
Contents

<i>Preface</i>	ix
<i>Acknowledgements</i>	xi
1 Introduction: The positive psychology movement	1
2 Positive psychology, fundamental assumptions, and values	15
3 The organismic valuing process and person-centred theories	39
4 Client-centred therapy and positive therapies	63
5 Therapeutic process and positive psychological techniques	81
6 From psychopathology to well-being	101
7 Adaptation to threatening events: A positive psychology approach	123
8 Conclusions: Reflections, context, and future	140
<i>References</i>	151
<i>Author index</i>	177
<i>Subject index</i>	182

Author index

- Abraido-Lanza, A. F. 125
Ackerman, S. J. 74
Adler, A. 26
Affleck, G. 125
Albee, G. W. 112
Aldwin, C. M. 125
American Psychiatric Association
2, 106, 107
American Psychological
Association 1, 2, 40, 111–12
Division 29 Task Force 73
Andrews, F. M. 120
Angyal, A. 26
Antonovsky, A. 123
Armeli, S. 125
Arndt, J. 54
Aspinwall, L. G. 2
Assor, A. 48
- Baird, E. 59
Baker, N. 76
Baltes, P. B. 33
Barret-Kruse, C. 93
Barrett-Lennard, G. T. 41, 53, 68,
69
Bellurado, P. 96
Berne, E. 87–8, 89, 90
Bohart, A. C. 42
Bolt, M. 2
Bono, J. E. 145
Bourne, E. J. 147
Bozarth, J. D. 17, 28, 42, 50, 65,
67, 69, 70, 72–3, 74, 81, 85,
106, 149
- Brazier, D. 28, 29, 65, 77
Bretherton, R. 6, 78
Brickman, P. 31
Brink, D. C. 53
British Psychological Society 12,
109, 143
Brodley, B. T. 17, 42, 67–8
Brown, K. W. 96, 146
Burgess, P. 130–1
Butler, L. 126
- Cacioppo, J. T. 35
Calhoun, L. G. 6, 97–8, 123, 124,
125, 126, 134
Cameron, K. S. 2
Campbell, D. T. 31
Cann, A. 124
Carr, A. 2
Caruso, D. 72
Carver, C. S. 59
Cazzaro, M. 96
Chan, R. 59
Chirkov, V. 56
Christopher, J. C. 130, 132, 147
Clifton, D. O. 145
Cobbs, G. 48
Cohen, L. H. 125
Colon, R. M. 125
Compton, W. C. 2, 31, 32
Conti, S. 96
Cooper, M. 76
Cooper, R. 35
Corcoran, K. 118, 120
Cornelius-White, J. H. D. 74

- Cornish, K. A. 31
Couchman, C. E. 57-8
Cox, E. M. 59
Creamer, M. 130-1
Csikszentmihalyi, M. 1, 2, 4, 5, 15, 30, 31, 33, 43, 59, 146, 147

Davis, C. G. 132
Davis, M. K. 73
de Shazer, S. 93
DeCarvalho, R. 42
Deci, E. L. 26, 48, 55, 56-8, 59, 96
Delle Fave, A. 6
Department of Health 136
DeRosa, R. R. 135
Deurzen, E. 78
Dewey 37
Diener, E. 6
Donlevy, J. G. 145
Duncan, B. 69, 70, 73, 76
Dutton, J. E. 2

Edwards, L. M. 147
Eisenberg, N. 147
Elliot, A. J. 59, 60
Elliott, R. 76
Eysenck, H. 111

Farber, B. A. 53
Fava, G. A. 94, 95, 96, 100
Finkel, N. J. 123
Fischer, J. 118, 120
Fischer, M. M. J. 21
Fisher, R. H. 125
Foa, E. B. 134, 138
Folkman, S. 123
Follette, W. C. 91-2
Ford, J. G. 45, 61
Frankel, M. 104
Frankl, V. 123
Frederickson, B. L. 5
Freud, S. 21-2, 110-11
Friedli, K. 69
Friedman, M. J. 138
Fromm, E. 146

Gable, S. L. 4
Garske, J. P. 73
Gendlin, E. T. 76

Geuter, U. 144
Gluck, J. 33
Goldstein, K. 26
Goodfellow, B. 126
Gosselin, J. T. 109
Grandi, S. 96
Grant, B. 14, 67
Greenberg, L. S. 76
Greening, T. 14
Grigorenko, E. L. 102
Grossman, P. 97
Guardia 57
Guier, C. 125
Gunthert, K. C. 125

Hagan, T. 142, 143
Haidt, J. 2, 4
Hamm, D. 58
Hansard, C. 77
Harlow, H. F. 55
Harrington, S. 2
Harris, S. 35
Harter, S. 48
Harvey, J. H. 6
Harwood, J. 119
Haugh, S. 65
Hayhurst, H. 97
Hedberg, V. A. 59
Heelas, P. 15
Hegel, G. W. F. 102
Held, B. S. 5
Hemenover, S. H. 35
Henderson, V. C. 41
Herman, J. L. 123
Hilsenroth, M. J. 74
Hodges, T. D. 145
Horder, J. 69
Horney, K. 15, 22-3, 24, 26, 31, 33, 79
Horowitz, M. J. 130
Houser-Marko, L. 54
Hubble, M. A. 22, 69, 70, 74, 76, 109, 149
Huppert, F. A. 6, 145

Ickovics, J. R. 123
Jaffe, D. T. 123
James, W. 3, 37

- Janoff-Bulman, R. 123, 130, 132
 Joiner, T. E. 57
 Joseph, S. 2, 3, 4, 5, 6, 12, 13, 14, 15, 18, 26, 28, 35, 43, 50, 56, 59, 67, 70, 74, 75, 81, 82, 98, 102, 115, 118–19, 120, 123, 124, 125, 126, 129, 130, 131, 134, 135, 136, 137, 138, 143
 Judge, T. A. 145
 Jung, C. G. 26, 145

 Kahneman, D. 31, 32, 34
 Kaplan, U. 56
 Kasser, T. 3, 14, 33, 54, 59, 146, 147
 Kauffman, C. 98, 99, 145
 Keane, T. M. 138
 Kearney, A. 143
 Kekes, J. 33
 Kessler, B. G. 123
 Keyes, C. L. M. 2, 31, 32
 Kidner, D. 143–4
 Kim, Y. 56
 King, L. 4
 King, M. 42, 68, 69–70, 117
 Kirschenbaum, H. 41, 43
 Koenig, H. G. 124
 Koestner, R. 58
 Korchin, S. J. 111
 Kozak, M. J. 134
 Krupnick, L. J. 69
 Kunzmann, U. 33

 La Guardia, J. G. 57–8
 Lambers, E. 43, 75
 Lambert, M. J. 69
 Larsen, J. T. 35, 36
 Larson, J. 132
 Lavender, T. 111
 Law, M. A. 96–7
 Lazarus, R. S. 5, 6, 123
 Lebowitz, L. 135
 Leitner, L. M. 42
 Levenson, R. W. 5
 Levitt, B. E. 14, 67, 75, 140
 Lewis, C. A. 119, 120
 Lieberman, M. A. 124
 Lightner 110

 Linley, P. A. 2, 3, 5, 6, 12, 15, 26, 35, 56, 70, 81, 82–3, 87, 98, 119, 123, 124, 125, 126, 134, 138
 Linnerooth, P. J. N. 91–2
 Lipsedge, M. 109
 Little, B. R. 31
 Littlewood, R. 109
 Lloyd, M. 69
 Lock, A. 15
 Lopez, S. J. 1, 2, 15, 81, 118, 147
 Loumidis, K. 126
 Luyubomirsky, S. 32
 Lyons, J. A. 123
 Lyubomirsky, S. 31, 32

 Ma, S. H. 97
 Maddux, J. E. 1, 22, 28, 29, 92, 107, 109, 110, 112, 113–14, 115, 121, 141, 142
 Magyar-Moe, J. L. 147
 Mann, R. 6, 145
 Marcus, G. E. 21
 Marold, D. B. 48
 Martin, D. J. 73, 74
 Martin, J. 126, 137
 Marzillier, J. 109
 Maslow, A. 3, 24, 26, 37, 50–1, 54, 107, 109, 149–50
 Massimini, F. 6
 May, R. 100, 143
 Mayer, J. D. 72
 McCollam, P. 119
 McGregor, H. A. 33, 34
 McGregor, I. 31
 McMillan, J. 124
 MMillen, J. C. 124, 125
 McPherson Frantz, C. 132
 Mearns, D. 43, 52, 75, 149
 Merry, T. 48, 65, 76, 85
 Meyer, C. 35
 Miller, S. 69, 70, 73, 76
 Miller, S. D. 22, 69, 70, 74, 76, 109, 149
 Miller, W. R. 92
 Milne, D. 140
 Mitchell, K. M. 68
 Moore, R. G. 97
 Motomasa, N. 17, 69, 70, 73, 149

- Murch, R. 125
Myers, D. G. 6, 33, 145

Nelson-Jones, R. 107
Neufeld, J. E. 147
Nielsen, J. 124
Niemann, L. 97
Nix, G. 58
Nolen-Hoeksema, S. 132
Norcross, J. C. 73
Norris, C. J. 35

Orner, R. 6, 78
O'Connell, B. 93
O'Hara, M. 42, 140
O'Leary, V. E. 123
Ota Wang, V. 147

Pargament, K. I. 124
Park, C. L. 123, 124, 125
Park, N. 6
Parks, A. C. 93, 94
Patterson, T. 3, 53, 55
Pattison, P. 130-1
Patton, G. K. 145
Pavot, W. 6
Peseschkian, N. 94
Peterson, C. 2, 6, 29, 59, 82, 92, 94, 115
Pettit, J. W. 57
Pope, M. 97
Portner, M. 76
Prilleltensky, I. 21
Proctor, G. 12, 142, 148
Prosser, E. C. 147
Prouty, G. 75-6

Qualls, D. L. 31
Quinn, R. E. 2

Rafanelli, C. 96
Rank, O. 26
Raskin, P. M. 53
Rasmussen, H. N. 147
Rathunde, K. 37
Reeve, J. 58
Reisman, J. M. 110
Rennie, D. L. 75
Resnick, S. 92

Rice, L. N. 76
Ridgeway, V. A. 96-7
Rochberg-Halton, E. 146
Rogers, Carl 3, 4, 8, 9, 12, 13, 14, 15, 23-5, 26, 27, 28, 29, 31, 33, 34, 38, 39-43, 45-6, 48, 50-62, 63-8, 70, 71, 73, 75, 80, 82, 85, 101, 104, 110, 118, 129-31, 140, 143, 145-6, 149-50
Rollnick, S. 92
Rosenhan, D. L. 108
Roth, G. 48
Roth, S. 135
Rothbaum, B. O. 134
Ruckstuhl, L. E. 91-2
Ruini, C. 94, 95, 96
Ryan, R. M. 26, 31, 33, 50, 55, 56-8, 59, 96, 146
Ryff, C. D. 31, 35, 94-5, 96

Salovey, P. 72
Sameroff, A. J. 59
Sanders, P. 12, 29, 65, 75, 109, 141, 143, 150
Schmid, P. 140-1
Schmint, S. 97
Schmotkin, D. 31
Scoular, A. 145
Segal, Z. V. 96-7
Seligman, M. E. P. 1-2, 4, 5, 6, 15, 21-2, 23, 29, 30, 31, 32, 36, 43, 50, 59, 82, 92, 93, 94, 115, 124, 147
Shaw, A. 124
Sheldon, K. M. 3, 4, 14, 31, 32, 33, 34, 54, 57, 58, 59, 60
Shelvin, M. 126
Sherman, D. K. 145
Shlien, J. M. 3, 116
Shweder, R. A. 147
Singer, B. 31, 35, 95
Smail, D. 142, 143
Smith, M. L. 31
Snape, M. C. 123
Snyder, C. R. 1, 2, 15, 81, 99, 118
Sommerbeck, L. 104
Soulsby, J. M. 96-7
Staudinger, U. M. 2, 33
Steen, T. A. 6

- Sternberg, R. J. 33, 102
- Stewart, I. 87, 90-1
- Taylor, E. 3, 14, 123
- Taylor, S. E. 145
- Teasdale, J. D. 96-7
- Tedeschi, R. G. 6, 97-8, 123, 124, 125, 126, 134
- Tennen, H. 125
- Thoresen, C. J. 145
- Thorne, B. 23, 40, 43, 52, 75
- Tolosa, I. 126, 137
- Totton, N. 148
- Tritt, K. 94
- Truax, C. B. 68
- Van Werde, D. 76
- Vansteenkiste, M. 55, 56-7
- Veenhoven, R. 6
- Walach, H. 97
- Wampold, B. E. 17, 69, 70, 73, 74, 149
- Ward, T. 6, 145
- Warmoth, A. 92
- Warmoth, I. A. 92
- Warner, M. 75
- Waterman, A. S. 31, 32
- White, R. W. 55
- Whitesell, N. R. 48
- Wilkins, P. 61, 65, 84, 85, 103
- Williams, G. 57
- Williams, G. C. 59
- Williams, R. 123, 126
- Williams, S. 96-7
- Winstead, B. A. 109
- Withey, S. B. 120
- Witmer 110
- Wood, A. M. 2
- Worsley, R. 4, 5, 14, 43, 75, 76, 86, 87, 91, 102, 104, 115
- Wyatt, G. 65, 72
- Yalom, I. 79, 80, 81, 109, 124, 136
- Yule, W. 123, 126
- Zax, M. 59

Subject index

Note: page numbers in *italics* refer to information contained in tables and boxes.

- abnormality, vs normality 108–10
- accommodation 131–6, 138–9; intrinsic motivation towards 131, 132
- actualising tendency 9–10, 23–7, 30, 43, 50, 82, 94, 140, 149; and conditions of worth 43–8, 43, 47, 103; coordination with self-actualisation 45, 48, 63; criticisms of 60–1; definition 24–5, 43; and the expert client 26–7; as fundamental assumption about human nature 26–7, 74–5; incongruence with conditions of worth 103; incongruence with self-actualisation 44–5, 46, 49, 61; and positive clinical psychology 29, 114; and psychological needs 57; and psychopathology 101, 116, 122; reunification of the self with 85; therapist's facilitation of 66, 79–80, 87; therapist's trust in 62, 63, 66–7, 72–3, 74–5, 92; thwarting of 43–4, 61, 75, 102–3, 104, 122, 141; unitary 45; *see also* self-actualisation
- adaptation, to threatening events 123–39
- adjustment, social 10–11, 141–3, 144
- adversarial growth 9, 10, 35, 117–18, 123–39; clinical approaches to 97–8, 100; facilitation of 134–8; measurement of 126–9, 127–9; and the organismic valuing process 129–34
- adversarial social conditions 142–3
- adversities, permanent 33
- aims of positive psychology 5, 35
- American Psychologist* (journal) 2
- antithesis 102
- anxiety 96, 107
- applied positive psychology 6–7, 33–4
- assessment 83, 84–6, 121; *see also* measurement
- assimilation 131–6, 138
- assumptions: about the world, shattering of 125, 130–3; of the therapist 19–22, 39, 71, 86, 92, 135, 140, 148
- assumptions of positive psychology 147–50; actualising tendency 26–7; client-as-expert 20, 26–8; on constructive/destructive impulses 8, 15, 18–19, 21–5, 34–5, 37; on human nature 15–16, 17–27, 18, 20, 29–30,

- 36, 37, 39, 140–1, 149–50;
integrative view of the human
condition 34–5, 38
- attitudes, non-directive 67–8
- authenticity 48, 85; authentic
relationships 72, 73–4, 77,
149
- autonomy 25, 56–8, 59, 66, 96,
133, 138
- avoidance 9, 133
- Barrett-Lennard relationship
inventory (BLRI) 69, 70
- Beck Depression Inventory (BDI)
120
- being 146
- Birmingham Cancer Centre 137
- blame 135
- bottom up processes 7
- brain, and positive and negative
emotions 35
- Brief Family Therapy Center,
Milwaukee 93
- brief therapy 93
- cancer 136–7, 139
- careers 10–11
- case histories 84
- categorical model 113
- categorising 83, 84
- change: social 12; *see also* personal
transformation; therapeutic
personality change
- changes in outlook questionnaire
(CiOQ) 126, 127–9
- client-as-expert 20, 26–8, 50–1,
62, 71, 75–6, 79, 81, 83, 87,
100, 140
- client-centred therapy 40–1, 43,
63–80, 82; absence of scientific
research into 42, 52–3, 141;
decline of 68; efficacy of 42,
69–70, 117; essence of 50,
140–1; family of 75–6;
necessary and sufficient
conditions for 63–9, 64, 71, 75,
77, 82; and positive psychology
70–5; prejudices surrounding 71;
research into 42, 52–3, 68–70,
117, 141; *see also* person-centred
theory
- clinical psychologists 113
- clinical psychology 121;
assumptions of 112–13; illness
ideology of 110–13; and the
medical model 28–9, 105, 110,
111–13; and psychoanalytic
theory 110–11; training for
111–12; *see also* positive clinical
psychology
- coach-as-expert 83
- coaching, executive 12, 82–3, 87,
145
- cognitive restructuring 134
- cognitive therapy 96–7, 100
- cognitive-behavioural approach 18,
41–2, 68, 111, 150; efficacy of
69–70, 117; for posttraumatic
stress disorder 138; relapses
following 95, 96
- commercial psychologists 145
- communication: psychological 88,
89; social 88, 89
- competence 56–7, 59, 66, 96, 133,
138
- completion principle 9–10, 134
- conditional positive regard 43–6,
48, 103; *see also* unconditional
positive regard
- conditions of worth 43–8, 58, 141;
empirical support for 46–8;
examples of 45–6, 46; exploring
your 47; incongruence with the
actualising tendency 103;
internalisation of 44, 48, 49, 84,
86, 102, 104; and life scripts 91;
and psychopathology 84
- conflict 125
- conflicts of interest 11–12
- conformity 143
- congruence 149; research into 69;
of self-actualisation and the
actualising tendency 63; of the
therapist 64, 64, 65, 66, 67, 72,
74, 149; *see also* incongruence
- constructive impulses 8, 18–19,
21–5, 34–5, 37, 39, 43, 61, 76,
102–3, 121

- consumer behaviour 145
consumption 33
counselling: moral stance 147;
 Rogers' 40
counselling psychology 116; and
 the medical model 105, 110
cultural embeddedness 146–7
- deep strategies 92
defence mechanisms 49–50
defining positive therapy 1, 4–6,
 14
delusional ideation 89
depression 69–70, 117; positive
 psychotherapy for 94; relapses
 95, 96–7; and the short
 depression–happiness scale
 118–21, 119; well-being therapy
 for 96
desired outcomes of positive
 psychology 30–1, 33, 35
destructive impulses 8, 15, 18–19,
 21–4, 34–5, 37, 39, 43, 51,
 60–1, 76, 102, 103–4, 121;
 explanations of 61
detachment 97
development 104–5
diagnosis 84–6, 99; harmfulness of
 109; uncertainty of 108, 121
*Diagnostic and Statistical Manual
of Mental Disorders* (DSM) 1–2,
 95, 106, 109, 117, 120, 121,
 125, 136, 141; validity 116
dimensional model 113–14
directivity 140–1
disabled persons 6
distress 35
domains of resource 98–9
- Eastern approaches 76–7
ego states 88–9; adult 88, 89; free
 child 88, 89; parent 88, 89
emotional intelligence, of the
 therapist 71–2, 73, 149
empathic understanding 64, 65–7,
 72, 74, 77, 149; research into 69
empirical method 36–7
employee assistance programmes
 11
- encounter group movement 41
epistemology 35–7
European Network for Positive
 Psychology 2
everyday stressors 113
evidence based practice 140
evil 104–5
evolution, morality of 22–3
executive coaching 12, 82–3, 87,
 145
existential psychotherapy 76,
 77–8
existential therapists 142–3
experiential focusing approach 76
expert systems approach 148
extrinsic goals 58
extrinsic motivation 58
extrinsic values 103, 147
- false-self 48, 49–50
financial success 147
floor effects 120
fulfilment 37, 146
fully functioning individuals
 48–51, 66, 85, 116, 138, 145–6;
 characteristics of 49, 49,
 129–30; as ideal 49
- games, pathological 89
generalized anxiety disorder 96
goals: extrinsic 58; intrinsic 58–9;
 self-concordant 58–9; striving
 for 82, 83, 116
good 22, 23, 30
good life 22, 33–5; as process
 34–5
governments 145
- happiness 30–3, 59; authentic 32;
 positive psychotherapy for 94;
 and the short
 depression–happiness scale
 118–21, 119
hedonic treadmill 31, 33
history of positive therapy 1–4
Hitler, Adolf 104
holistic approaches 5–6, 12, 99,
 122, 150
hopefulness 99; tragic 35, 124

- human nature: actualising tendency
 as fundamental assumption
 about 26–7; assumptions
 regarding 8, 15, 17–27, 18, 20,
 37, 39, 140–1; as constructive/
 positive 8, 18–19, 21–5, 34–5,
 37, 39, 43, 61, 76, 102, 103,
 121; as destructive/negative 8,
 15, 18–19, 21–4, 34–5, 37, 39,
 43, 51, 60–1, 75, 102, 103–4,
 121; integrative view of 34–5,
 38
- humanistic psychology 3, 13, 140,
 149; research into 54; on
 suffering 123; waning influence
 of 42
- ideation, delusional 89
- ideology, illness 28–9, 110–13
- ill-being: alleviation of 116; and
 conditions of worth 48; and
 consumption 33; and the loss of
 the actualising tendency 26
- illness, life threatening 136–7, 139
- illness analogy 113
- illness ideology 28–9, 110–13
- inauthenticity 48
- incongruence 64, 64, 106; of the
 actualising tendency with
 conditions of worth 103; of the
 actualising tendency with self-
 actualisation 44–5, 46, 49, 61
- individual characteristics, positive
 147
- individualism 147
- individuation 145
- inferiority feelings 89
- inner voice of wisdom 28, 50–1,
 59, 60; facilitation of 61–2,
 63–8, 78, 79, 135, 140, 141,
 144, 150; *see also* organismic
 valuing process
- Institute of Psychiatry 111
- institutions, positive 147
- integration 34–5, 38, 102, 121
- interest, conflicts of 11–12
- internalisation, of conditions of
 worth 44, 48, 49, 84, 86, 102,
 104
- International Positive Psychology
 Summit, Washington 2
- intrinsic goals 58–9
- intrinsic motivation 57–9, 61,
 66–7, 100, 103, 131–2, 146
- intrinsic values 103, 147
- introjection: of conditions of worth
 44, 45, 46, 58; of life scripts 90
- intrusion 9, 133
- Journal of Consulting Psychology*
 53
- Journal of Positive Psychology,*
The 2
- knowledge 35–7; *see also* self-
 knowledge
- labelling 83, 84, 108
- liberal individualism 147
- life experiences, negative 5–6
- life philosophy 124
- life scripts 90–1
- listening, effective 98, 135
- local knowledge approach 148
- McCarthyism 143
- mainstream psychology 50, 51–2,
 54–6, 110; adoption of the
 medical model 102, 105, 110;
 political considerations of 144
- mania 86
- Martian, thinking 87–8
- materialism 146–7; instrumental
 146; terminal 146
- meaning 136; as comprehension
 132; as significance 132
- meaningful lives 32
- measurement 81–6, 99; in
 psychopathology 116–17, 121;
 of well-being 118–21; *see also*
 assessment
- medical model 18, 27, 115, 140;
 adoption by mainstream
 psychology 102, 105, 110;
 alternatives to 101, 103, 106,
 109–10, 122, 129, 141;
 challenges to 28–30; and clinical
 psychology 105, 110, 111–13;

- definition of 105; and diagnosis 84, 86, 99, 109; harmfulness of 109; location of the problem within the person 142; political considerations of 144; rejection of 9; validity of 109
 mental events 97
 meta-theory 9, 14, 29, 55–6, 58, 67, 74, 76, 84, 100, 102, 114, 150; and self-determination theory 55
 mindfulness-based cognitive therapy 96–7, 100
 morality 36; of evolution 22–3; therapy as 147–8
 motivation: extrinsic 58; intrinsic 57–9, 61, 66–7, 100, 103, 131–2, 146
 motivational interviewing 92–3, 99–100
 narratives 98
 National Health Service (NHS) 11, 109, 117
 National Institute of Mental Health (NIMH) 2, 28–9, 111
 Nazi Germany 144
 necessary and sufficient conditions, for client-centred therapy 63–9, 64, 71, 75, 77, 82
 needs, basic psychological 24, 56–9, 94, 96, 133, 138; autonomy 25, 56–8, 59, 66, 96, 133, 138; competence 56–7, 59, 66, 96, 133, 138; relatedness 56–7, 59, 66, 96, 133, 138
 non-directivity 67–8, 140–1
 normality, vs abnormality 108–10
 off-diagonal people 32
 offenders 6, 145
 optimal functioning 15–16, 62, 101, 149, 150; impedance by the medical model 29; intrinsic motivation towards 100
 organisations, objectives 83
 organismic valuing process (OVP) 9, 23–4, 48, 50–1, 61–2, 117–18, 121, 145; definition of 39, 50; facilitation of the 64, 81, 116, 135–8, 141; and the free child ego state 88; and growth following adversity 129–37, 138–9; misunderstanding of 60–1; research into 54, 58–9; and the social environment 56, 64; therapist's facilitation of 81, 116, 138; thwarted 43–6, 48, 56
 original sin 21
 outcomes 69–70; desired, of positive psychology 30–1, 33, 35; well-being related 58–9
 parent-child relationship 57, 59; and conditions of worth 43–6, 47; and life scripts 90–1
 person-centred personality theory 43–50, 55, 63; conditions of worth 43–8, 46, 47; fully functioning 48–50, 49; rapprochement with positive psychology 58; *see also* actualising tendency
 person-centred theory 39–62, 63, 140, 150; absence of research into 116–17, 137–8; of adversarial growth 117–18, 129, 130, 136–9; contemporary 51–3; convergence with positive psychology 53; criticisms of 59–61; and evil 104–5; misunderstanding/misrepresentation of 52, 60–1, 62; political considerations of 143, 144; and psychopathology 101–10, 115, 121; rapprochement with positive psychology 55–9; research into 54–5, 57, 116–17, 137–8; and self-determination theory 55; *see also* client-centred therapy; person-centred personality theory; person-centred therapy
 person-centred therapy 8–9, 12–13, 38, 40–3, 100; classical approach to 13; client-as-expert 27–8; and deep strategies 92;

- and positive clinical psychology 29; tests and measures for 81–2, 85–6, 99
- person-in-process 48
- personal growth 12, 23, 24–5, 68–9, 97–8, 100; inherent tendency towards 55, 56, 100; and social adjustment 10–11; *see also* posttraumatic growth
- personal transformation 141–3, 144; *see also* therapeutic personality change
- personality assessments 83
- phenomenological approach 78
- political considerations 140, 142–6
- Pollyanna theorising 6, 35, 60
- positive clinical psychologists 114
- positive clinical psychology 29, 107, 110–15, 121; assumptions of 113–14; movement towards 122
- positive psychotherapy 93–4, 100
- positive therapy 76–8, 114–18, 121, 122; Eastern approaches 76–7; existential psychotherapy 76, 77–8; *see also* client-centred therapy; person-centred therapy
- posttraumatic growth 9, 10, 35, 117–18, 123–39; clinical approaches to 97–8, 100; *see also* adversarial growth
- posttraumatic stress disorder (PTSD) 9–10, 117–18, 136; and assumptions about the world 130–1, 133; and avoidance behaviour 133; cognitive behavioural approaches for 138; interventions for 134; and intrusion 133
- pre-therapy 75–6
- preconceptions 88
- proactivity 55
- process characteristics 48
- process-oriented approach 69, 76, 82–3, 86–100
- productivity 145
- pseudo-patients 108
- psyche 150
- psychoanalytic theory 66–7, 110–11
- psychological communication 88, 89
- psychological contact 64, 64, 75
- psychological counselling 105, 110, 116
- psychological needs *see* needs, basic psychological
- psychological well-being (PWB) 31–5, 38, 96, 130, 133, 134, 138
- Psychologist, The* (journal) 109, 143–4
- psychology clinics 110
- psychopathology 101–22, 141; and actualising tendency/self actualisation incongruence 44–5, 48; assessment of 86; of the average 107; biological basis of 115; continuity vs discontinuity 106–7, 113–14, 116, 121; ego state model of 89; illness analogy 113; and the integrative nature of positive psychology 102; and the internalisation of conditions of worth 84; location within the individual 112, 142; and loss of the actualising tendency 26; measurement of 116–17, 121; normality vs abnormality 108–10; and person-centred theory 101–10, 115, 121; and positive clinical psychology 107, 110–15; research into 116–18; and the social environment 114, 122; and transactional analysis 89, 90; and trauma 133, 136
- psychosis 76, 86
- psychotherapists 142–3
- psychotherapy: client-centred 75; creative nature of 109; evidence-based 109; existential 76, 77–8; as expression of values and attitudes 17; positive 93–4, 100; Rogers' 40
- rationality 24
- reflective practice 148–9

- reframing 6
- relatedness 56–7, 59, 66, 96, 133, 138
- relationships: and adversarial growth 123; authentic 72, 73–4, 77, 149; parent-child 43–6, 47, 57, 59, 90–1; *see also* therapeutic relationship
- religion 123, 124
- remits 7
- research 42, 52–9, 68–70, 91, 116–18, 137–8, 141
- Rogerian therapy 41
- schizophrenia 108, 115
- scientific method 36–7
- scientist-practitioner model 111
- self: false-self 48, 49–50; real 50, 51; reunification of the actualising tendency with 85
- self-acceptance, unconditional 84–5
- self-actualisation 9, 25, 66, 79, 103, 104, 110; achievement of the state of 51; coordination with the actualising tendency 45, 48, 63; incongruence with the actualising tendency 44–5, 46, 49, 61; innate tendency towards 130, 134; thwarting of the 44, 122
- self-awareness 96
- self-determination 96, 140; right to 67, 71, 72–3
- self-determination theory (SDT) 54–8, 61; elements of 55; psychological needs 56–9; research into 56–9, 117
- self-esteem 135
- self-fulfilling prophecy 108
- self-knowledge 50
- self-perception 124, 125
- self-rating inventories 96
- self-realisation 23
- self-reflection, professional 144
- self-report questionnaires 82
- short depression–happiness scale (SDHS) 118–21, 119
- social adjustment 10–11, 141–3, 144
- social change 12
- social communication 88, 89
- social conditions, adversarial 142–3
- social considerations 140, 145–6
- social constructivism 140
- social control 60; agents of 142–5
- social environment: and facilitation of the actualising tendency 66; and facilitation of the organismic valuing process 64, 138; and facilitation of self actualisation 130, 133; and psychopathology 114, 122; role of 55, 56–8, 60; of the therapeutic relationship 63–4, 75, 84; thwarting of the accommodative process 131
- society 145–6
- solution-focused therapy 93, 100
- strengths, clients' 81–3, 93–4; assessment of 83; identification of 114
- stress, traumatic 125, 129
- subjective experience, positive 147
- subjective well-being (SWB) 31–5, 37, 38, 130, 133, 138
- suffering 35, 105–6, 107; personal gain of 123–39
- survivors, of trauma 124
- synthesis 102
- tests 81–6, 99
- therapeutic personality change: client's direction of 11; combination of the conditions for 67; core conditions for 64, 65–7, 71; necessary and sufficient conditions for 63–9, 64, 71, 75, 77, 82; *see also* personal transformation
- therapeutic pluralism 80, 86–100
- therapeutic process 81–100; tests and measures of 81–6, 99; and therapeutic pluralism 86–100

- therapeutic relationship, effective (positive working alliance) 74; importance of the 9, 13, 16, 17, 41–2, 73, 75, 149
- therapist-as-expert model 20, 27, 56, 71, 74–5, 87
- therapists 150; and the actualising tendency 63, 66–7, 72–3, 74–5, 79–80, 87, 92; agenda of 140; and the client-as-expert 27–8, 50; congruence of the 64, 64, 65, 66, 67, 72, 74, 149; emotional intelligence of the 71–2, 73, 149; empathic understanding of the 64, 65, 66, 67, 72, 74, 77, 149; existential 78; and the expert systems approach 148; facilitation of the actualising tendency 66, 79–80, 87; facilitation of the inner voice of wisdom 140, 141, 144, 150; facilitation of the organismic valuing process 81, 116, 138; facilitation of personal growth 135–6; fundamental assumptions of the 19–22, 39, 71, 86, 92, 135, 140, 148; leading therapy 138–9; and the local knowledge approach 148; personal qualities of the 74; and posttraumatic growth 97–8; reactions to clients 16; role of the 61, 141; as scientist or artist 16, 17, 37, 61–2; and social control 142–5; trainee 19; training programmes for 149; unconditional positive regard of 64, 64, 65, 66, 67, 74, 77
- therapy as morality 147–8
- thesis 102
- threatening events, adaptation to 123–39
- top down processes 7
- training 149; for clinical psychology 111–12
- transactional analysis 87–91, 99–100; absence of research into 91; case study of 89; and ego states 88–9; and life scripts 90–1; and psychological level communication 88, 89; and social level communication 88, 89; and thinking Martian 87–8
- transformation, personal 141–3, 144; *see also* therapeutic personality change
- trauma, personal growth following 123–39
- traumatic stress 125, 129
- types of positive therapy 9
- ulterior* messages 88, 89
- unconditional positive regard 45, 48, 56–8, 64–7, 64, 74, 77, 84–5, 104; research into 69, 118
- unconditional self-acceptance 84–5
- value positions 7, 17, 22–3, 30, 33, 36, 147
- values 147–8; extrinsic 103, 147; falsification of 45, 46; intrinsic 103, 147
- Veterans Administration 2, 28, 111
- voices, hearing 108
- well-being 9, 10, 15–16, 30–2, 62, 63; calculus of 31–2, 33; collective 30–1; and conditions of worth 48; facilitation of 116, 121–2; measurement 118–21; psychological 31–5, 38, 96, 130, 133, 134, 138; from psychopathology to 101–22; subjective 31–5, 37, 38, 130, 133, 138; and using one's strengths 94
- well-being related outcomes 58–9
- well-being therapy 94–6
- well-known faces scale 120
- Western society 147
- wisdom *see* inner voice of wisdom
- Zen 77