particular meaning in the counselling context.

conditions of worth psychology: Client-centered Therapy Carl R. Rogers, 2003-07 Presenting the non-directive and related points of view in counselling and therapy, Rogers gives a clear exposition of procedures by which individuals who are being counselled may be assisted in achieving for themselves new and more effective personality adjustments.

conditions of worth psychology: Research, Applications, and Interventions for Children and Adolescents Carmel Proctor, P. Alex Linley, 2013-05-13 This book presents recent positive psychological research, applications and interventions being used among adolescents and children. Currently there is a wave of change occurring whereby educators, and others working with children and adolescents, are beginning to recognize the benefits of looking at well-being from a positive perspective, specifically the integration of positive psychological theory into the school curriculum in order to improve student well-being. Moreover, although the positive psychological field has grown tremendously since its inception, there remains an imbalance in the publication of research findings, applications, and interventions among children and adolescents in comparison to adults. This book fills the need for a reference to this valuable information and benefits a wide range of professionals, including educators, clinicians, psychologists, students, and many other working with children and adolescents.

conditions of worth psychology: A Life Worth Living Mihaly Csikszentmihalyi, Isabella Selega Csikszentmihalyi, 2006-04-20 A Life Worth Living brings together the latest thought on Positive Psychology from an international cast of scholars. It includes historical, philosophical, and empirical reviews of what psychologists have found to matter for personal happiness and well-being. The contributions to this volume agree on principles of optimal development that start from purely material and selfish concerns, but then lead to ever broader circles of responsibility embracing the goals of others and the well-being of the environment; on the importance of spirituality; on the development of strengths specific to the individual. Rather than material success, popularity, or

power, the investigations reported in this volume suggest that personally constructed goals, intrinsic motivation, and a sense of autonomy are much more important. The chapters indicate that hardship and suffering do not necessarily make us unhappy, and they suggest therapeutical implications for improving the quality of life. Specific topics covered include the formation of optimal childhood values and habits as well as a new perspective on aging. This volume provides a powerful counterpoint to a mistakenly reductionist psychology. They show that subjective experience can be studied scientifically and measured accurately. They highlight the potentiality for autonomy and freedom that is among the most precious elements of the human condition. Moreover, they make a convincing case for the importance of subjective phenomena, which often affect happiness more than external, material conditions. After long decades during which psychologists seemed to have forgotten that misery is not the only option, the blossoming of Positive Psychology promises a better understanding of what a vigorous, meaningful life may consist of.

conditions of worth psychology: *Developing Person-Centred Counselling* Dave Mearns, 2002-11-27 'This is a useful book for those who use person-centred counselling in their practice, or who are training to become person-centred counsellors' - Counselling and Psychotherapy, the Journal of the British Association for Counselling and Psychotherapy *Developing Person-Centred Counselling*, Second Edition is designed to help counsellors improve their skills within the person-centred approach. Written by Dave Mearns, leading person-centred expert and bestselling author, the Second Edition has been fully revised and updated taking account of developments in person-centred practice. With new chapters on growth and transference, the book covers the subjects which are central to person-centred training: } the core conditions } therapeutic alliance } development of the counsellor } therapeutic process } the person-centred approach in relation to psychopathology. Supported by case material and examples from practice, each part of the book presents the counsellor with practical, and often challenging ideas, which encourage him/her to think carefully about his/her practice and how to improve it. *Developing Person-Centred Counselling*, Second Edition is a highly practical and inspiring resource for trainees and practitioners alike.

conditions of worth psychology: *Person-Centred Counselling in a Nutshell* Roger Casemore, 2011-03-04 *Person-Centred Counselling in a Nutshell* is a short, accessible guide to one of the most popular approaches to counselling. Using examples drawn from practice, Roger Casemore outlines, in a clear, jargon-free style, the main principles of the person-centred approach, using the core therapeutic conditions: - congruence - unconditional regard - empathy This revised and updated second edition includes new material on professional issues, on the use of person-centred counselling in short-term therapy, and on the wider application of the person-centred approach in other settings. Providing a concise introduction to the theory and practice of person-centred counselling, *Person-Centred Counselling in a Nutshell* is the ideal place to start for anyone reading about the approach for the first time. Roger Casemore is Senior Teaching Fellow and Director of Counselling courses at University of Warwick

conditions of worth psychology: *Dictionary of Person-Centred Psychology* Keith Tudor, Tony Merry, 2006-07-01 Originally published by Whurr in 2002, PCCS Books is delighted to be re-issuing this well-received book. This dictionary provides a comprehensive guide to key concepts in person-centred psychology. Whilst the person-centred approach to counselling and psychotherapy is one of the most popular today, it is also widely misunderstood. Definitions in this dictionary clarify concepts fundamental to the approach, summarise key and current debates within the approach, and, with extensive referencing, provide starting points for further study. Further entries emphasise the relationship between the person-centred and other approaches to psychology, as well as the social and cultural context of therapy. The book also includes entries on terms which have particular meaning within the person-centred approach. This is an essential resource for all those wanting to understand the history of current developments within person-centred psychology

conditions of worth psychology: *The Psychology of Personality* Bernardo J. Carducci, 2009-03-09 This engaging, comprehensive introduction to the field of personality psychology

integrates discussion of personality theories, research, assessment techniques, and applications of specific theories. The Psychology of Personality introduces students to many important figures in the field and covers both classic and contemporary issues and research. The second edition reflects significant changes in the field but retains many of the special features that made it a textbook from which instructors found easy to teach and students found easy to learn. Bernardo Carducci's passion for the study of personality is evident on every page.

conditions of worth psychology: The Strength of Self-Acceptance Michael E. Bernard, 2014-07-08 Self-acceptance is recognized in diverse schools of Christian and Eastern theology as well as in various schools of counseling and psychotherapy (e.g., Humanistic, Rational-Emotive Behavior Therapy, Cognitive Behavior Therapy, Acceptance Commitment Therapy) as a major contributor to mental health, life satisfaction and wellness. A review of the professional literature reveals there is no text that spells out how different theologies, theories of personality and approaches to counseling and therapy conceptualize self-acceptance and how this concept is interrelated to other aspects and constructs of spirituality and psychological functioning (e.g., flexibility, mindfulness). Additionally, the field of positive psychology, which studies the character strengths and virtues that help individuals to experience well-being and to flourish, has largely ignored the concept of self-acceptance.

conditions of worth psychology: Person-Centred Therapy in Focus Paul Wilkins, 2002-12-13 Person-Centred Therapy in Focus provides a much-needed exploration of the criticisms levelled against one of the most widespread forms of therapeutic practice. Characterized by its critics as theoretically 'light', culturally biased and limited in application, until now the person-centred approach has had comparatively little written in its defence. Paul Wilkins provides a rigorous and systematic response to the critics, drawing not only on the work of Carl Rogers, but also of those central to more recent developments in theory and practice (including Goff Barrett-Lennard, Dave Mearns, Jerold Bozarth, Germain Leitauer and Brian Thorne). It traces the epistemological foundations of person-centred therapy and places the approach in its social and political context. Examining the central tenets of the approach, each chapter sets out concisely the criticisms and then counters these with arguments from the person-centred perspective. Chapters cover debates in relation to: - the model of the person - self-actualization - the core conditions - non-directivity - resistance to psychopathology - reflection, and - boundary issues. Person-Centred Therapy in Focus fulfills two important purposes: firstly to answer the criticisms of those who have attacked the person-centred approach and secondly to cultivate a greater critical awareness and understanding within the approach itself. As such it makes a significant contribution to the person-centred literature and provides an excellent resource for use in training.

conditions of worth psychology: Person-Centred Therapy Keith Tudor, Mike Worrall, 2006-09-27 The person-centred approach is one of the most popular, enduring and respected approaches to psychotherapy and counselling. Person-Centred Therapy returns to its original formulations to define it as radically different from other self-oriented therapies. Keith Tudor and Mike Worrall draw on a wealth of experience as practitioners, a deep knowledge of the approach and its history, and a broad and inclusive awareness of other approaches. This significant contribution to the advancement of person-centred therapy: Examines the roots of person-centred thinking in existential, phenomenological and organismic philosophy. Locates the approach in the context of other approaches to psychotherapy and counselling. Shows how recent research in areas such as neuroscience support the philosophical premises of person-centred therapy. Challenges person-centred therapists to examine their practice in the light of the history and philosophical principles of the approach. Person-Centred Therapy offers new and exciting perspectives on the process and practice of therapy, and will encourage person-centred practitioners to think about their work in deeper and more sophisticated ways.

conditions of worth psychology: Becoming a Person Carl Rogers, 2022-03-23

conditions of worth psychology: Laziness Does Not Exist Devon Price, 2021-01-05 From social psychologist Dr. Devon Price, a conversational, stirring call to "a better, more human way to

live” (Cal Newport, New York Times bestselling author) that examines the “laziness lie”—which falsely tells us we are not working or learning hard enough. Extra-curricular activities. Honors classes. 60-hour work weeks. Side hustles. Like many Americans, Dr. Devon Price believed that productivity was the best way to measure self-worth. Price was an overachiever from the start, graduating from both college and graduate school early, but that success came at a cost. After Price was diagnosed with a severe case of anemia and heart complications from overexertion, they were forced to examine the darker side of all this productivity. *Laziness Does Not Exist* explores the psychological underpinnings of the “laziness lie,” including its origins from the Puritans and how it has continued to proliferate as digital work tools have blurred the boundaries between work and life. Using in-depth research, Price explains that people today do far more work than nearly any other humans in history yet most of us often still feel we are not doing enough. Filled with practical and accessible advice for overcoming society’s pressure to do more, and featuring interviews with researchers, consultants, and experiences from real people drowning in too much work, *Laziness Does Not Exist* “is the book we all need right now” (Caroline Dooner, author of *The F*ck It Diet*).

conditions of worth psychology: *A Wealth of Common Sense* Ben Carlson, 2015-06-22 A simple guide to a smarter strategy for the individual investor *A Wealth of Common Sense* sheds a refreshing light on investing, and shows you how a simplicity-based framework can lead to better investment decisions. The financial market is a complex system, but that doesn't mean it requires a complex strategy; in fact, this false premise is the driving force behind many investors' market mistakes. Information is important, but understanding and perspective are the keys to better decision-making. This book describes the proper way to view the markets and your portfolio, and show you the simple strategies that make investing more profitable, less confusing, and less time-consuming. Without the burden of short-term performance benchmarks, individual investors have the advantage of focusing on the long view, and the freedom to construct the kind of portfolio that will serve their investment goals best. This book proves how complex strategies essentially waste these advantages, and provides an alternative game plan for those ready to simplify. Complexity is often used as a mechanism for talking investors into unnecessary purchases, when all most need is a deeper understanding of conventional options. This book explains which issues you actually should pay attention to, and which ones are simply used for an illusion of intelligence and control. Keep up with—or beat—professional money managers Exploit stock market volatility to your utmost advantage Learn where advisors and consultants fit into smart strategy Build a portfolio that makes sense for your particular situation You don't have to outsmart the market if you can simply outperform it. Cut through the confusion and noise and focus on what actually matters. *A Wealth of Common Sense* clears the air, and gives you the insight you need to become a smarter, more successful investor.

conditions of worth psychology: *Handbook of Self and Identity* Mark R. Leary, June Price Tangney, 2012-01-01 Widely regarded as the authoritative reference in the field, this volume comprehensively reviews theory and research on the self. Leading investigators address this essential construct at multiple levels of analysis, from neural pathways to complex social and cultural dynamics. Coverage includes how individuals gain self-awareness, agency, and a sense of identity; self-related motivation and emotion; the role of the self in interpersonal behavior; and self-development across evolutionary time and the lifespan. Connections between self-processes and psychological problems are also addressed. New to This Edition *Incorporates significant theoretical and empirical advances. *Nine entirely new chapters. *Coverage of the social and cognitive neuroscience of self-processes; self-regulation and health; self and emotion; and hypoegeic states, such as mindfulness.

conditions of worth psychology: *Positive Psychology in Practice* P. Alex Linley, Stephen Joseph, 2012-06-27 A thorough and up-to-date guide to putting positive psychology into practice From the Foreword: This volume is the cutting edge of positive psychology and the emblem of its future. -Martin E. P. Seligman, Ph.D., Fox Leadership Professor of Psychology, University of Pennsylvania, and author of *Authentic Happiness* Positive psychology is an exciting new orientation

in the field, going beyond psychology's traditional focus on illness and pathology to look at areas like well-being and fulfillment. While the larger question of optimal human functioning is hardly new - Aristotle addressed it in his treatises on eudaimonia - positive psychology offers a common language on this subject to professionals working in a variety of subdisciplines and practices. Applicable in many settings and relevant for individuals, groups, organizations, communities, and societies, positive psychology is a genuinely integrative approach to professional practice. Positive Psychology in Practice fills the need for a broad, comprehensive, and state-of-the-art reference for this burgeoning new perspective. Cutting across traditional lines of thinking in psychology, this resource bridges theory, research, and applications to offer valuable information to a wide range of professionals and students in the social and behavioral sciences. A group of major international contributors covers: The applied positive psychology perspective Historical and philosophical foundations Values and choices in pursuit of the good life Lifestyle practices for health and well-being Methods and processes for teaching and learning Positive psychology at work The best and most thorough treatment of this cutting-edge discipline, Positive Psychology in Practice is an essential resource for understanding this important new theory and applying its principles to all areas of professional practice.

conditions of worth psychology: The Handbook of Person-Centred Therapy and Mental Health Stephen Joseph, 2018-01-30 This updated second edition captures the significant changes in recent years in how mental health and ill health is conceptualised.

conditions of worth psychology: Dare to Lead Brené Brown, 2018-10-09 #1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read Daring Greatly and Rising Strong or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

conditions of worth psychology: The Handbook of Humanistic Psychology Kirk J. Schneider, James F. T. Bugental, J. Fraser Pierson, 2001-05-01 The Handbook of Humanistic

Psychology presents a historic overview, theory, methodology, applications to practice and to broader settings, and an epilogue for the new millennium...The Handbook of Humanistic Psychology is an academic text excellently suited for collegiate education and research...The Handbook of Humanistic Psychology will be the inspiration and reference source for the next generation of humanists in all fields. - Lynn Seiser, Ph.D., *THE THERAPIST* This volume represents an essential milestone and defining moment for humanistic psychology.... [It] belongs on the shelf of everyone who identifies with the humanistic movement and can serve as an excellent resource for those who would like to offer their students more than the perfunctory three paragraphs designated to humanistic psychology found in most introductory psychology books -Donadrian Rice, *CONTEMPORARY PSYCHOLOGY* Psychologists already partial to humanistic perspectives will take great pleasure in reading this book, and those seeking to expand their understanding of psychological humanism will find themselves much informed, perhaps even inspired, by it. - Irving B. Weiner, *PSYCHOTHERAPY RESEARCH* A cornucopia of valuable historical, theoretical, and practical information for the Humanistic Psychologist. — Irvin Yalom, Emeritus Professor of Psychiatry, Stanford University The editors represent both the founding generation and contemporary leadership and the contributors they have enlisted include most of the active voices in the humanistic movement. I know of no better source for either insiders or outsiders to grasp what humanistic psychology is about, and what either insiders or outsiders should do about it. — M. Brewster Smith, University of California at Santa Cruz As a humanist it offered me a breadth I had not known existed, as a researcher it offered me an excellent statement of in depth research procedures to get closer to human experience, as a practitioner it offered me inspiration. For all those who work with and explore human experience, you can not afford to miss the voice of the third force so excellently conveyed in this comprehensive coverage of its unique view of human possibility and how to harness it. — Leslie S. Greenberg, York University Irvin Yalom, M. Brewster Smith, Leslie S. Greenberg, Inspired by James F. T. Bugental's classic, *Challenges of Humanistic Psychology* (1967), The Handbook of Humanistic Psychology represents the latest scholarship in the resurgent field of humanistic psychology and psychotherapy. Set against trends toward psychological standardization and medicalization, the handbook provides a rich tapestry of reflection by the leading person-centered scholars of our time. Their range in topics is far-reaching—from the historical, theoretical, and methodological, to the spiritual, psychotherapeutic, and multicultural. Psychology is poised for a renaissance, and this handbook plays a critical role in that transformation. As increasing numbers of students and professionals rebel against mechanizing trends, they are looking for the fuller, deeper, and more personal psychological orientation that this handbook promotes.

conditions of worth psychology: Personality Psychology Jim McMartin, 2016-01-29
 Personality Psychology: A Student-Centered Approach by Jim McMartin organizes the field of personality psychology around basic questions relevant to the reader's past, present, and future selves. Answers to the questions are based on findings from up-to-date research and shed light on the validity of personality theories to help students deepen their understanding of their own personalities. Concise, conversational, and easy-to-understand, the Second Edition is enhanced with new chapters, new research that reflects the latest scholarship, and new photos and illustrations throughout.

conditions of worth psychology: Positive Therapy Stephen Joseph, 2015-05-08 The applications of positive psychology are different from traditional interventions in therapy in that they are focused on building strength, resilience and well-being rather than being restricted to simply treating disorder. Since the publication of the first edition of *Positive Therapy*, there is now a comprehensive body of applied positive psychology research to which practitioners may turn in order to inform their own practice, and that sees its purpose as the facilitation of human flourishing and optimal functioning. However, much of this research and its implications are only now becoming more widely understood in counselling and psychotherapy. This new and expanded edition of *Positive Therapy* shows how the latest thinking in positive psychology can be applied to

psychotherapeutic practice, and specifically to person-centred therapy. Making the links between positive psychology and psychotherapy explicit, Stephen Joseph describes the new tools that practitioners can draw upon to help and facilitate positive functioning in their clients. New material includes: An update of the latest positive psychology research A new preface, explaining how positive psychology principles can now be applied to therapeutic practice Focus on positive psychology measurement tools Positive Therapy will be essential reading for all psychotherapists, counsellors, social workers, coaches, psychologists and trainees interested in exploring how they engage with clients, and the implications of this engagement in practice.

conditions of worth psychology: Working at Relational Depth in Counselling and Psychotherapy Dave Mearns, Mick Cooper, 2017-09-25 Eagerly awaited by many counsellors and psychotherapists, this new edition includes an updated preface, new content on recent research and new developments and debates around relational depth, and new case studies. This groundbreaking text goes to the very heart of the therapeutic meeting between therapist and client. Focusing on the concept of 'relational depth', the authors describe a form of encounter in which therapist and client experience profound feelings of contact and engagement with each other, and in which the client has an opportunity to explore whatever is experienced as most fundamental to her or his existence. The book has helped thousands of trainees and practitioners understand how to facilitate a relationally-deep encounter, identify the personal 'blocks' that may be encountered along the way, and consider new therapeutic concepts – such as 'holistic listening' – that help them to meet their clients at this level. This classic text remains a source of fresh thinking and stimulating ideas about the therapeutic encounter which is relevant to trainees and practitioners of all orientations.

conditions of worth psychology: Personality Theory in a Cultural Context Mark D. Kelland, 2010-07-19

conditions of worth psychology: Counseling Theory Richard D. Parsons, Naijian Zhang, 2014-01-16 Organized around the latest CACREP standards, *Counseling Theory: Guiding Reflective Practice*, by Richard D. Parsons and Naijian Zhang, presents theory as an essential component to both counselor identity formation and professional practice. Drawing on the contributions of current practitioners, the text uses both classical and cutting-edge theoretical models of change as lenses for processing client information and developing case conceptualizations and intervention plans. Each chapter provides a snapshot of a particular theory/approach and the major thinkers associated with each theory as well as case illustrations and guided practice exercises to help readers internalize the content presented and apply it to their own development as counselors.

conditions of worth psychology: Adolescence and Emerging Adulthood Jeffrey Jensen Arnett, 2013 Helps students understand how culture impacts development in adolescence and emerging adulthood. Grounded in a global cultural perspective (within and outside of the US), this text enriches the discussion with historical context and an interdisciplinary approach, including studies from fields such as anthropology and sociology, in addition to the compelling psychological research on adolescent development. This book also takes into account the period of emerging adulthood (ages 18-25), a term coined by the author, and an area of study for which Arnett is a leading expert. Arnett continues the fifth edition with new and updated studies, both U.S. and international. With Pearson's MyDevelopmentLab Video Series and Powerpoints embedded with video, students can experience a true cross-cultural experience. A better teaching and learning experience This program will provide a better teaching and learning experience-- for you and your students. Here's how: Personalize Learning - The new MyDevelopmentLab delivers proven results in helping students succeed, provides engaging experiences that personalize learning, and comes from a trusted partner with educational expertise and a deep commitment to helping students and instructors achieve their goals. Improve Critical Thinking - Students learn to think critically about the influence of culture on development with pedagogical features such as Culture Focus boxes and Historical Focus boxes. Engage Students - Arnett engages students with cross cultural research and examples throughout. MyVirtualTeen, an interactive simulation, allows students to apply the concepts they are learning to their own virtual teen. Explore Research - Research Focus provides students with a firm grasp of

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conditions of worth psychology: The Handbook of Person-Centred Psychotherapy and Counselling, 2024-09-05 Written by a diverse range of expert contributors, unified by a relational, ethics-based reading of person-centred theory and practice, this seminal text is the most in-depth and comprehensive guide to person-centred therapy. Divided into four parts, it examines the theoretical, philosophical and historical foundations of the person-centred approach; the fundamental principles of person-centred practice (as well as new developments in, and applications of, person-centred clinical work), explorations of how person-centred conceptualisations and practices can be applied to groups of clients who bring particular issues to therapy, such as bereavement or trauma, and professional issues for person-centred therapists such as ethics, supervision, and training. 10 years after it was last published, this third edition includes new content on the climate crisis, intersectionality and working with racism and anti-racism. It includes new dedicated chapters on the Non-directive Attitude, Relational Depth, Experiential Practices, Working with Trauma, Online PCA and Person-Centred approaches around the Globe. International and interdisciplinary in conception, this is a cutting-edge resource for students of psychotherapy and counselling on a range of programmes, as well as professional practitioners working in the field.

conditions of worth psychology: *A Therapist's View of Personal Goals* Carl Rogers, 2021-08-12 2021 Reprint of the 1960 Edition. Facsimile of the original edition and not reproduced with Optical Recognition Software. In this essay, delivered as an address at Haverford College, Pennsylvania in 1959, Rogers discusses man's purpose and goal in life. In his therapeutic work Rogers sees clients take such directions as: away from facades; away from oughts; away from meeting expectations; away from pleasing others; toward being a process; toward being a complexity; toward openness to experience; toward acceptance of others; toward trust of self. Given a therapeutic climate of warmth, acceptance, and empathic understanding, the client moves from what he is not toward being, toward becoming that which he inwardly and actually is. Quoting Kierkegaard, to be that self which one truly is. A worthy goal indeed.

conditions of worth psychology: The Promise of Adolescence National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on the Neurobiological and Socio-behavioral Science of Adolescent Development and Its Applications, 2019-07-26 Adolescence—beginning with the onset of puberty and ending in the mid-20s—is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence—rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in

opportunity, enabling all adolescents to flourish.

conditions of worth psychology: Psychotherapy and Politics Nick Totton, 2000-03-28 This stimulating book explores the long-standing relationship between psychotherapy and politics and argues that from the beginning psychotherapy has had a political face. Documenting instances where ideas from psychotherapy have been incorporated into the political agenda, the book demonstrates the practical value of psychotherapy as an instigator of social and political change. Related to this, attempts to understand and evaluate political life through the application of psychotherapeutic concepts are examined. The author poses a number of key questions, including: What is human nature? Are aggression and violence innate in us? Is the therapeutic relationship inherently unequal? And, is the political an a

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conditions of worth psychology: *Therapeutic Presence* Shari M. Geller, Leslie S. Greenberg, 2012 The authors present their empirically based model of therapeutic presence, along with practical, experiential exercises for cultivating presence.

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