

TRANSCENDING THE PERSONALITY DISORDERED PARENT

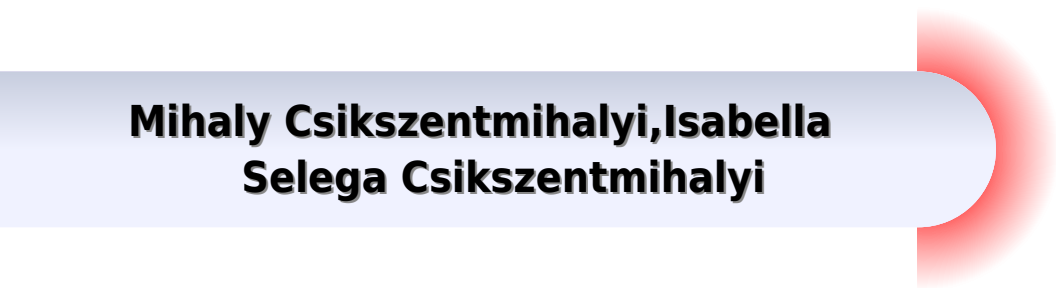


PSYCHOLOGICAL AND
SPIRITUAL TACTICS

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Transcending The Personality Disordered Parent Psychological And Spiritual Tactics

**Mihaly Csikszentmihalyi, Isabella
Selega Csikszentmihalyi**



Transcending The Personality Disordered Parent Psychological And Spiritual Tactics:

Transcending the Personality Disordered Parent MICHAEL W. WIEDERMAN PHD, Michael W. Wiederman, 2013 Have you been especially troubled by your relationship with a parent Have you struggled to understand the difficulties in that relationship Despite your efforts has this relationship failed to improve It may be that your parent has a personality disorder Personality disorders are long standing in nature undergo little change and end up hurting others particularly family members This damage may occur through a self centered approach to life as well poor decisions such as addictions problematic spending and selecting poor relationship partners People with personality disorders also harm through their inability to be honest factually and emotionally as well as their emotional or physical overreactions to situations In this book you ll begin to understand the essential nature of a personality disorder and how it applies to your parent As examples the authors describe two in depth cases Each case illustrates one of two personality disorder styles that appear to be relatively common the intrusive personality style and the distant hostile personality style The authors offer a number of practical tactics for transcending both psychologically and spiritually the problematic past of having been raised by a parent with a personality disorder This book is designed to offer supportive guidance in the murky terrain of toxic parent child relationships It s a must read for everyone trying to understand and resolve difficulties in their relationships with their parents

A Life Worth Living Mihaly Csikszentmihalyi, Isabella Selega Csikszentmihalyi, 2006-04-20 A Life Worth Living brings together the latest thought on Positive Psychology from an international cast of scholars It includes historical philosophical and empirical reviews of what psychologists have found to matter for personal happiness and well being The contributions to this volume agree on principles of optimal development that start from purely material and selfish concerns but then lead to ever broader circles of responsibility embracing the goals of others and the well being of the environment on the importance of spirituality on the development of strengths specific to the individual Rather than material success popularity or power the investigations reported in this volume suggest that personally constructed goals intrinsic motivation and a sense of autonomy are much more important The chapters indicate that hardship and suffering do not necessarily make us unhappy and they suggest therapeutical implications for improving the quality of life Specific topics covered include the formation of optimal childhood values and habits as well as a new perspective on aging This volume provides a powerful counterpoint to a mistakenly reductionist psychology They show that subjective experience can be studied scientifically and measured accurately They highlight the potentiality for autonomy and freedom that is among the most precious elements of the human condition Moreover they make a convincing case for the importance of subjective phenomena which often affect happiness more than external material conditions After long decades during which psychologists seemed to have forgotten that misery is not the only option the blossoming of Positive Psychology promises a better understanding of what a vigorous meaningful life may consist of

The Psychology of Religion and Spirituality for Clinicians Jamie Aten, Kari

O'Grady, Everett Worthington, Jr., 2013-06-19 The purpose of this edited book is to provide mental health practitioners with a functional understanding of the empirical literature on the psychology of religion and spirituality while at the same time outlining clinical implications assessments and strategies for counseling and psychotherapy This text is different from others on this topic because it will help to bridge the gap between the psychology of religion and spirituality research and clinical practice Each chapter covers clinically relevant topics such as religious and spiritual development religious and spiritual coping and mystical and spiritual experiences as well as discuss clinical implications clinical assessment and treatment strategies Diverse religious and spiritual e g Jewish Islamic Christian and Buddhist etc clinical examples are also be integrated throughout the chapters to further connect the psychology of religion and spirituality research with related clinical implications Provided by publisher *Psychosocial Risk Factors in the Development and Maintenance of Eating Disorders* Matteo Aloï, Antonino Carcione, Gianluca Lo Coco, Giuseppe Nicolò, Cristina Segura-Garcia, Giorgio A. Tasca, 2022-08-09 *Transcending Trauma* Bea Hollander-Goldfein, Nancy Isserman, Jennifer E. Goldenberg, 2012 Based on 275 comprehensive life interviews of survivors of the Nazi Holocaust their children and their grandchildren Transcending Trauma illuminates universal aspects of the recovery from trauma and makes a vital contribution to our understanding of how survivors find meaning after traumatic events *Social Psychiatry in South Asia* S. M. Yasir Arafat, Amit Singh, Sujita Kumar Kar, 2025-09-24 This book focuses on the impact of social dimensions on the mental health of people living in the eight South Asian countries The biopsychosocial approach has been well accepted and considered while formulating the risk factors and treatment strategy for mental disorders It indicates the importance of social structure and social influence on mental health psychiatric disorders and treatment The social determinants of mental health including social networks culture norms socio economic conditions and healthcare systems in South Asia vary remarkably from the West Also societal changes under Western influence are noticeable in several sections leading to a change in the way people cope with adversities Additionally the political and economic instability in several countries poses additional challenges to mental health The impact of social structure in South Asia on psychiatric disorders and vice versa has not been adequately addressed yet so this book seeks to address that The book also takes a look at various new state run social initiatives to advance mental health and manage mental illnesses

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