



# **Therapist's Guide to Positive Psychological Interventions (Practical Resources for the Mental Health Professional)**

*Jeana L. Magyar-Moe*

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Positive psychology - essentially the scientific study of the strengths that enable individuals and communities to thrive - is a relatively new discipline that has experienced substantial growth in the last 5-10 years. Research suggests that the principles and theories from this area of study are highly relevant to the practice of counseling and psychotherapy, and positive psychology presents clinicians and patients with a much needed balance to the more traditional focus on pathology and the disease model of mental health. This book provides a comprehensive introduction to the best-researched positive psychological interventions. It emphasizes clinical application, providing a detailed view of how the research can be applied to patients. Covering the broaden-and-build theory, strengths-based therapy, mentoring modalities and more, the volume will provide numerous assessment tools, exercises and worksheets for use throughout the counseling and psychotherapy process.

- Summarizes the applications of research from positive psychology to the practice of counseling and psychotherapy
- Provides clinician a variety of assessments, worksheets, handouts, and take home and in-session exercises to utilize in the process of conducting therapy from a positive psychological perspective
- Provides general treatment planning guidelines for the appropriate use of such assessments, worksheets, handouts, and exercises
- Bibliography of positive psychology references to compliment the information provided in this book

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