

Contents

Dedication	IX
Foreword	XI
Preface	XIII
Acknowledgements.....	XVII
Chapter 1 Foundations of Strengths-Based Practice: Seven Core Concepts of the Science of Character	1
Chapter 2 Signature Strengths: Research and Practice	22
Chapter 3 Practice Essentials: Six Integration Strategies for a Strengths-Based Practice	46
Chapter 4 Behavioral Traps, Misconceptions, and Strategies	76
Chapter 5 Advanced Issues in Applying Character Strengths	94
Chapter 6 Character Strength Spotlights: 24 Practitioner-Friendly Handouts.....	119
Chapter 7 How to Apply Character Strengths Interventions	146
Chapter 8 Research-Based Interventions for Character Strengths.....	156
Chapter 9 Afterword	242
References	244
Appendix A Background on the VIA Classification of Character Strengths and the VIA Survey	274
Appendix B Checklist for Strengths-Based Practitioners	279
Appendix C A Sampling of Strengths-Based Models.....	280
Appendix D Frequently Asked Questions About Character Strengths	281
Appendix E Comparison of VIA Survey with StrengthsFinder (Gallup) and Myers-Briggs Type Indicator (MBTI).....	287
Appendix F Flagship Papers on Character Strengths	288
Appendix G 10 Character Strengths Concepts and Applications in Specific Movies ...	290
Appendix H About the VIA Institute on Character	292
Index	293