

Psykologi 2

Introduction to Coaching Psychology Det fragmenterede sind Introduzione alla Coaching Psychology Almen Psykologi Psykologi Psykologi 2 - sundhedspsykologi Psykologi Siobhain O'Riordan Christian Nielsen AA. VV. K. B. Madsen Frithiof Brandt

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this collection featuring chapters by leading international practitioners will offer an introduction to coaching psychology for those new to it including students trainees psychologists and coaches introduction to coaching psychology covers key topics including the background and development of coaching psychology the coach coachee relationship coaching psychology approaches and models and themes such as assessment contracting and the setup in coaching psychology practice applications in coaching psychology are considered including a look at particular coaching psychology specialisms and interventions as well as discussions about working in organisations working with young people and life and personal coaching professional practice issues such as boundaries and best practice and coaching and diversity are also explored furthermore a review of coaching psychology research is presented the book also offers a rich collection of case studies to illustrate the practice of coaching psychology in a real world setting and concludes with a consideration of the future of the field this timely and accessible book will be essential reading for anyone new to the field as well as coaches psychologists and counsellors interested in the theory research and practice of coaching psychology

det fragmenterede sind er en gribende fortælling om rejsen gennem forfatterens liv og om hvordan mentale traumer sætter dybe spor i hverdag og familieliv da han som familiefar var så mentalt nedbrudt at han ikke engang kunne binde sine egne snøreband i bogen følger vi christian nielsens rejse fra en barndom i misbrugets skygge videre til fire år i udlandet som dykkerinstruktør uddannelsen som erhvervsdykker i søværnet et årti ved politiet tre hårde år med arbejdsrelateret ptsd og til sidst seks år som dykkertekniker ved frømandskorpset udover skelsættende oplevelser med dykning og arbejdet som politimand følger vi processen i samfundet når man bliver diagnosticeret med alvorlig

arbejdsrelateret PTSD samtidig er bogen en positiv fortælling om det danske velfærdssystem og det sikkerhedsnet der er spændt ud under hele befolkningen om at være så mentalt knækket at hver dag føles som den sidste og alligevel komme videre med et nyt liv bogen indeholder konkrete værktøjer der kan hjælpe andre med at ændre posttraumatisk stress til posttraumatisk vækst et lille skridt ad gangen bogen er et opslagsværk om de teknikker og metoder der hjalp forfatteren tilbage fra helvede samt et helt unikt indblik i hvad det kræver at blive rask igen den kan med fordel læses af alle der selv ønsker at blive mentalt stærkere men henvender sig også til fagpersoner kollegaer familier og pårørende der ønsker at forstå hvordan det føles at leve med et fragmenteret sind

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