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Stress reduction theory – Roger S. Ulrich

Roger Ulrich's *Stress Reduction Theory* (SRT) provides a detailed and logically consistent explanation for why **nature** exposure can be expected to reduce psychological and physiological stress, enhance cognitive functioning or performance, and promote improved health outcomes. The theory generates several testable hypotheses and has the important strength of establishing tight direct links between theoretical arguments and objective psycho-physiological measures of stress and **restoration**. SRT emerged from Ulrich's *psycho-evolutionary theory* (1983) which postulates that immediate, unconsciously triggered and initiated affective responses – not 'controlled' cognitive responses – play a central role in the initial level of responding to nature, and have major influences on physiological responding, attention/intake, and conscious processing. A basic argument is that this multimodal process of responding quickly motivates adaptive behavior. The emphasis on affect was informed in part by Ulrich's early empirical finding (1979) that stressed that people assigned to view nature settings evidenced a much larger increase in positive affect and greater reductions in negative emotions (fear, anger) than those who viewed urban scenes. SRT holds that people benefit most from encounters with nature when they are stressed, but even unstressed people evidence more positive responding to nature than environments lacking nature (Ulrich, 1983). The theory tends to use the terms 'stress recovery' and 'restoration' interchangeably, although restoration is interpreted as a broader term that can also apply to recuperation from understimulation and boredom.

As a carryover from evolution, modern humans have a highly developed capacity for responding with stress and physiological mobilization to demanding or threatening situations. SRT maintains that the immediate benefits for early humans of stress responding and adaptive behavior when encountering challenging situations or sudden threats could be great (survival), but they came with costly effects such as energy-draining physiological mobilization and strongly negative emotions (fear, anger). If a threat or challenging situation were resolved, and an individual then encountered a natural setting favorable to ongoing well-being or survival, SRT proposes that the adaptive need would be for recuperation or a 'breather' from stress. (See Ulrich, 1993,

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Rachel Arnold, David Fletcher



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Nursing Theories: A Framework for Professional Practice Kathleen Masters, 2014-07-15 Covers the work of those who have been central to nursing theory for decades as well as many newer theorists The text draws content from topics such as philosophy conceptual models and the middle range theories of nursing *Evidence-Based Practice: An Integrative Approach to Research, Administration, and Practice* Heather R. Hall, Linda A. Roussel, 2020-09-24 Evidence Based Practice An Integrative Approach to Research Administration and Practice Third Edition focuses on how research based evidence drives scholarly practice **Evidence-Based Practice** Heather R. Hall, Linda A. Roussel, 2016-08-04 Evidence Based Practice An Integrative Approach to Research Administration and Practice Second Edition is an excellent reference for interdisciplinary education and clinical agencies as well as disciplines focused on translating research evidence to quality practices **Handbook of Empirical Social Work Practice, Volume 1** Bruce A. Thyer, John S. Wodarski, 1998-01-29 Covers clinically effective treatments for over twenty of the major mental behavioral and emotional diagnoses in the DSM IV The last two decades in social work have seen tremendous strides in field research from the development of improved research designs to more accurate methods of problem measurement and outcome analysis Drawing upon these significant advances the two volume Handbook of Empirical Social Work Practice brings together empirically validated interventions for many of the psychosocial problems most frequently encountered by social workers in their daily practice Unlike other books in the field that employ a theory based approach to treatment this handbook focuses on the best supported methods of helping clients with particular problems irrespective of theoretical biases offering clinicians a valuable compendium of practice guidelines for treatment Edited and authored by recognized experts in the field the Handbook of Empirical Social Work Practice is clearly written and organized for easy reference Volume One covers clinically effective treatments for over twenty of the major mental behavioral and emotional diagnoses in the DSM IV TM including Disorders typically diagnosed in infancy childhood or adolescence Substance related disorders Schizophrenia and other psychotic disorders Mood and anxiety disorders Sexual and eating disorders Personality disorders With information that is at once accessible and up to date the Handbook of Empirical Social Work Practice is a vital source of guidance for today's clinical social workers and other practicing mental health professionals as well as students One of the best tools to promote the values of the social work profession is that of empirical social work practice Telling the truth is one of these values and discovering the truth is something that empirical research is very good at This book presents credible reviews of contemporary empirical literature pertaining to selected behavioral affective and intellectual disorders and their psychosocial assessment and treatment That such a book is now possible is a striking affirmation of the merits of the approach to social work called empirical clinical practice from the Handbook of Empirical Social Work Practice *Handbook of Community-Based Clinical Practice* Anita Lightburn, Phebe Sessions, 2006 Bridges community practice and clinical practice by collecting 33 chapters from social

workers psychologists and psychiatrists that outline and illustrate the state of the art Designed specifically for clinicians making the transition to community based work Provided by publisher *Cognitive and Behavioral Theories in Clinical Practice* Nikolaos Kazantzis, Mark A. Reinecke, Arthur Freeman, 2009-10-16 Demonstrating the importance of theory for effective clinical practice this thought provoking volume brings together leading experts on a range of contemporary cognitive and behavioral approaches The contributors probe the philosophical and theoretical underpinnings of each model its assumptions about normal psychological processes the development and maintenance of psychopathology and the mechanisms by which therapeutic changes take place The historical antecedents of the theories are examined and studies that have tested them are reviewed Vivid case studies show practitioners how theory informs clinical decision making and technique in each of the respective approaches **Theory & Practice in Clinical Social Work** Jerrold R.

Brandell, 2010-02-16 Today's clinical social workers face a spectrum of social issues and problems of a scope and severity hardly imagined just a few years ago and an ever widening domain of responsibility to overcome them Theory and Practice in Clinical Social Work is the authoritative handbook for social work clinicians and graduate social work students that keeps pace with rapid social changes and presents carefully devised methods models and techniques for responding to the needs of an increasingly diverse clientele Following an overview of the principal frameworks for clinical practice including systems theory behavioral and cognitive theories psychoanalytic theory and neurobiological theory the book goes on to present the major social crises problems and new populations the social work clinician confronts each day Theory and Practice in Clinical Social Work includes 29 original chapters many with carefully crafted and detailed clinical illustrations by leading social work scholars and master clinicians who represent the widest variety of clinical orientations and specializations Collectively these leading authors have treated nearly every conceivable clinical population in virtually every practice context using a full array of treatment approaches and modalities Included in this volume are chapters on practice with adults and children clinical social work with adolescents family therapy and children's treatment groups other chapters focus on social work with communities affected by disasters and terrorism clinical case management cross cultural clinical practice psychopharmacology practice with older adults and mourning and loss The extraordinary breadth of coverage will make this book an essential source of information for students in advanced practice courses and practicing social workers alike

Evidence-Based Practice Manual Albert R. Roberts, Kenneth R. Yeager, 2004-01-15 The Evidence Based Practice Manual was developed as an all inclusive and comprehensive practical desktop resource It includes 104 original chapters each specially written by the most prominent and experienced medical public health psychology social work criminal justice and public policy practitioners researchers and professors in the United States and Canada This book is specifically designed with practitioners in mind providing at a glance overviews and direct application chapters This is the only interdisciplinary volume available for locating and applying evidence based assessment measures treatment plans and interventions Particular

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Wilson,Matthew J. Friedman,Jacob D. Lindy,2012-03-26 This volume presents an innovative psychobiological framework for understanding and treating PTSD A major emphasis is the need to reformulate diagnostic criteria and treatment goals to reflect emerging knowledge about the complex pathways by which trauma disrupts people s lives Within a holistic organismic framework the editors identify 65 PTSD symptoms contained within five rather than the traditional three symptom clusters and spell out 80 target objectives for treatment Expert contributors then provide detailed presentations of core therapeutic approaches including acute posttraumatic interventions cognitive behavioral approaches pharmacotherapy group psychotherapy and psychodynamic techniques as well as approaches to working with specific populations including children refugees and the dually diagnosed The concluding section reviews and synthesizes all case material presented examining which symptoms are addressed by each of the core approaches which treatment goals are met and which clients can most effectively be helped Combining cutting edge theoretical exposition with clear cut recommendations for practice this is an ideal resource for clinicians students and researchers **Stress, Well-Being, and Performance in Sport** Rachel

Arnold,David Fletcher,2021-03-08 Stress Well Being and Performance in Sport provides the first comprehensive and contemporary overview of stress in sport and its implications on performance and well being It explores how athletes coaches and support staffs performance can be enhanced while simultaneously optimizing their well being in contemporary sport Divided into four sections following the stress process Stress Well Being and Performance in Sport covers key topics including Appraising and coping with stress in sport Responses to and outcomes of stress in sport Moderators of the stress process in sport Stress management to promote thriving in sport Bringing together theory and practice each chapter discusses conceptual and theoretical issues current research and innovative practical implications Written by scholars around the globe Stress Well being and Performance in Sport offers an international perspective It is important reading for students of sport psychology as well as coaches athletes and support staff

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