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50 Cards With Instruction Booklet

Psychotherapy, Clinical Psychology, and Counseling; Psychiatry

For psychotherapists, coaches, counselors, clinical psychologists, as well as students.

Matthijs Steeneveld / Anouk van den Berg

#### **Character Strengths Intervention Cards**

50 Cards With Instruction Booklet With a Foreword by Ryan M. Niemiec

2020.50 cards + 16-page booklet ISBN 978-0-88937-566-6

#### Cards and booklet in a box

Dimensions: 6 x 4.7 inches 15.20 x 12.00 cm

Prices: US \$34.80 CAD \$38.80 € 27.95 CHF 36.90 £ 22.50

#### Teach clients the language of character strengths

The VIA character strengths look at what positive character traits help us lead fulfilling and happy lives, rather than looking at what is wrong with us. Research has shown that knowing your strengths and using them more often leads to greater well-being, better performance, and more resilience. With these cards, you can help clients learn more about their character strengths.

This full-color 50 card set provides cards for each of the 24 VIA character strengths and 6 virtues as well as information cards to hand out in groups and individual sessions. On top of that, 16 ready-to-use, evidence-based intervention cards help clients discover and explore their strengths and practice applying them more often. The cards are a valuable addition to the toolboxes of coaches, trainers, and therapists from any background.

The card set is an excellent resource to use with the book *Character Strengths Interventions: A Field Guide for Practitioners* by Ryan M. Niemiec (ISBN 978-0-88937-492-8).

"If you are looking for character strengths cards, then these are the ones! They are a colorful tool for integrating into coaching and therapy sessions and homework. The cards are insightful, user-friendly, and ready-for-impact – a tangible resource to help clients build character strengths fluency, catalyze exploration, and set clients on a trajectory of strengths application for building well-being, enhancing relationships, and managing stress."

Foreword by Ryan M. Niemiec, PsyD, Education Director, VIA Institute on Character, Cincinnati, OH

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Matthijs Steeneveld / Anouk van den Berg

#### **Character Strengths Intervention Cards**

#### Contents of the Booklet

#### Foreword by Ryan M. Niemiec

#### Introduction

People Using the Cards on Their Own Practitioners Using the Cards Types of Cards

#### Using the Character Strengths Cards

The VIA Character Strengths Completing the VIA Survey Signature Strengths Working With Clients on Character Strengths Ideas for Using the Character Strength Cards

Using and Adapting the Intervention Cards Selecting the Right Intervention

Tailoring the Interventions

#### **Types of Cards**





★ ONCHART
★ ONCHAR

Nepest the spections for each of the strengths. Next, decide which actions you will take and what the first action will be

Plan times ing the use With whom precistive of In what w 4 information cards with a dark blue border.

6 virtue cards: Each has its own color with the icons of the associated character strengths on the back.

24 character strength cards: The front has the color of the associated virtue and the 24 character strength icons are on the back. The optimal use and an example of overuse and underuse of the character strength are listed on each card.

16 intervention cards are identified by the dumbbell icon and a gray border, and the goal of the intervention is also listed (see target icon).

3

#### About the authors



**Matthijs Steeneveld, MSc,** is a positive organizational psychologist. He trains and consults organizations on strengths use, positive organizational change, and psychological capital. He is co-founder of the Dutch Bureau for Positive Psychology, where he trains professionals to work with positive psychology. He is the author of several books on psychological capital, self-compassion, and appreciative inquiry.



Lay out the strengths cards that y think are strengths with opportu-

**Anouk van den Berg, MSc,** is a psychologist in institutional mental health care, working with diverse client groups and approaches. She helps people find their strengths to be able to deal with psychological challenges. She works with cognitive behavioral therapy, mindfulness, EMDR, and strengths, performing both therapy and psychodiagnostic research.

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**Diego De Leo Vita Poštuvan** (Editors)

> of Suicide Resources for Communities,

the Toll

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**Psychotherapy, Clinical Psychology, and Counseling; Psychiatry** For clinical psychologists, psychiatrists, psychotherapists, as well as students.

#### Diego de Leo / Vita Poštuvan (Editors)

#### Reducing the Toll of Suicide

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2020. x + 222 pp. ISBN 978-0-88937-569-7

Softcover Dimensions: 6 x 9 inches 15.24 x 22.86 cm

Prices: US \$36.80 CAD \$41.80 € 29.95 CHF 39.90 £ 23.90 eBook (PDF): ISBN 978-1-61676-569-9 eBook (ePUB): ISBN 978-1-61334-569-6

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#### Leading experts on the latest research and practice in suicide prevention

The carefully selected chapters in this volume provide food for thought to practitioners, researchers, students, and all those who come into contact with the tragedy of suicide, with the hope of stimulating new ideas and interventions in the difficult fight against suicidal behaviours.

This is the second book based on the Intuition, Imagination and Innovation – TRIPLE i in Suicidology international conferences, which are organised annually by the Slovene Center for Suicide Research in memory of the late Prof. Andrej Marušič with the aim of promoting intuition, imagination, and innovation in the research and prevention of suicide and suicidal behaviour. In five parts, the internationally renowned team of authors summarises the research looking at:

- Understanding individuals (assessing risk in older adults and psychotherapy with suicidal patients),
- Understanding the groups at risk of suicide (including youth, people in prison, men, and people with mood disorders),
- Understanding the role of community (including the Papageno effect, technology-based and collaborative approaches to prevention, as well as bereavement),
- Models of understanding suicide (including the integrated motivational-volitional model of suicidal behaviour and the hot air balloon model of risk factors for suicide), and
- Understanding the unique ethical and methodological issues associated with research in this field.



Diego de Leo / Vita Poštuvan (Editors)

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#### About the editors



**Diego De Leo, MD, PhD,** Doctor of Science and Emeritus Professor of Psychiatry, Griffith University, Australia, is the Head of the Slovene Centre for Suicide Research (UP IAM), a world-leading researcher in suicide research and prevention over several decades, and he has designed and advised suicide prevention activities, projects, and programs around the world, including his contribution to the World Health Organization.



Vita Poštuvan, PhD, EuroPsy, Associate Professor of Psychology, is the Deputy Head of the Slovene Centre for Suicide Research (UPIAM). She is involved in research, public-health work, and interventions related to suicidal behavior, bereavement, and mental health. She also works in crisis situations and provides therapy for people in distress. She is an active member of several international and national associations in the fields of suicidology and psychology and has worked professionally in Austria, Japan, China, and India.

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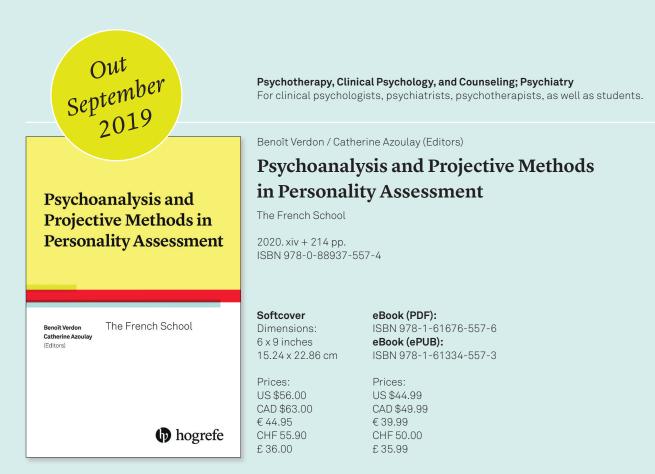
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#### Unique synthesis from the French School of psychoanalytical projective methods

This unique book synthesizes the work of leading thinkers of the French School of psychoanalytical projective methods in personality assessment, exploring its theories and methods and its clinical applications. Detailed case studies from different stages of life examine the psychopathology of everyday life with its severe and disabling states of suffering. Contemporary advances in research and clinical work are presented, and the groundbreaking early work of Nina Rausch de Traubenberg, Vica Shentoub, and Rosine Debray are also critically reread and discussed. Clinical tools adapted for clinicians and researchers in the appendices include a useful schema to facilitate the interpretation of the Rorschach and TAT together, a list of latent solicitations for the TAT, and the current version of the TAT Scoring Grid.

This book is essential reading for clinical psychologists, psychiatrists, psychotherapists, researchers, and students interested in applying psychoanalytical theory to projective methods.

"This compendium is a remarkable synthesis by leading figures of the French School of psychoanalytic projective methods in personality assessment. This skillfully edited and magnificently translated book provides the English-speaking world with access to the rich and vibrant tradition of the French School. I literally could not put this book down!"

Howard D. Lerner, PhD, Assistant Clinical Professor of Psychology, Department of Psychiatry, University of Michigan Faculty, Michigan Psychoanalytic Institute, Ann Arbor, MI, USA



Benoît Verdon / Catherine Azoulay (Editors)

#### Psychoanalysis and Projective Methods in Personality Assessment

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#### About the editors



**Benoît Verdon, PhD,** is clinical psychologist, psychoanalyst, full professor of clinical psychology and psychopathology at the Université de Paris, assistant director of the research laboratory Psychologie Clinique, Psychopathologie, Psychanalyse (PCPP). Past president of the Société du Rorschach et des méthodes projectives de langue française. Member-at-large of the Board of the International Society of the Rorschach and Projective Methods.

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**Catherine Azoulay, PhD,** is clinical psychologist, psychoanalyst, full professor of clinical psychology and psychopathology at the Université de Paris, and member of the research laboratory Psychologie Clinique, Psychopathologie, Psychanalyse (PCPP). Past copresident of the International Network of Research Projective Methods and Psychoanalysis. She is director of the university diploma program in projective psychology.

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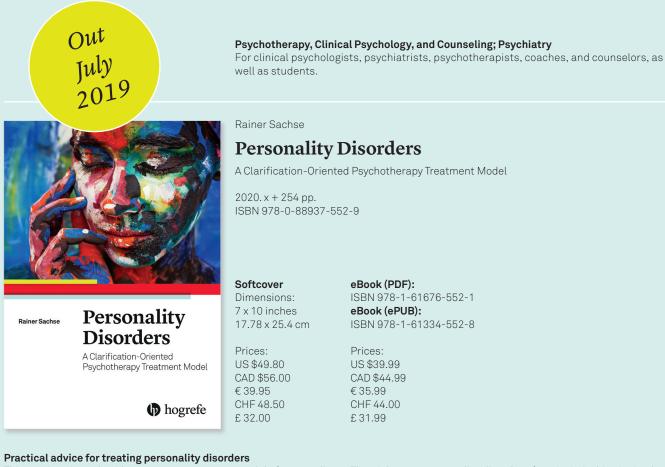
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This praxis-oriented guide presents a treatment model of personality disorders (PDs) based on the latest research that shows that some "pure" PDs are due to relationship disturbances. The reader gains concise and clear information about the dual-action regulation model, the framework for clarification-oriented psychotherapy, which relates the relationship dysfunction to central relationship motives and relationship games. Practical information is given on how to behave with clients and clear therapeutic strategies based on a five-phase model are outlined to help therapists manage interactional problems in therapy and to assist clients in achieving effective change.

The eight pure personality disorders (narcissistic, histrionic, dependent, avoidant, schizoid, passive-aggressive, obsessive-compulsive, and paranoid) are each explored in detail so the reader learns about the specific features of each disorder and the associated interactional motives, dysfunctional schemas, and relationship games and tests, as well as which therapeutic approaches are appropriate for a particular PD. As the development of a trusting therapeutic relationship is difficult with this client group, detailed strategies and tips are given throughout. This book is essential reading for clinical psychologists, psychiatrists, psychotherapists, counselors, coaches, and students.

"This is a very well-structured, informative, and readily accessible book that provides unique and valuable guidelines for therapists treating those with personality disorders, with a clarification- and schema-focused approach. Given the integration of empirical studies with detailed clinical descriptions of each disorder, this is a useful and inspiring resource, and it is to be hoped that this book can be made available to therapists and clinicians in many countries."

Elsa Ronningstam, PhD, Harvard Medical School, Harvard University, Cambridge, MA



Rainer Sachse

#### **Personality Disorders**

A Clarification-Oriented Psychotherapy Treatment Model

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#### About the author

**Rainer Sachse, PhD,** is Head of the Institute for Psychological Psychotherapy (IPP) in Bochum, Germany. He studied psychology from 1969 to 1978 at the Ruhr University of Bochum, Germany, and went on to gain his doctorate in psychology and a postdoctoral qualification for a full professorship, and later becoming a professor of clinical psychology and psychotherapy. At the end of the 1990s, Prof. Sachse developed a dual action theory of personality disorder which led to the creation of clarification-oriented psychotherapy, a therapy approach which he continues to use and develop today. His main areas of interest are personality disorders, psychosomatics, clarification-oriented psychotherapy, and behavioral therapy, and he has written extensively about these themes.

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#### Working Toward Sustainable Development for All

In September 2015, 193 member states of the United Nations adopted the action plan Transforming Our World: The 2030 Agenda for Sustainable Development, which outlines 17 Sustainable Development Goals (SDGs). The Agenda recognizes the need to look beyond narrow economic measures of progress and consider all aspects of well-being for current and future generations, to eradicate poverty worldwide, and to safeguard the planet.

This collection of research from around the world shows that the SDGs need to be addressed in a holistic manner and that psycholo-

gists play an important role in their effective implementation, having expertise in addressing questions of how to make national policies work for diverse individuals, how to work with vulnerable persons, and how to track individuals' development over time in the face of societal changes. In particular, the importance of investment in positive child and youth development, the role of life span theories, and the use of longitudinal data are discussed in this volume. Three commentaries explore different aspects of the research presented and help us further understand the complexities of meeting the Agenda.



Suman Verma / Anne C. Petersen / Jennifer E. Lansford (Editors)

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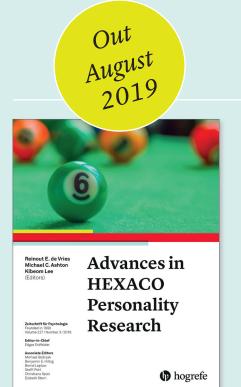
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Reinout E. de Vries/Michael C. Ashton/Kibeom Lee (Editors)

#### Advances in HEXACO Personality Research

Zeitschrift für Psychologie, Vol. 227/3 2019. iv + 70 pp., large format ISBN 978-0-88937-567-3

#### Softcover

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The HEXACO (Honest-Humility, Emotionality, eXtraversion, Agreeableness, Conscientiousness, Openness) six-factor model of personality structure has been in use for over twenty years and offers a convincing alternative to the five-factor model.

This collection of contributions from around the world demonstrates that research into the model is very much alive. Beginning with a historical overview of the early lexical studies of personality structure exploring how past adjective selection has impacted on personality theory, the volume also presents applications of the model and new approaches to measurement, including an extended twin family study examining genetic and environmental variance and a look at the use of behavior cues in a gamified online environment. The volume also presents what is probably the most comprehensive meta-analysis of the psychometric properties of the HEXACO domain scales.

This is essential reading for all researchers and clinicians interested in personality structure.



Reinout E. de Vries / Michael C. Ashton / Kibeom Lee (Editors)

#### Advances in HEXACO Personality Research

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