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Meaning in Positive and Existential Psychology presents a broad overview of contemporary empirical research and theoretical work on the meaning/purpose in life construct from two perspectives - Positive psychology and Existential psychology. Although they may have common ground, these perspectives have only recently come into fruitful dialogue.

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“Meaning” is a theoretical concept of utmost importance to positive and existential psychologists in their interpretations of narratives of suffering and healing, yet the two schools of thought...

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"In this context, Meaning in Positive and Existential Psychology is valuable not only in content, but also a model for bringing together in dialogue and collaboration two schools of psychology that have a history of conflict. The contributors to this volume do not idealistically look to unify existential and positive psychology by oversimplifying or dodging the differences and debates; rather, they take seriously and honor differences in a constructive manner.

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"This volume, Meaning in Positive and Existential Psychology is a timely and engaging exploration of these contrasting, but potentially reconcilable, orientations.

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This unique theory-to-practice volume presents far-reaching advances in positive and existential therapy, with emphasis on meaning-making as central to coping and resilience, growth and positive change. Innovative meaning-based strategies are presented with clients facing medical and mental health challenges such as spinal cord injury, depression, and cancer.

Clinical Perspectives on Meaning: Positive and Existential ...

Existential definition: Existential means relating to human existence and experience. | Meaning, pronunciation, translations and examples

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Existentialism asserts that people make decisions based on subjective meaning rather than pure rationality. The rejection of reason as the source of meaning is a common theme of existentialist thought, as is the focus on the anxiety and dread that we feel in the face of our own

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radical freedom and our awareness of death. Kierkegaard advocated rationality as a means to interact with the objective world (e.g., in the natural sciences), but when it comes to existential problems, reason is ...

Existentialism - Wikipedia

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Clinical Perspectives on Meaning: Positive and Existential ...

"This volume, Meaning in Positive and Existential Psychology is a timely and engaging exploration of these contrasting, but potentially reconcilable, orientations. It raises questions that have wide ranging academic, clinical and personal significance... a volume such as this, written by some of the most influential figures in positive psychology, is very much welcomed.

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contemporary discussion about the source and significance of meaning in our lives this volume meaning in positive and existential psychology is a timely and engaging exploration of these contrasting but potentially reconcilable orientations positive psychology is the scientific study of what makes life worth living meaning is always

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Meaning Therapy (MT) is an extension of Frankl's logotherapy and America's humanistic-existential tradition; it is also pluralistic because it incorporates elements of cognitive-behavioral therapy, narrative therapy, and positive psychotherapy, with meaning as its central organizing construct. MT not only appeals to people's natural desires for happiness and significance but also makes ...

This book is a first attempt to combine insights from the two perspectives with regard to the question of meaning by examining a collection of theoretical and empirical works. This volume therefore is destined to become an important addition to psychological literature: both from the viewpoint of the history of ideas (again this would be one of the first times that positive and existentialist psychologies meet) and from the viewpoint of theoretical and empirical research into the meaning concept in psychology.

"Clinical Perspectives on Meaning: Positive and Existential Psychotherapy . . . is an outstanding collection of new contributions that build thoughtfully on the past, while at the same time, take the uniquely human capacity for meaning-making to important new places." - From the preface by Carol D. Ryff and Chiara Ruini This unique theory-to-practice volume presents far-reaching advances in positive and existential therapy, with emphasis on meaning-making as central to coping and resilience, growth and positive change. Innovative meaning-based strategies are presented with clients facing medical and mental health challenges such as spinal cord injury, depression, and cancer. Diverse populations and settings are considered, including substance abuse, disasters, group therapy, and at-risk youth. Contributors demonstrate the versatility and effectiveness of meaning-making interventions by addressing novel findings in this rapidly growing and promising area. By providing broad international and interdisciplinary perspectives, it enhances empirical findings and offers valuable practical insights. Such a diverse and varied examination of meaning encourages the reader to integrate his or her thoughts from both existential and positive psychology perspectives, as well as from clinical and empirical approaches, and guides the theoretical convergence to a unique point of understanding and appreciation for the value of meaning and its pursuit. Included in the coverage: · The proper aim of therapy: Subjective well-being, objective goodness, or a meaningful life? · Character strengths and mindfulness as core pathways to meaning in life · The significance of meaning to conceptualizations of resilience and posttraumatic growth · Practices of meaning-making interventions: A comprehensive matrix · Working with meaning in life in chronic or life-threatening disease · Strategies for cultivating purpose among adolescents in clinical settings · Integrative meaning therapy: From logotherapy to existential positive interventions · Multiculturalism and meaning in existential and positive psychology · Nostalgia as an existential intervention: Using the past to secure meaning in the present and the future · The spiritual dimension of meaning Clinical Perspectives on Meaning redefines these core healing objectives for researchers, students, caregivers, and practitioners from the fields of existential psychology, logotherapy, and positive psychology, as well as for the interested public.

This book offers an in-depth exploration of the burgeoning field of meaning in life in the psychological sciences, covering conceptual and methodological issues, core psychological mechanisms, environmental, cognitive and personality variables and more.

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In *An Introduction to Existential Coaching* Yannick Jacob provides an accessible and practical overview of existential thought and its value for coaches and clients. Jacob begins with an introduction to coaching as a powerful tool for change, growth, understanding and transformation before exploring existential philosophy and how it may be integrated into coaching practice. The book goes on to examine key themes in existentialism and how they show up in the coaching space, including practical models as well as their application to organisations and leadership. Jacob concludes by evaluating ethical dimensions of working existentially and offers guidance on how to establish an existential coaching practice, including how to gain clients and build relationships with strategic partners. With reflective questions, exercises, interventions and activities throughout, *An Introduction to Existential Coaching* will be invaluable for anyone wanting to live and work at greater depth or to succeed as an existential coach. Accessibly written and with a wide selection of references and resources, *An Introduction to Existential Coaching* is a vital guide for coaches in training as well as an inspiring addition to the repertoire of experienced practitioners. It serves academics and students to understand existential philosophy and allows professionals with coaching responsibilities to access more meaningful conversations.

Suffering is an inescapable part of life. Some suffering is so profound, so violating, or so dogged that it fundamentally changes people in indelible ways. Many existing therapeutic approaches, from a medical model, treat suffering as mental illness and seek a curative solution. However, such approaches often fail to examine the deep questions that suffering elicits (e.g., existential themes of death, isolation, freedom, identity, and meaninglessness) and the far-reaching ways in which suffering affects the lived experience of each individual. In *The Courage to Suffer*, Daryl and Sara Van Tongeren introduce a new therapeutic framework that helps people flourish in the midst of suffering by cultivating meaning. Drawing from scientific research, clinical examples, existential and positive psychology, and their own personal stories of loss and sorrow, Daryl and Sara's integrative model blends the rich depth of existential clinical approaches with the growth focus of strengths-based approaches. Through cutting edge-research and clinical case examples, they detail five "phases of suffering" and how to work with a client's existential concerns at each phase to develop meaning. They also discuss how current research suggests to build a flourishing life, especially for those who have endured, and are enduring, suffering. Daryl and Sara show how those afflicted with suffering, while acknowledging the reality of their pain, can still choose to live with hope.

Widely recognized as the finest definition of existentialist philosophy ever written, this book introduced existentialism to America in 1958. Barrett speaks eloquently and directly to concerns of the 1990s: a period when the irrational and the absurd are no better integrated than before and when humankind is in even greater danger of destroying its existence without ever understanding the meaning of its existence. *Irrational Man* begins by discussing the roots of existentialism in the art and thinking of Augustine, Aquinas, Pascal, Baudelaire, Blake, Dostoevski, Tolstoy, Hemingway, Picasso, Joyce, and Beckett. The heart of the book explains the views of the foremost existentialists—Kierkegaard, Nietzsche, Heidegger, and Sartre. The result is a marvelously lucid definition of existentialism and a brilliant interpretation of its impact.

From an Existential Vacuum to a Tragic Optimism: The Search for Meaning and the Presence of God in Modern Literature employs a new theoretical approach to critical analysis: Victor Frankl's logotherapy (from the Greek "logos" for word or reason and often related to divine

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wisdom), a unique form of existentialism. On the basis of his observations of the power of human endurance and transcendence – the discovery of meaning even in the midst of harrowing circumstances – Frankl diagnoses the malaise of the current age as an “existential vacuum,” a sense of meaninglessness. He suggests that a panacea for this malaise may be found in creativity, love, and moral choice – even when faced with suffering or death. He affirms that human beings may transcend this vacuum, discover meaning – or even ultimate meaning to be found in Ultimate Being, or God – and live with a sense of “tragic optimism.” This book observes both the current age’s “existential vacuum” – a malaise of emptiness and meaninglessness – and its longing for meaning and God as reflected in three genres: poetry, novel, and fantasy. Part I, “Reflections of God in the Poetic Vision,” addresses “tragic optimism” – hope when there seems to be no reason for hope – in poems by William Butler Yeats, T. S. Eliot, Samuel Taylor Coleridge, and Gerard Manley Hopkins. Part II, “American Angst: Emptiness and Possibility in John Steinbeck’s Major Novels,” presents a study of Steinbeck’s *The Grapes of Wrath*, *East of Eden*, and *The Winter of Our Discontent* – novels that together form a uniquely American epic trilogy. Together these novels tell the story of a nation’s avarice, corruption, and betrayal offset by magnanimity, heroism, and hospitality. Set against the backdrop of Frankl’s ways of finding meaning and fulfillment – all obliquely implying the felt presence of God – the characters are representative Every Americans, in whose lives are reflected a nation’s worst vices and best hopes. Part III, “A Tragic Optimism: The Triumph of Good in the Fantasy Worlds of Tolkien, Lewis, and Rowling,” defines fantasy and science fiction as mirrors with which to view reality. J. R. R. Tolkien’s *The Lord of the Rings*, C. S. Lewis’s *That Hideous Strength*, and J. K. Rowling’s *Harry Potter* series are considered in the light of Frankl’s logotherapy – providing paths to meaning and the ultimate meaning to be found in God. In a postmodern, fragmented age, these works affirm a continuing vision of God (often through His felt absence) and, also, a most human yearning for meaning even when there seems to be none – providing, as Frankl maintains, “a tragic optimism.”

The first edition of *The Human Quest for Meaning* was a major publication on the empirical research of meaning in life and its vital role in well-being, resilience, and psychotherapy. This new edition continues that quest and seeks to answer the questions, what is the meaning of life? How do we explain what constitutes meaningful relationships, work, and living? The answers, as the eminent scholars and practitioners who contributed to this text find, are neither simple nor straightforward. While seeking to clarify subjective vs. objective meaning in 21 new and 7 revised chapters, the authors also address the differences in cultural contexts, and identify 8 different sources of meaning, as well as at least 6 different stages in the process of the search for meaning. They also address different perspectives, including positive psychology, self-determination, integrative, narrative, and relational perspectives, to ensure that readers obtain the most thorough information possible. Mental health practitioners will find the numerous meaning-centered interventions, such as the PURE and ABCDE methods, highly useful in their own work with facilitating healing and personal growth in their clients. *The Human Quest for Meaning* represents a bold new vision for the future of meaning-oriented research and applications. No one seeking to truly understand the human condition should be without it.

The definitive account of existential psychotherapy. Existential therapy is practiced throughout the world. But until now, it has lacked a coherent structure. In *Existential Psychotherapy*, Irvin Yalom finds the essence of existential psychotherapy, synthesizing its historical background, core tenets, and usefulness to the practice. Organized around what Yalom identifies as the four "ultimate concerns of life" -- death, freedom, isolation, and meaninglessness -- the book takes up the meaning of each existential concern and the type of conflict that

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springs from our confrontation with each. He shows how these concerns are manifested in personality and psychopathology, and how treatment can be helped by our knowledge of them. Drawing from clinical experience, empirical research, philosophy, and great literature, Yalom provides an intellectual home base for those psychotherapists who have sensed the incompatibility of orthodox theories with their own clinical experience, and opens new doors for empirical research. The fundamental concerns of therapy and the central issues of human existence are woven together here as never before, with intellectual and clinical results that will surprise and enlighten all readers.

This exciting volume brings together leading figures across existential psychology in a clear-sighted guide to its current practice and therapeutic possibilities. Its accessible yet scholarly presentation dispels common myths about existential psychotherapy while demonstrating core methods and innovative techniques as compatible with the range of clinicians' theoretical orientations and practical approaches. Chapters review the evidence for its therapeutic value, and provide updates on education, training, and research efforts in the field, both in the US and abroad. Throughout, existential psychotherapy emerges as a vital, flexible, and empirically sound modality in keeping with the current—and future—promotion of psychological well-being. Highlights of the coverage include: Emotion, relationship, and meaning as core existential practice: evidence-based foundations. · Meaning-centered psychotherapy: a Socratic clinical practice. Experience processing as an aspect of existential psychotherapy: life enhancement methodology. Structural Existential Analysis (SEA): a phenomenological method for therapeutic work. Experiencing change: an existential perspective. Creating the World Congress for existential therapy. Clarifying and Furthering Existential Psychotherapy will spark discussion and debate among students, therapists, researchers, and practitioners in existential psychology, existential psychotherapy, and allied fields as well as the interested public. It makes a suitable text for graduate courses in existential therapy, psychological theories, and related subjects.

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