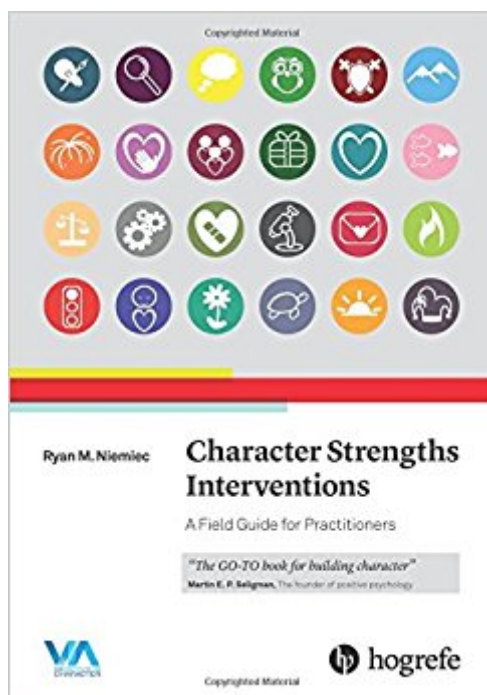


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# Character Strengths Interventions: A Field Guide For Practitioners



## Synopsis

The definitive, practical handbook on positive psychology and character strengths for practitioners working in coaching, psychology, education, and business start using strengths today! This book is the epitome of positive psychology: it takes the backbone of positive psychology character strengths and builds a substantive bridge between the science and practice. Working with client s (and our own) character strengths boosts well-being, fosters resilience, improves relationships, and creates strong, supportive cultures in our practices, classrooms, and organizations. This unique guide brings together the vast experience of the author with the science and the practice of positive psychology in such a way that both new and experienced practitioners will benefit. New practitioners will learn about the core concepts of character and signature strengths and how to fine-tune their approach and troubleshoot. Experienced practitioners will deepen their knowledge about advanced topics such as strengths overuse and collisions, hot button issues, morality, and integrating strengths with savoring, flow, and mindfulness. Hands-on practitioner tips throughout the book provide valuable hints on how to take a truly strengths-based approach. The 24 summary sheets spotlighting each of the universal character strengths are an indispensable resource for client sessions, succinctly summarizing the core features of and research on each strength. 70 evidence-based step-by-step activity handouts can be given to clients to help them develop character strengths awareness and use, increase resilience, set and meet goals, develop positive relationships, and find meaning and engagement in their daily lives.No matter what kind of practitioner you are, this one-of-a-kind field-guide is a goldmine in science-based applications. You ll be able to immediately bring the science of well-being into action!

## Book Information

Paperback: 300 pages

Publisher: Hogrefe Publishing; 1 edition (June 20, 2017)

Language: English

ISBN-10: 0889374929

ISBN-13: 978-0889374928

Product Dimensions: 0.8 x 6.8 x 9.8 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #35,205 in Books (See Top 100 in Books) #84 in Books > Textbooks > Social Sciences > Psychology > Clinical Psychology #241 in Books > Politics & Social Sciences >

## Customer Reviews

"The GO-TO book for building character" Martin E. P. Seligman, The founder of positive psychology  
Character Strength Interventions gives readers a fantastic in-depth tour of the science of the 24 Values-In-Action (VIA) strengths. The guide contains many immediately applicable interventions that can be used with clients. For practitioners like me, the true gems of this book are the tips, snapshots, handouts, and interventions. The guide includes 24 very useful handouts, one for each of the VIA strengths. These contain a definition, research highlights, questions for strengths building, and interventions. These handouts are fantastic resources to help practitioners and their clients understand the essence of each strength, where to learn more about it, and ways to develop and use it. Even better than the handouts are the 70 strengths interventions that make up chapter 8. Most of these interventions come with an overview, the purpose of the intervention, the specific steps involved, and the research behind it. Many of these also come with tips and even troubleshooting ideas. Character Strengths Interventions is a gold mine for practitioners. Its tips, 24 handouts, and 70 interventions are the most valuable nuggets. --Scott Crabtree, teacher of neuroscience, psychology, and the science of happiness, at Positive Psychology News "As inspiring as it is practical. The practical applications are dizzying. This guide is tailor-made for leaders, and is a must-have book that will inspire any leader!" --Marshall Goldsmith, PhD, Thinkers 50 #1 Leadership Thinker in the World, and international bestselling author of What Got You Here Won't Get You There and Triggers. "Ryan Niemiec takes one of the most important scientific tools in modern psychology for improving our well-being and makes that research come to life in a practical way for practitioners, parents, and coaches." --Shawn Achor, MA, New York Times bestselling author of The Happiness Advantage

Ryan M. Niemiec, PsyD, is Education Director of the VIA Institute on Character, a nonprofit organization in Cincinnati, Ohio that is viewed as the global leader in advancing the science and practice of character strengths. Ryan is author of several books, including Mindfulness and Character Strengths: A Practical Guide to Flourishing, and coauthor of Positive Psychology at the Movies; and Movies and Mental Illness. Ryan is an award-winning psychologist, certified coach, international workshop leader, positive psychology fellow, and is adjunct professor at Xavier University, University of Pennsylvania, and a visiting lecturer at several other institutions. Ryan helps

professionals in counseling, coaching, business, disability, and education around the world apply character strengths, personally and professionally in their work. He leads seminal character strengths courses and develops personalized reports for the VIA Institute. He has penned over 60 peer-reviewed/invited articles and hundreds of lay-friendly articles on character strengths, mindfulness, and related topics. He is especially interested in the intersection of character strengths with mindfulness, savoring, resilience, flourishing, intellectual/developmental disability, and health promotion.

Exactly the book I was looking for! The book begins with a brief explanation of the concept of character strengths and how to help children and adults grow and flourish by using their strengths as tools, rather than defining them by their weaknesses. The author then offers concrete examples of how character traits may be used for personal and professional growth, exploring optimal use, overuse and underuse, and offering a variety of intervention strategies. This book is extremely helpful to me as an educator but appears to also be written with therapists, social workers or other clinicians in mind. An expensive purchase but one I will refer back to often.

I am applying positive psychology in Costa Rica with workshops and this book have activities that help to Make a practical positive psychology workshop, in Grupo Motiva CR we are happy to fine this recourse.

Wonderful book that describes how character strengths are the backbone of well-being and how we can use these positive traits every day in order to thrive.

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