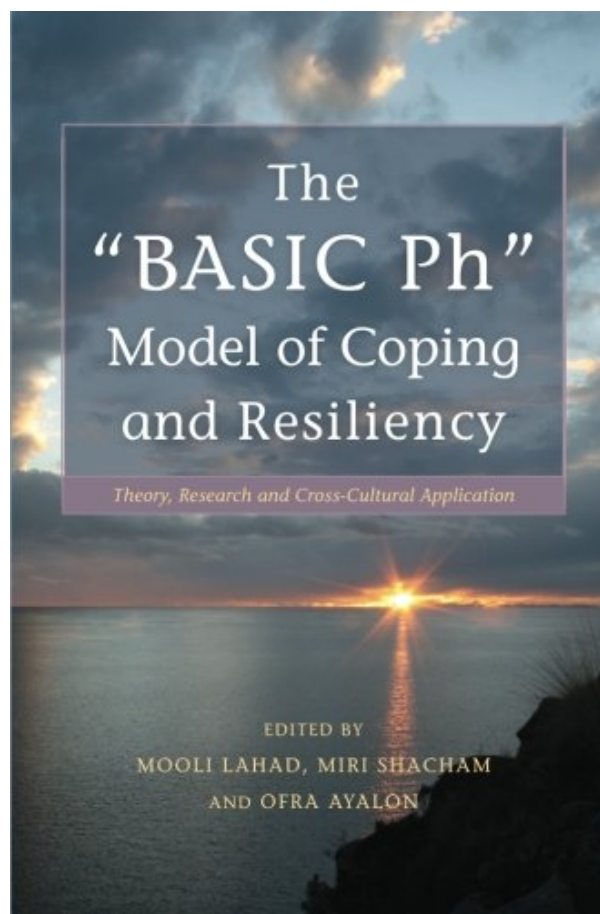
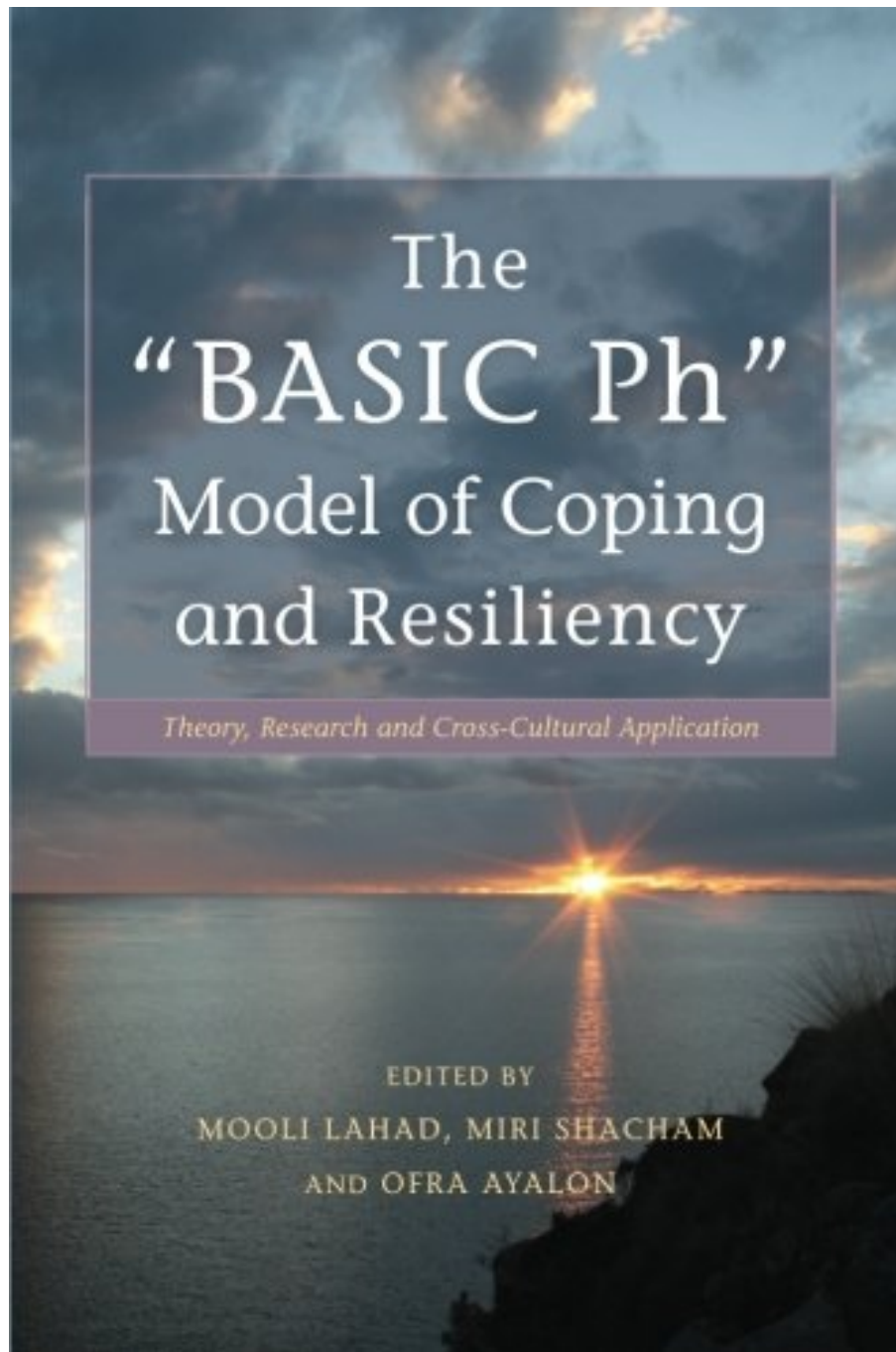


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The
“BASIC Ph”
Model of Coping
and Resiliency

Theory, Research and Cross-Cultural Application

EDITED BY
MOOLI LAHAD, MIRI SHACHAM
AND OFRA AYALON

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Review

This volume's importance is that it opens theory to practice for the study, understanding, and promotion of resilience. We still know little about protecting and developing resilience and it is essential that we be open to an array of models that we develop, test, and refine. This volume offers both clinicians and researchers critical approaches for supporting and fostering people's strengths who are confronted with great adversity. We are at the beginning of this journey that will ultimately be one of mental health's fundamental contributions to humankind. --Stevan E. Hobfoll, PhD, The Judd and Marjorie Weinberg Presidential Professor and Chair, Behavioral Sciences, RUSH University Medical Center, Chicago, Illinois

This is an excellent book and essential reading for clinicians and practitioners of all kinds, including play and creative arts therapists. It brings together theory, application and research in a comprehensive manual. The language is accessible but rigorous, and examples of practice bring the text to life and help the reader to live the resilience factor. This book will be in demand for evaluation of 'evidence based-practice' with suffering populations, whether children or adults. It certainly provides an illuminating experience for the reader. -- Professor Sue Jennings, PhD, Visiting Fellow Leeds Metropolitan University, Churchill Fellow 2012-2013: Arts and Older People

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About the Author

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The "BASIC Ph" model of coping and resiliency, developed by Prof. Mooli Lahad and Dr. Ofra Ayalon, was the first to describe coping as an on-going effort to manage life challenges. This is the first book to be published on this world-renowned approach, widely used as an effective resiliency assessment, intervention, and recovery model.

Underpinning the model is the suggestion that every person has internal powers, or coping resources, which can be mobilized in stressful situations; the effort to survive coming from a healthy rather than a pathological instinct. The categorization of these coping resources gives the model its name: Belief, Affect, Social, Imagination, Cognition, Physical. This edited volume outlines the theory behind the "BASIC Ph" approach, presents practice-based and research-based interventions and explains their application during and in the wake of both natural and man-made disasters. With wide-ranging chapters from authoritative contributors, the book shows how the "BASIC Ph" model can be successfully applied in family, community, education, health, and business settings.

This will be an invaluable text for professionals, academics, and students with an interest in trauma and coping with crisis and disaster.

- Sales Rank: #2786399 in Books
- Brand: Brand: Jessica Kingsley Pub
- Published on: 2012-12-15
- Released on: 2012-12-15
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .65" w x 5.98" l, .90 pounds
- Binding: Paperback
- 288 pages

Features

- Used Book in Good Condition

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