

Positive relationships: evidence based practice across the world

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20396293&lokasi=lokal>

Abstrak

This highly accessible book takes a positive psychology approach to explore why healthy relationships are important for resilience, mental health and peaceful communities, how people learn relationships and what helps in developing the positive.

Chapters provide a wealth of evidence on promoting optimal interactions between couples, friends, parents and children and community groups. Authors address positive environments at work and at school, mentoring relationships, a new paradigm for relational leadership and how to foster tolerance between people of different faiths. Others explore what is best for children after family breakdown, how to ensure that conflict is more about learning than losing and what might help repair relationships that are damaged. Authors are academics and practitioners from across the world providing both evidence-based practice and practice-based evidence. Examples and case-studies throughout each chapter illustrate what works.