

Preparing For The Psychological Consequences Of

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vols 1 12 include section reviews and criticism

this essential career guide equips new professionals and doctoral students with a robust foundation for a long and satisfying career in psychology and other behavioral health professions taking a proactive intervention prevention approach to career planning and building contributors offer accessible guidelines and advice in core areas such as specialization and niche specialties the market for services cultural competence ethically and legally sound practice and personal competencies including self care the degree to career transition and financial planning the editors also break down the mental health field into discrete disciplines each with its own trajectory for its future relevance and sustainability by bringing this wide range of career information together this book helps to set much needed standards for professional development in a demanding diversifying and evolving field featured in the coverage the personal development foundation professional relationships and the art of networking the clinical credentialing process clinical educational and

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issues for 1894 1903 include the section psychological literature

most people take the process of coping for granted as they go about their daily activities in many ways coping is like breathing an automatic process requiring no apparent effort however when people face truly threatening events what psychologists call stressors they become acutely aware of the coping process and respond by consciously applying their day to day coping skills coping is a fundamental psychological process and people s skills are

commensurately sophisticated this volume builds on people's strengths and emphasizes their role as positive copers it features techniques for preventing psychological problems and breaks from the traditional research approach which is modeled on medicine and focuses on pathology and treatment collecting both award winning research and new findings this book may well set the agenda for research on stress and coping for the next century these provocative and readable essays explore a variety of topics including reality negotiation confessing through writing emotional intelligence optimism hope mastery oriented thinking and more unlike typical self help books available at any newsstand this volume features the work of some of the most eminent researchers in the field yet like those books it is written for the general reader as well as for the specialist and includes numerous practical suggestions and techniques it will prove an invaluable tool for a wide range of readers

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