



## Positive Psychiatry: A Clinical Handbook (Paperback)

By -

American Psychiatric Association Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Long overdue, Positive Psychiatry provides a rigorous and clinically useful guide to the growing body of research that strongly suggests that positive psychosocial factors such as resilience, optimism, and social engagement are associated with better outcomes, including lower morbidity, greater longevity, and a heightened sense of patient well-being. Because most of the research has been conducted outside of the field of psychiatry, it has had relatively little influence on everyday clinical practice. This volume, written and edited by luminaries in the field, hopes to remedy this situation by introducing clinicians to the guiding principles of positive psychiatry, which hold that mental health cannot be defined as the mere reduction or even elimination of mental illness, and that mental health professionals must focus on more than simply controlling the symptoms of illness. To that end, the book, while biologically grounded and exhaustively referenced, is also structured and written to be accessible. It includes many useful features: • Bulleted outlines of key clinical points are included where appropriate, fostering direct application of positive psychiatry constructs, measures, interventions, and outcomes into clinical practice and training. • An abundance of...



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