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Developing Resilience Using Cognitive Behavioural Strategies



Developing Resilience A Cognitive Behavioural Approach

Michael Neenan



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Developing Resilience Michael Neenan, 2017-07-04 Some individuals emerge from grim experiences stronger in mind and spirit than others who suffered the same ordeal In this updated and revised edition Michael Neenan focuses on the meanings we attach to life's adversities in order to understand how we respond to them This is why different people can react to the same adverse event in a variety of ways such as fighting back or crumbling Different meanings of what constitutes resilience are also discussed and the author takes issue with the simplistic view of it as bouncing back from adversity which suggests the absence of struggle and emotional pain as well as underestimating how long the process of self-righting can sometimes take *Developing Resilience* shows how people can find constructive ways of dealing with hard times by using the ideas and techniques of cognitive behavioural therapy as well as drawing on the viewpoints and experiences of other writers presented here This book provides useful guidance and advice on topics including managing negative emotions in difficult times using an assets and liabilities model to understand resilient behaviour distinguishing between what's within and outside of your control identifying and changing attitudes that undermine resilience building developing self-belief increasing your level of frustration tolerance maintaining a resilient outlook This book will be essential reading for anyone interested in learning more about resilience as well as for mental health professionals coaches and therapists looking for guidance in helping their clients to cope better with adversity

Developing Resilience Michael Neenan, 2009-06-09 Some individuals emerge from grim experiences stronger in mind and spirit than others who suffered the same fate In this book Michael Neenan suggests that it is the meanings that we attach to events and not the events themselves that determine our reactions to them this is why different people can react to the same event in a variety of ways *Developing Resilience* shows how people can find constructive ways of dealing with their difficulties by using the techniques of cognitive behaviour therapy as well as listening to the wisdom of those who have prevailed over adversity This book provides useful guidance and advice on topics including managing negative emotions distinguishing between what is within and outside of your control learning from past experiences developing self-belief increasing your level of frustration tolerance maintaining a resilient outlook This book will be essential for anyone trying to find constructive ways forward in difficult times as well as counsellors coaches and therapists looking for guidance in helping their clients

Resilience as a Framework for Coaching Michael Neenan, 2018-05-23 In *Resilience as a Framework for Coaching A Cognitive Behavioural Perspective* Michael Neenan presents an in-depth understanding of resilience and shows how coaches can help their clients to develop and enhance their own resilience By focusing on the beliefs emotions and behaviours that promote or hinder the development of resilience Neenan provides coaches with plenty of discussion points for inclusion in their sessions The book written in an engaging and accessible style includes a chapter showing the unfolding of a five-session course of resilience coaching with lengthy dialogue excerpts between the coach and the client accompanied by a commentary on the coach's interventions Throughout the book

there are plenty of case studies and examples of resilience in action The book ends with a recap on resilience pinpointing some of the key features of a resilient mindset Written by an established expert in the field of resilience and cognitive behavioural coaching Resilience as a Framework for Coaching represents an essential resource for those wishing to train in this discipline The book will appeal to coaches coaching psychologists psychotherapists and clinical health and counselling psychologists with an interest in coaching human resource professionals counsellors and trainees in these disciplines

Build Your Resilience Donald Robertson, 2012-07-06 Resilience How to Thrive and Survive in Any Situation helps you to prepare for adversity by finding healthier ways of responding to stressful thoughts and feelings You will learn a comprehensive toolkit of effective therapeutic strategies and techniques drawing upon innovative mindfulness and acceptance based approaches to cognitive behavioural therapy CBT combined with elements of established psychological approaches to stress prevention and management The book also draws upon classical Stoic philosophy to provide a wider context for resilience building This book is a complete course in resilience training covering everything from building long term resilience by developing psychological flexibility mindfulness and valued action through specific behavioural skills such as applied relaxation worry postponement problem solving and assertiveness Each chapter contains a self assessment test case study practical exercises and reminder boxes and concludes with a reminder of the key points of the chapter Focus Points and a round up of what to expect in the next Next Step which will whet your appetite for what's coming and how it relates to what you've just read

Developing Resilience for Social Work Practice Louise Grant, Gail Kinman, 2018-07-06 The term resilience refers to a person's capacity to handle difficulties demands and pressure without experiencing negative effects Traditionally social work has focused on the nature and impact of resilience in children and adults who have experienced traumatic events but it is increasingly recognised that social workers need to develop personal resilience to manage the emotional demands of the job effectively and sustainably Developing Resilience for Social Work Practice provides social workers with a tool box of strategies to help them enhance their resilience and protect their wellbeing Written by experienced practitioners in the field the book draws on key research to present a series of evidence based interventions These strategies are designed to help social work students and practitioners develop important qualities that underpin resilience such as self awareness time management relaxation skills and empathy as well enable them to gain support from their personal and professional networks Grounded in both theory and practice each chapter explores how the various resilience techniques can be applied to help social workers manage the complexities and challenges they face in everyday practice The use of relevant and engaging case studies throughout is particularly useful in bringing the book to life for the reader

The CBT Handbook Windy Dryden, Rhena Branch, 2011-11-15 The CBT Handbook is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike Comprising 26 accessible chapters from leading experts in the field the book covers CBT theory practice and research Chapters include CBT Theory

CBT Skills Assessment and Case Formulation in CBT The Therapeutic Relationship in CBT Values and Ethics in CBT Reflective and Self Evaluative Practice in CBT Supervision of CBT Therapists Multi disciplinary working in CBT Practice This engaging book will prove an indispensable resource for CBT trainees and practitioners **Cognitive Behaviour Therapy** Michael Neenan, Windy Dryden, 2014-08-13 In the last three decades cognitive behaviour therapy CBT has been applied to an ever increasing number of problems including anxiety disorders substance abuse and eating disorders and populations children adolescents and older people NICE recommends CBT as the first line treatment in the NHS for tackling a wide range of psychological disorders Cognitive Behaviour Therapy 100 Key Points and Techniques is a crisp concise elaboration of the 100 main features of this very popular and evidence based approach within the field of psychotherapy The 100 key points and techniques cover CBT theory as well as practice Divided into helpful sections topics covered include Misconceptions about CBT Teaching the cognitive model Assessment and case conceptualization Homework self help assignments Ways of detecting and answering NATs Behavioural experiments Intermediate and core beliefs Relapse management Third wave CBT For the second edition of this book Michael Neenan and Windy Dryden have revised and updated many of the points and several new ones have been added This neat usable book is an essential guide for psychotherapists and counsellors both trainees and qualified who need to ensure they are entirely familiar with the key features of CBT as part of a general introduction to the current major psychotherapies **Cognitive Behavioural Coaching in Practice** Michael Neenan, Stephen Palmer, 2021-12-08 This fully updated second edition of Cognitive Behavioural Coaching in Practice explores various aspects of coaching from within a cognitive behavioural framework In response to the continued growth in the popularity and scope of coaching and cognitive behavioural therapy Michael Neenan and Stephen Palmer again bring together experts in the field to discuss topics including procrastination stress coaching alliance motivational interviewing goal selection and self esteem The book is illustrated throughout with coach coachee dialogues that include a commentary of the aims of the coach during the session This second edition is fully updated and includes three new chapters on single session coaching health and wellbeing coaching and coaching supervision Part of the Essential Coaching Skills and Knowledge series this comprehensive volume will be essential reading for coaches as well as therapists counsellors and psychologists **Positive Psychology Coaching in Practice** Suzy Green, Stephen Palmer, 2018-07-17 Positive Psychology Coaching in Practice provides a comprehensive overview of positive psychology coaching bringing together the best of science and practice highlighting current research and emphasising the applicability of each element to coaching With an international range of contributors this book is a unique resource for those seeking to integrate positive psychology into their evidence based coaching practice Beginning with an overview of positive psychology coaching the book includes an assessment of theories of wellbeing an examination of mindfulness research a guide to relevant neuroscience and a review of a strengths based approach It also contains chapters which explore the application of ACT the role of positive psychology in

wellness and resilience coaching positive leadership theory and developmental psychological theories as they relate to coaching through significant life transitions In each chapter theory and research is thoroughly explored and applied directly to coaching practice and supported with a list of relevant resources and a case study The book concludes with the editors views on the future directions of positive psychology coaching Positive Psychology Coaching in Practice will be essential reading for professional coaches in practice and in training seeking to enhance their evidence based practice coaching psychologists practitioners of positive psychology and academics and students of coaching coaching psychology and positive psychology

Cognitive Behavioural Coaching Michael Neenan, 2018-05-08 Michael Neenan clearly and accessibly introduces the 30 Distinctive Features of cognitive behavioural coaching CBC an approach which applies the principles of CBT to coaching Cognitive Behavioural Coaching Distinctive Features sets out the key theoretical and practical features of CBT and discusses how they integrate into the generic model of coaching The book covers the four key elements in developing a coaching relationship provides psychological and practical problem solving models shows how to deal with stuck points in coaching and identifies which individuals are unsuitable for CBC As well as providing research evidence to support the effectiveness of CBC the book demonstrates the smooth transition of CBT into CBC and coach coachee dialogues are interspersed throughout the text to show CBC in action Cognitive Behavioural Coaching Distinctive Features will be particularly useful to CBT therapists interested in adding coaching to their practice It will also appeal to coaches in practice and in training and other professionals in coaching roles seeking an effective and straightforward coaching model

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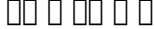
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