



Discovering Personal Resources (Self-Esteem Library)

Smith, Sandra Lee

Note: This is not the actual book cover

Discovering Personal Resources

George Walter Fiske



Discovering Personal Resources:

Discovering Personal Resources Sandra Lee Smith,1992-01-01 Discusses how individuals can discover and use their unique talents and abilities

Sensorimotor Psychotherapy Pat Ogden,Janina Fisher,2015-04-27 A book for clinicians and clients to use together that explains key concepts of body psychotherapy The body s intelligence is largely an untapped resource in psychotherapy yet the story told by the somatic narrative gesture posture prosody facial expressions eye gaze and movement is arguably more significant than the story told by the words The language of the body communicates implicit meanings and reveals the legacy of trauma and of early or forgotten dynamics with attachment figures To omit the body as a target of therapeutic action is an unfortunate oversight that deprives clients of a vital avenue of self knowledge and change Written for therapists and clients to explore together in therapy this book is a practical guide to the language of the body It begins with a section that orients therapists and clients to the volume and how to use it followed by an overview of the role of the brain and the use of mindfulness The last three sections are organized according to a phase approach to therapy focusing first on developing personal resources particularly somatic ones second on utilizing a bottom up somatic approach to memory and third on exploring the impact of attachment on procedural learning emotional biases and cognitive distortions Each chapter is accompanied by a guide to help therapists apply the chapter s teachings in clinical practice and by worksheets to help clients integrate the material on a personal level The concepts interventions and worksheets introduced in this book are designed as an adjunct to and in support of other methods of treatment rather than as a stand alone treatment or manualized approach By drawing on the therapeutic relationship and adjusting interventions to the particular needs of each client thoughtful attention to what is being spoken beneath the words through the body can heighten the intimacy of the therapist client journey and help change take place more easily in the hidden recesses of the self

Neuropalliative Care Claire J. Creutzfeldt,Benzi M. Kluger,Robert G. Holloway,2018-10-01 This comprehensive guide thoroughly covers all aspects of neuropalliative care from symptom specific considerations to improving communication between clinicians patients and families Neuropalliative Care A Guide to Improving the Lives of Patients and Families Affected by Neurologic Disease addresses clinical considerations for diseases such as dementia multiple sclerosis and severe acute brain injury as well discussing the other challenges facing palliative care patients that are not currently sufficiently met under current models of care This includes methods of effective communication supporting the caregiver how to make difficult treatment decisions in the face of uncertainty managing grief guilt and anger and treating the pain itself Written by leaders in the field of neuropalliative care this book is an exceptional well rounded resource of neuropalliative care serving as a reference for all clinicians caring for patients with neurological disease and their families neurologists and palliative care specialists physicians nurses chaplains social workers as well as trainees in these areas

Exploring Personal Genomics Joel T. Dudley,Konrad J. Karczewski,2013-01-03 Rapid advances in high throughput genome sequencing technologies foreshadow a

near future in which millions of individuals will gain affordable access to their complete genome sequence. This promises to give unprecedented insights into the fundamental biological nature of ourselves and our species where we came from, how we are born, how we interact with our environment, how we get sick, how we get well, and how we age. Personal genomics is therefore an important component of the inevitable transition towards personalized medicine as the medical establishment begins to explore and evaluate the role of personal genomics in health and medicine. However, there is currently very little training available for medical practitioners. Exploring Personal Genomics provides a novel inquiry-based approach to understanding and interpreting the practical medical and societal aspects of personal genomic information. It is presented in two parts: the first provides readers of all backgrounds with a fundamental understanding of the biology of human genomes, information on how to obtain and understand digital representations of personal genomic data, tools and techniques for exploring the personal genomics of ancestry and genealogy, discovery and interpretation of genetic trait associations, and the role of personal genomics in drug response. The second part offers more advanced readers an understanding of the science, tools and techniques for investigating interactions between a personal genome and the environment, connecting DNA to physiology, assessing rare variants and structural variation, and exploring resources for performing personal biological investigation. This advanced textbook is primarily aimed at undergraduate and graduate students taking classes in genomic medicine, genetics, and bioinformatics. It will also be of relevance and use to medical practitioners, evolutionary biologists, geneticists, and individuals interested in exploring their personal genetic data.

Positive Psychology in Health Management
Anni Wang, Fei Fei Huang, Yufang Guo, Fang Lei, Yuting Song, 2023-12-13

Positive psychology aims to understand how people can better their lives and ultimately flourish. Since Martin Seligman spearheaded this movement of looking for the positives in life rather than focusing on the negatives, substantial research has been conducted. This research indicates that positive psychological resources such as resilience, self-efficacy, optimism, hope, and self-esteem can help individuals build their personal capabilities, which are associated with higher levels of physical, psychological, social, and behavioral health. Health management is also a broad topic containing management of all health-related issues involving policy making, legal regulation, workforce management, healthcare quality, specific disease management, etc. There has been a drastic increase in research on applying positive psychology to health management. The increasing theoretical and empirical studies have revealed that positive psychological theories have positive effects on the patients' physical and mental health, quality of life, and on healthcare workers' job satisfaction, burnout, and quality of work life. Disease management and health workforce management are two major subjects that involve positive psychology that have been widely investigated in the past few years. Therefore, by combining positive psychology and health management, this topic aims to facilitate cutting-edge ideas and research to explore multidisciplinary approaches of positive psychology in disease management and health workforce management. Our specific aim is to explore how the construct of positive psychology mitigates the negative consequences on patients or family with

disease burden and healthcare workers under job related stress Furthermore we hope to recognize the distinct adaptive trajectories of these areas on which positive psychological resources may have an effect Based on these we want to highlight the efficacy effectiveness and implementation of positive psychology based intervention for patients or healthcare workers to promote resiliency Through the achievement of these aims we also hope to develop new theories and instruments which are culturally sensitive and contextually innovative

A History of the United States in Chronological Order from the Discovery of America in 1492 to the Year 1885 Emery E. Childs,1885 Advanced Practice Palliative Nursing

Constance Dahlin,Patrick Coyne,Betty Ferrell,2016 Advanced Practice Palliative Nursing is the first text devoted to advanced practice nursing care of the seriously ill and dying This comprehensive work addresses all aspects of palliative care including physical psychological social and spiritual needs Chapters include symptoms common in serious illness pediatric palliative care spiritual and existential issues issues around the role and function of the advanced practice nurse APN reimbursement and nursing leadership on palliative care teams Each chapter contains case examples and a strong evidence base to support the highest quality of care The text is written by leaders in the field and includes authors who have pioneered the role of the advanced practice nurse in palliative care This volume offers advanced practice content and practical resources for clinical practice across all settings of care and encompassing all ages from pediatrics to geriatrics

History of the United States of America, from the Discovery of the Continent [to 1789] George Bancroft,1882 An Inside Story of Success Neil McCullough Clark,1929 *A History of the United States, in Chronological Order, from the Discovery of America in 1492 to the Opening of the World's Fair in 1893* Emery E. Childs,1893 **Handbook on Taxation** W. Bartley Hildreth,1999-01-04 A

groundbreaking reference this book provides a comprehensive review of tax policy from political legal constitutional administrative and economic perspectives A collection of writings from over 45 prominent tax experts it charts the influence of taxation on economic activity and economic behavior Featuring over 2400 references tables equations and drawings the book describes how taxes affect individual and business behavior shows how taxes operate as work and investment incentives explains how tax structures impact different income groups weighs the balanced use of sales property and personal income taxes traces the influence of recent tax changes and more Boy Life and Self-government George Walter Fiske,1912

History of the United States from the Discovery of the American Continent George Bancroft,1885 *Library Media Connection* ,2001 **El-Hi Textbooks and Serials in Print** ,2006 *Personal Efficiency* Samuel MacClintock,1918

St. Andrew's Cross ,1921 **Casework, a Competency-based Approach** Eileen D. Gambrill,1983 **The Educational Record** Samuel Paul Capen,Charles Riborg Mann,George Frederick Zook,1928 One number annually includes the annual report of the President of the American Council on Education **American Railway Number, Friday, June 28, 1912** ,1912

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