

# EMOTION-FOCUSED COPING

Emotion-focused coping refers to strategies to manage stress that involve emotional regulation. It is juxtaposed to the problem-focused approach.

## DEFINITION

Lazarus and Folkman (1984) make a distinction between problem-focused and emotion-focused coping:

"a distinction that we believe is of overriding importance, namely, between coping that is directed at managing or altering the problem causing the distress and coping that is directed at regulating emotional response to the problem" (p. 150).

## EXAMPLES

**Journaling:** Writing about stressful events is a way of releasing negative energy. Describing what happened can increase perceptions of control and help regulate emotions.

**Selective Attention:** After a difficult day at work, focusing on the positive things that happened can reduce the anxiety of the negative events that occurred that day.

# Stress And Coping In Time Of War

**M Carnoy**



## **Stress And Coping In Time Of War:**

**Stress and Coping in Time of War** Norman A. Milgram, 1986      *The Odyssey of Voc-Ed* Tim Brennan, 2025-06-10 This book seeks to shift the focus of vocational education and rehabilitation from marginalized topics to essential steps for job readiness education and training as key components for employment and a fulfilling life. It offers a unique cruise like progression through various phases of learning drawing from real life experiences. While not a novel or textbook it provides valuable insights for job seekers including tips for crafting advanced cover letters and guidance for those exploring new hobbies or languages. Special references are made to recovery clinics and groups like veterans which can apply broadly to other communities with occasional spiritual insights to deepen the vocational educational theme      **Handbook of Child Psychopathology** Thomas H. Ollendick, 2013-11-11 In our first edition of the Handbook in 1983 we noted that child psychopathology should no longer be viewed simply as a downward extension of adult psychopathology. Rather we suggested that children must be viewed as children not as miniature adults and that a merger of clinical child psychology and developmental psychology must occur in order for this objective to be realized. Now 6 years later we are sufficiently encouraged to assert that this synthesis at least on a conceptual level is well under way. Yet much growth remains to be seen along practical lines. The real test of the synthesis of these two fields of study will be evidenced on the battlefield that is the front line of clinical practice. Just how integrated clinical child psychology and developmental psychology really are remains to be seen. Nonetheless progress is well under way. Careful attention to developmental and other contextual issues guided us in our efforts to solicit contributors for this second edition. All the contributors are active researchers and clinicians in the area of child psychopathology and all are keenly aware of the subtle nuances and special considerations of clinical and developmental psychology as they relate to child behavior problems. In addition all the contributors are empirically minded as a result the chapters are data based and represent some of the most up to date knowledge currently available. However as research based knowledge is more abundant and conclusive in some topic areas than in others the chapters vary in length and scope      *Encyclopedia of School Psychology* T. Stuart Watson, Christopher H. Skinner, 2012-12-06 School psychologists are on the front lines in dealing with the most significant challenges facing children and the educational community today. And in a world of ever increasing risks and obstacles for students school psychologists must be able to use their in depth psychological and educational training to work effectively with students parents teachers administrators and other mental health professionals to help create safe learning environments. By recognizing each individual student's unique circumstances and personality school psychologists are able to offer specialized services to address such crucial children's issues as family troubles e.g. divorce death school assignments depression anger management substance abuse study skills learning disabilities sexuality and self discipline. The Encyclopedia of School Psychology provides school psychologists and other educational and mental health professionals with a thorough understanding of the most current theories research and

practices in this critical area In addition the Encyclopedia offers the most up to date information on important issues from assessment to intervention to prevention techniques

**Handbook of Military Psychology** Reuven Gal,A. David Mangelsdorff,1991 The military must evaluate large numbers of people screen out the unfit select individuals with needed abilities and place people in the jobs most appropriate both to their skills and to military needs Military personnel of all sorts must be trained and prepared for warfare Individuals have to be led and motivated and units must maintain high morale and cohesion in order to achieve their missions Furthermore military missions are frequently carried out under most stressful conditions and usually require strenuous adjustment between human capabilities and weapon systems peculiarities These characteristics of military organization all have their psychological aspects This comprehensive handbook will be an essential tool for military psychologists trainers and leaders dealing with these aspects It will also be of interest to both practitioners and researchers working in the field of occupational and industrial psychology and for those working in personnel management

**Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70  
*National Library of Medicine Current Catalog* National Library of Medicine (U.S.),1987

**Social Competence in Developmental Perspective** B.H. Schneider,Grazia Attili,Jacqueline Nadel,Roger P. Weissberg,2012-12-06 What determines the focus of a researcher s interest the sources of inspiration for a study or the variables scrutinized If we were to examine the antecedents of these decisions they would surely emerge as accidents of circumstance the personal experiences of the researcher the inspiration of early mentors the influence of contemporary colleagues all tempered by the intellectual currents that nurture the researcher s hypotheses Among the accidents that mold the careers of researchers is geographic location The culture in which a research program emerges helps determine both its very subject and its method The primary purpose of this book is to assist those interested in the scientific study of children s social competence in transcending the boundaries imposed both by geography and by selective exposure to the highly diverse schools of thought that have led to interest in this field Most of these ideas were presented and exchanged at an Advanced Study Institute entitled Social Competence in Developmental Perspective held in Savoie France in July 1988 This Institute was attended by scholars from France England Northern Ireland Germany Italy Norway Spain Portugal Netherlands Canada the United States and Brazil Those who participated will recognize that the metamorphosis from lecture to chapter has necessitated many changes In order to accommodate the reader who may be unfamiliar with the field more attention has been paid here to identifying the theoretical contexts of the research described

**Technical Report** ,1979      **Military Medicine** ,1913      *Psychology of Stress* Kimberly V. Oxington,2005 Stress is a physical response to an undesirable situation Mild stress can result from missing the bus standing in a long line at the store or getting a parking ticket Stress can also be severe Divorce family problems an assault or the death of a loved one for example can be devastating One of the most common sources of both mild and severe stress is work Stress can be short term acute or long term chronic Acute stress is a reaction to an immediate

threat either real or perceived Chronic stress involves situations that aren't short lived such as relationship problems workplace pressures and financial or health worries Stress is an unavoidable consequence of life As Hans Selye who coined the term as it is currently used noted Without stress there would be no life However just as distress can cause disease it seems plausible that there are good stresses that promote wellness Stress is not always necessarily harmful Winning a race or an election can be just as stressful as losing or more so but may trigger very different biological responses Increased stress results in increased productivity up to a point This new book deals with the dazzling complexity of this good bad phenomenon and presents up to date research from throughout the world *The Archaeology of Anxiety* Jeffrey

Fleisher, Neil Norman, 2015-12-17 Recent efforts to engage more explicitly with the interpretation of emotions in archaeology have sought new approaches and terminology to encourage archaeologists to take emotions seriously This is part of a growing awareness of the importance of senses what we see smell hear and feel in the constitution and reconstitution of past social and cultural lives Yet research on emotion in archaeology remains limited despite the fact that such states underpin many studies of socio cultural transformation *The Archaeology of Anxiety* draws together papers that examine the local complexities of anxiety as well as the variable stimuli class or factional struggle warfare community construction and maintenance personal turmoil and responsibilities to and relationships with the dead that may generate emotional responses of fear anxiousness worry and concern The goal of this timely volume is to present fresh research that addresses the material dimension of rites and performances related to the mitigation and negotiation of anxiety as well as the role of material culture and landscapes in constituting and even creating periods or episodes of anxiety *Ageing, Disability and Spirituality* Elizabeth MacKinlay, 2008-02-15 This collection examines theological and ethical issues of ageing disability and spirituality with an emphasis on how ageing affects people who have mental health and developmental disabilities The book presents ways of moving towards more effective relationships between carers and older people with disabilities **The**

**Psychological Effects of War and Violence on Children** Lewis A. Leavitt, Nathan A. Fox, 2014-01-14 The outgrowth of a conference planned as a response to the need for researchers and clinicians to develop integrated plans for addressing the psychological trauma of children exposed to violence this volume's goals are to summarize research on the subject with particular emphasis on the Gulf War to use this information to formulate an outline of what current knowledge suggests are reasonable approaches to public mental health intervention and to develop an agenda for future research necessary for improving clinical efforts in varying international conflicts A significant collection of diverse perspectives attending to a diversity of cultural and political contexts the contributors offer many conclusions about important dimensions for analyzing the effects of violence on children Suggesting informed approaches to public mental health efforts which can be implemented the work presented here directs attention to the need for interdisciplinary collaboration among researchers and clinicians to better understand the effects of exposure to violence on the psychological well being of children and the optimal modes of

remediation on individual family and community levels      *Trauma Rehabilitation After War and Conflict* Erin Martz, 2010-04-15 As foreign assistance flows into post conflict regions to rebuild economies roads and schools it is important that development professionals retain a focus on the purely human element of rebuilding lives and societies This book provides perspective on just how to begin that process so that the trauma people suffered is not passed on to future generations long after the violence has stopped Amy T Wilson Ph D Gallaudet University Washington DC This ground breaking text provides the reader with an excellent and comprehensive overview of the existing field of trauma rehabilitation It also masterfully navigates the intricate relationships among theory research and practice leaving the reader with immense appreciation for its subject matter Hanoch Livneh Hanoch Livneh Ph D LPC CRC Portland State University Fear terror helplessness rage for soldier and civilian alike the psychological costs of war are staggering And for those traumatized by chronic armed conflict healing recovery and closure can seem like impossible goals Demonstrating wide ranging knowledge of the vulnerabilities and resilience of war survivors the collaborators on *Trauma Rehabilitation after War and Conflict* analyze successful rehabilitative processes and intervention programs in conflict affected areas of the world Its dual focus on individual and community healing builds on the concept of the protective trauma membrane a component crucial to coping and healing to humanitarian efforts though one which is often passed over in favor of rebuilding infrastructure and to promoting and sustaining peace The book s multiple perspectives including public health community based systems and trauma focused approaches reflect the complex psychological social and emotional stresses faced by survivors to provide authoritative information on salient topics such as Psychological rehabilitation of U S veterans non Western ex combatants and civilians Forgiveness and social reconciliation after armed conflict Psychosocial adjustment in the post war setting Helping individuals heal from war related rape The psychological impact on prisoners of war Rehabilitating the child soldier *Rehabilitation after War and Conflict* lucidly sets out the terms for the next stage of humanitarian work making it essential reading for researchers and professionals in psychology social work rehabilitation counseling and public health      **The Neurology of AIDS** Howard E. Gendelman, 2005 The *Neurology of AIDS* is a compilation of works addressing six major aspects of nervous system disease that commonly follows HIV 1 infection This includes basic science clinical science neuropathology therapy neuropsychiatric and perspectives of disease provided by patients      **Choice** , 2001      *Emotion in Posttraumatic Stress Disorder* Matthew Tull, Nathan Kimbrel, 2020-01-31 *Emotion in Posttraumatic Stress Disorder* provides an up to date review of the empirical research on the relevance of emotions such as fear anxiety shame guilt and disgust to posttraumatic stress disorder PTSD It also covers emerging research on the psychophysiology and neurobiological underpinnings of emotion in PTSD as well as the role of emotion in the behavioral cognitive and affective difficulties experienced by individuals with PTSD It concludes with a review of evidence based treatment approaches for PTSD and their ability to mitigate emotion dysfunction in PTSD including prolonged exposure cognitive processing therapy and acceptance

based behavioral therapy Identifies how emotions are central to understanding PTSD Explore the neurobiology of emotion in PTSD Discusses emotion related difficulties in relation to PTSD such as impulsivity and emotion dysregulation Provides a review of evidence based PTSD treatments that focus on emotion      **The Posttraumatic Self** John P. Wilson, 2007-12-11

Filling a gap that exists in most traumatology literature The Posttraumatic Self provides an optimistic analysis of the aftermath of a traumatic event This work appreciates the potentially positive effects of trauma and links those effects to the discovery of one's identity character and purpose Wilson and his distinguished contributors explore the nature and dynamics of the posttraumatic self emphasising human resilience and prompting continued optimal functioning While taking into consideration pathological consequences such as posttraumatic stress disorder PTSD the authors study the impacts a traumatic event can have on one's inner self and they help the victims transform such an event into healthy self transcendent lifecycles The Posttraumatic Self will help victims and healers transform the way they deal with the complexities of trauma by making important connections that will allow for healing and growth      **Crises in World Politics** Michael Brecher, 2013-10-22

Crises in World Politics Theory Reality presents the study of international conflict This book discusses the danger of crises to global and regional stability Organized into eight chapters this book begins with an overview of the key concepts of the inquiry conflict crisis and war This text then explores the four phases of an interstate crisis namely onset escalation de escalation and impact Other chapters consider the unified model of crisis which is applied to the Gulf Crisis War of 1990 91 This book discusses as well the most intense military security crisis in the 20th century the dynamics of the process and how the actors coped with their crisis The final chapter summarizes the primary findings about models and concepts and about each phase and its corresponding period at the actor level namely pre crisis crisis end crisis and post crisis This book is a valuable resource for historians policy makers and social scientists

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