

Francine Honegger-Jolissaint

Akzeptanz und Resilienz. Nach belastenden Ereignissen durch Schritte der Versöhnung zur resilienten Lebenshaltung

Masterarbeit

Resilienz Belastenden Ereignissen Resilienten Lebenshaltung

Francine Honegger-Jolissaint



Resilienz Belastenden Ereignissen Resilienten Lebenshaltung:

Akzeptanz und Resilienz. Nach belastenden Ereignissen durch Schritte der Versöhnung zur resilienten Lebenshaltung
Francine Honegger-Jolissaint, 2015-07-20 Masterarbeit aus dem Jahr 2007 im Fachbereich Psychologie Beratung und Therapie Donau Universität Krems Universität für Weiterbildung Department für Psychosoziale Medizin und Psychotherapie Veranstaltung Psychologie Psychotherapie Sprache Deutsch Abstract Diese Literaturarbeit macht einen wesentlichen Aspekt der Resilienz sichtbar der Fähigkeit auch nach belastenden Erlebnissen gut weiterzuleben Der Text geht frei von psychopathologischen Kategorien von der Annahme aus dass die Akzeptanz der Realität so belastend diese auch sein mag eine der wichtigsten Bedingungen ist um nach Kränkungen und Verlusterlebnissen durch konstruktive Auseinandersetzung mit Gefühlen wie Wut und Trauer sich mit den Verletzungen zu versöhnen und so zu einer reiferen Lebensbejahung zu finden Die Essenz der aus wissenschaftlichen Texten wie auch aus traditionellen Schriften gewonnenen Antworten besttigt die Grundannahme und deren Bedeutung für die Psychotherapie

Der resiliente Mensch Raffael Kalisch, 2017-03-20 Neueste Erkenntnisse aus Hirnforschung und Psychologie So zwingen Sie Krisen nicht mehr in die Knie Resilienz ist die Fähigkeit mit Stress und Krisen gesund umzugehen Neurowissenschaftler Raffael Kalisch beleuchtet woher Der resiliente Mensch dieses Können nimmt Burn out Depressionen und Angststörungen sind auf dem Vormarsch Immer mehr Menschen finden sich in ihrem Leben nicht mehr zurecht andere nehmen große Schicksalsschläge scheinbar mit Leichtigkeit Neurowissenschaft und Psychologie haben dafür einen Begriff Resilienz Woher sie kommt ob man sie lernen kann und was psychische Widerstandskraft letztendlich ausmacht beleuchtet Raffael Kalisch auf fundierte informative und vor allem objektive Weise Als einer der führenden Köpfe der neurowissenschaftlichen Resilienzforschung entwickelt Kalisch für seine Leser eine Landkarte über das Zusammenspiel von Körper und Geist über die Mechanismen hinter Selbstbestimmung Optimismus und Stressresistenz Seine Tipps zu mehr Selbstwirksamkeit beruhen auf seiner jahrelangen Arbeit an der Grenze von Hirnforschung und Psychologie Sein gelungenes Buch liefert keine einfachen Rezepte aber reflektierte Einblicke über die Schutz und Selbstheilungskräfte der Psyche Wirtschaftspsychologie aktuell Mit der weltweiten Coronakrise hat Der resiliente Mensch noch einmal an Aktualität und Relevanz gewonnen Es ist ein Lesetipp für alle die ohne klassische Ratgeber Attitüden Mechanismen des Glücks auf die Spur kommen wollen und eigene Schlussfolgerungen für ihr Leben ziehen möchten Ein Anfang für den Ausweg aus Depression und Angst Klug und sachlich entwickelt Kalisch was Resilienz und Stressresistenz zu tun haben mit Selbstbestimmung Selbstwirksamkeit Sinnsuche und Optimismus Lesenswert unterhaltsam und lehrreich Der SPIEGEL Classic

The Enigmatic Realm of **Resilienz Belastenden Ereignissen Resilienten Lebenshaltung**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Resilienz Belastenden Ereignissen Resilienten Lebenshaltung** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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