

Stress Und Coping Bei Paaren

Gesundheitsbezogene Lebensqualität, Familienvlastung und Coping bei an Multiplen Hereditären Exostosen (mhe) Erkrankten Erwachsenen und Kindern sowie ihren Angehörigen Emotions and coping during exams Coping and Self-Concept in Adolescence Couples Coping with Stress Coping bei Kindern und Jugendlichen. Wie können Schüler im Unterricht von Stressbewältigungsstrategien profitieren? Dyadic Coping: A Collection of Recent Studies Individual versus Dyadic Processes: Health and Relationship Outcomes Interdependence, Interaction, and Close Relationships Tools for Strengths-Based Assessment and Evaluation Theoretical and Applied Aspects of Health Psychology Cognitive and Rational-Emotive Behavior Therapy with Couples The Handbook of Systemic Family Therapy, Systemic Family Therapy with Couples Effects of Romantic Partner Interaction on Psychological and Endocrine Stress Protection in Women Surveying Human Vulnerabilities across the Life Course Bewältigungs- und gesundheitsorientierte Therapie bei psychotischen Störungen Diagnostik und Planung Lehrbuch der Verhaltenstherapie, Band 2 Geschwister chronisch kranker und behinderter Kinder im Fokus Diagnostische Verfahren für Beratung und Therapie von Paaren und Familien Health Hazards in Adolescence Tobias Ringeisen H.A. Bosma Mariana K. Falconier Florian Mangge Guy Bodenmann Maria Nicoleta Turliuc Laura V. Machia Catherine Simmons Lothar R. Schmidt Ann Vernon Adrian J. Blow Beate Ditzen Michel Oris Karl H. Wiedl Petr Ondracek Jürgen Margraf Birgit Möller Diana Richter Friedrich Lösel

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self concept and coping behaviour are important aspects of development in adolescence despite their developmental significance however the two areas have rarely been considered in relation to each other this book is the first in which the two areas are brought together it suggests that this interaction can open the way to new possibilities for further research and to new implications for applied work with adolescents two separate chapters review research carried out in each of the areas these are followed by a series of more empirically focussed chapters in which issues such as changes in relationship patterns difficult school situations leaving school use of leisure anxiety and suicidal behaviour are examined in the context of self concept and coping the final chapter seeks to identify some of the central themes emerging from this work and discusses possible research and applied implications

this is the first book that reviews both empirical and clinical applications of how couples jointly cope with stress dyadic coping around the globe the systemic transactional stress model stm developed by co editor guy bodenmann is used as a consistent framework so readers can better appreciate the contrasts and similarities across the fourteen cultures represented in the book written by scholars from the particular culture each chapter provides a conceptual review of the dyadic coping research conducted in their specific cultures and also provides empirical and clinical recommendations additional contributions include how to measure dyadic coping so others can apply the stm model in other contexts the latest treatment approaches for therapy and prevention are also highlighted making this book ideal for professionals interested in expanding their cultural competence when working with couples from various backgrounds highlights include how couples in different cultures deal with stress and how values and traditions affect dyadic stress and coping global applications especially to couples in the regions highlighted in the book the u s including one chapter on latino couples in the u s australia china greece hungary italy japan kenya nigeria pakistan portugal romania and switzerland factors encountered in examining dyadic coping using the stm model including measurement and assessment issues suggestions for making treatment prevention and intervention programs for couples more effective ideal for relationship researchers psychologists mental health counselors social workers and advanced students who work with couples dealing with stress this book is also appropriate for advanced courses on interpersonal processes close relationships stress and coping multicultural issues in marriage and family therapy or counseling or family systems taught in a variety of social science disciplines

stress gehört in der modernen gesellschaft zu den größten belastungen für die menschliche gesundheit auch kinder leiden unter dem leistungsdruck der ihnen vor allem in der schule auferlegt wird aus diesem grund sollten sie schon früh lernen wie sie stress mithilfe von copingverfahren bewältigen können was bedeutet stress für kinder im volksschulalter kann ein anti stress training ihren umgang mit stress nachhaltig verbessern welche konfliktsituationen können davon positiv beeinflusst werden in seinem buch beschreibt florian mangge die ursachen von kindlichem stress und macht vorschläge wie die lernenden effektiv dagegen vorgehen können sein fokus liegt auf der physischen und psychischen stresssymptomatik wobei er auch die bewertung durch klassenlehrer innen nicht außer acht lässt aus dem inhalt stressbewältigung copingmechanismen gesundheitsförderung stressentstehung stressoren selbstinstruktion

dyadic coping is a concept that has reached increased attention in psychological science within the last 20 years dyadic coping conceptualizes the way couples cope with stress together in sharing appraisals of demands planning together how to deal with the stressors

and engage in supportive or joint dyadic coping among the different theories of dyadic coping the systemic transactional model (Bodenmann 1995, 1997, 2005) has been applied to many studies on couples coping with stress while a recent meta analysis shows that dyadic coping is a robust and consistent predictor of relationship satisfaction and couple's functioning in community samples some studies also reveal the significance of dyadic coping in dealing with psychological disorders e.g. depression anxiety or severe illness e.g. cancer diabetes COPD etc researchers all over the world build their research on this or other concepts of dyadic coping and many typically use the dyadic coping inventory (DCI) for assessing dyadic coping so far research on dyadic coping has been systematically presented in two books one written by Revenson Kayser Bodenmann in 2005 focussing on emerging perspectives on couples coping the other by Falconier Randall Bodenmann more recently in 2016 addressing intercultural aspects of dyadic coping in African American Asian and European couples this ebook gives an insight into recent dyadic coping research in different areas and countries

explores the latest developments in the processes underlying intimate relationships from an interdependence theory perspective

traditionally assessment and evaluation have focused on the negative aspects or deficits of a client's presentation yet strengths health and those things that are going right in a person's life are key protective factors in the prevention and treatment of many mental health problems thus measuring strengths is an important component of a balanced assessment and evaluation process this is the first compendium of more than 140 valid and reliable strengths based assessment tools that clinicians researchers educators and program evaluators can use to assess a wide array of positive attributes including well being mindfulness optimism resilience humor aspirations values sources of support emotional intelligence and much more these tools provide a clear picture of an individual's strengths while being easy to complete score and interpret the scales and instruments included are consistently formatted are organized according to construct measures and include tools for working with adults couples families children and special populations they represent a wide range of theoretical approaches and were written by a diverse array of professionals including social workers psychologists nurses physicians and sociologists partial list of instruments adult dispositional hope scale assessing emotions scale flourishing scale five facet mindfulness questionnaire positive states of mind scale a measure of expectations for partner multidimensional sense of humor scale parenting sense of competence scale personal wellbeing index proactive coping inventory psychological empowerment scale stress related growth scale social wellbeing scales wellness beliefs scale

first published in 1990 Routledge is an imprint of Taylor Francis an informa company

the book addresses the problems that couples experience through the life cycle each chapter includes an up to date review of the literature pertinent to the topic with a focus on practical interventions which are generally based upon but not limited to cognitive and rational emotive behavioral principles case studies or vignettes further illustrate application of principles worksheets checklists or other resources that would be useful in working with couples are also included where relevant this book presents interventions based upon research theory and most of all on practice and is relevant to marriage and family therapists mental health counselors psychologists and psychiatrists nurse

practitioners family law experts social workers and relationship coaches in addition it can serve as a textbook for students in marriage and family therapy

volume iii of the handbook of systemic family therapy focuses on therapy with couples information on the effectiveness of relational treatment is included along with consideration of the most appropriate modality for treatment developed in partnership with the american association for marriage and family therapy aamft it will appeal to clinicians such as couple marital and family therapists counselors psychologists social workers and psychiatrists it will also benefit researchers educators and graduate students involved in cmft

this open access book details tools and procedures for data collections of hard to reach hard to survey populations inside readers will discover first hand insights from experts who share their successes as well as their failures in their attempts to identify and measure human vulnerabilities across the life course coverage first provides an introduction on studying vulnerabilities based on the total error survey framework next the authors present concrete examples on how to survey such populations as the elderly migrants widows and widowers couples facing breast cancer employees and job seekers displaced workers and teenagers during their transition to adulthood in addition one essay discusses the rationale for the use of life history calendars in studying social and psychological vulnerability while another records the difficulty the authors faced when trying to set up an online social network to collect relevant data overall this book demonstrates the importance to have from the very beginning a dialogue between specialists of survey methods and the researchers working on social dynamics across the life span it will serve as an indispensable resource for social scientists interested in gathering and analyzing data on vulnerable individuals and populations in order to construct longitudinal data bases and properly target social policies

das be go get programm bewältigungs und gesundheitsorientierte gruppen und einzeltherapie stellt ein behandlungsprogramm für patienten mit psychotischen störungen dar die wesentlichen ziele umfassen die vermittlung von strategien zur krankheitsbewältigung die aktive auseinandersetzung mit der erkrankung und eine positive gesundheitsförderung das training basiert auf einer verhaltenstherapeutischen grundlage und orientiert sich u a an prinzipien des recovery ansatzes und der normalisierung verschiedene methoden und übungen berücksichtigen die erfahrungen der teilnehmer mit der krankheit expertenstatus und kompensieren mögliche kognitive und soziale beeinträchtigungen wodurch die entfaltung eigener stärken gefördert wird nach einer einföhrung in die grundlagen des be go get programms bechreibt das manual ausführlich und praxisbezogen die durchführung des programms in sechs modulen werden die themen krankheit und gesundheit ursachen und auslöser frühsymptome und rückfallprophylaxe medikamente körperliche und geistige fitness und belastungsbewältigung behandelt das programm kann sowohl als gruppen als auch als einzeltherapeutisches angebot eingesetzt werden und lässt sich durch den einsatz vielfältiger methoden und übungen flexibel in der anwendung gestalten die beiliegende dvd enthält umfangreiche materialien für die durchführung des programms sowie videosequenzen die das therapeutische vorgehen veranschaulichen

zur erkundung und planung von hilfemöglichkeiten für gesellschaftlich marginalisierte personen sind diagnostische und planerische kenntnisse und fähigkeiten unverzichtbar dieses handbuch vermittelt dazu relevante grundlagen und wichtige erforderliche werkzeuge

in dieser komplett überarbeiteten neuauflage werden sämtliche störungen im erwachsenenalter praxisrelevant und übersichtlich dargestellt der stringente aufbau der einzelnen kapitel dient der schnellen orientierung im text im mittelpunkt stehen die allgemeine darstellung der störung modelle zu Ätiologie und verlauf diagnostik therapeutisches vorgehen fallbeispiele empirische belege und weiterführende literatur das lehrbuch richtet sich vor allem an studenten ausbildungskandidaten praktiker und forscher aus den bereichen klinische psychologie psychiatrie und psychotherapie sowie deren nachbardisziplinen besonderen wert legen herausgeber und autoren auf das konkrete therapeutische vorgehen sowie die verankerung der therapieverfahren in der klinischen grundlagenforschung um dem faszinierenden gebiet der verhaltenstherapie und ihrer grundlagen gerecht zu werden geht die neuauflage deutlich über eine bloße aktualisierung hinaus ziel ist ein praxisrelevantes lehrbuch das erfahrene therapeutinnen und therapeuten ebenso wie anfänger mit genuss und gewinn lesen

es gilt angehörige in die psychosoziale versorgung für chronisch kranke oder behinderte kinder regelhaft einzubeziehen wie kann das gelingen es besteht ein versorgungsbedarf der je nach belastungserleben von überwiegend präventiven bis zu vereinzelt psychotherapeutischen angeboten reicht die versorgungsstruktur ist jedoch nach wie vor lückenhaft fokussierte präventive beratungsansätze für die geschwisterkinder und ihre eltern bzw familien fehlen das buch schließt diese lücke es legt ein theoretisch fundiertes auf langjähriger praxiserfahrung der autorinnen und autoren beruhendes konzept zur gezielten unterstützung der geschwisterkinder vor das an das hamburger cosip konzept für die beratung von kindern und ihren körperlich kranken eltern anknüpft der kindzentrierte und familienorientierte beratungsansatz zeigt wie dem geschwisterkind und seiner familie in der bewältigung der situation gezielt geholfen werden kann nach einer ausführlichen einföhrung in die thematik stellen die autoren das beratungsvorgehen einschließlich diagnostik und therapie anhand zahlreicher fallbeispiele dar die im anhang und als kostenloses download material zur verfügbung gestellten diagnostische schritte und arbeitsmaterialien runden den praxiswert des buchs ab das buch bietet eine grundlage für alle die in diesem bereich bereits tätig sind und sich anregungen für ihre arbeit wünschen sowie für diejenigen die angebote für geschwisterkinder aufbauen und dazu befähigt werden wollen die kinder und eltern kompetent zu unterstützen

der band liefert eine umfassende sammlung von diagnostischen verfahren für die beratung und therapie von paaren und familien mithilfe der vorgestellten instrumente lassen sich unterschiedliche konstrukte im bereich der paar und familiendiagnostik erfassen wie z b bindung erziehungskonflikte partnerschaftszufriedenheit oder familiendynamik bei allen beschriebenen instrumenten handelt es sich um evaluierte verfahren für die eine deutschsprachige testversion vorliegt die beschreibungen sind nach einem einheitlichen schema aufgebaut das informationen über das verfahren im allgemeinen zur entwicklung zum aufbau zur auswertung und zu den gütekriterien enthält somit bieten sie einen schnellen zugriff auf die wichtigsten informationen zu den einzelnen instrumenten der vorliegende band eignet sich zum einen für praktisch tätige die familien und paare therapeutisch und beratend begleiten und zum anderen für die wissenschaftliche forschung im kontext von paaren und familien

no detailed description available for health hazards in adolescence

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