



# Increasing Psychological Well-being In Clinical And Educational Settings

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**Summary** : Free increasing psychological well-being in clinical and educational settings pdf download - this volume deals with strategies aimed at increasing psychological well-being in both clinical and non-clinical settings with a special focus on the impact of cross-cultural influences on these processes consisting of two parts the book first examines clinical interventions for increasing well-being and positive functioning in adult populations it looks at cultural differences in the experience of psychological well-being presents an analysis of the concept of psychological well-being and discusses various interventions including well-being therapy and cognitive behavioral therapy other concepts discussed are post-traumatic growth wisdom and motivation the second part of the book deals with psychological interventions in childhood and adolescence and has a strong emphasis on educational settings it provides an overview of the main evidence-based psychotherapies for affective disorders in youths and looks at the importance and impact of positive education resilience and hope the book presents models for intervention and discusses several therapies in detail

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