

An Experiential Approach To Organization Development 8th Edition

Emotionally focused therapy

basis of the development in emotion theory that treatments such as the process experiential approach, as well as some other approaches that emphasized

Emotionally focused therapy and emotion-focused therapy (EFT) are related humanistic approaches to psychotherapy that aim to resolve emotional and relationship issues with individuals, couples, and families. These therapies combine experiential therapy techniques, including person-centered and Gestalt therapies, with systemic therapy and attachment theory. The central premise is that emotions influence cognition, motivate behavior, and are strongly linked to needs. The goals of treatment include transforming maladaptive behaviors, such as emotional avoidance, and developing awareness, acceptance, expression, and regulation of emotion and understanding of relationships. EFT is usually a short-term treatment (eight to 20 sessions).

Emotion-focused therapy for individuals was originally known...

Gestalt therapy

be considered both a paradoxical and an experiential/experimental approach. When Gestalt therapy is compared to other clinical domains, a person can find

Gestalt therapy is a form of psychotherapy that emphasizes personal responsibility and focuses on the individual's experience in the present moment, the therapist-client relationship, the environmental and social contexts of a person's life, and the self-regulating adjustments people make as a result of their overall situation. It was developed by Fritz Perls, Laura Perls and Paul Goodman in the 1940s and 1950s, and was first described in the 1951 book Gestalt Therapy.

Jürgen Kriz

Interdisciplinary Systems Theory. Person-Centered and Experiential Psychotherapies (PCEP), 6, 1, 30-44. 2001: Self-Organization of Cognitive and Interactional Processes

Jürgen Kriz (born 5 December 1944 in Ehrhorn/Soltau, Germany) is a German psychologist, psychotherapist and emeritus professor for psychotherapy and clinical psychology at the Osnabrück University, Germany. He is a prominent thinker in systems theory and the founder of the person-centered systems theory – a multi-level concept for the understanding of processes in psychotherapy, counseling, coaching and clinical psychology.

Developmental psychology

concept of constructivism is that the purpose of cognition is to organize one's experiential world, instead of the ontological world around them. Jean Piaget

Developmental psychology is the scientific study of how and why humans grow, change, and adapt across the course of their lives. Originally concerned with infants and children, the field has expanded to include adolescence, adult development, aging, and the entire lifespan. Developmental psychologists aim to explain how thinking, feeling, and behaviors change throughout life. This field examines change across three major dimensions, which are physical development, cognitive development, and social emotional development. Within these three dimensions are a broad range of topics including motor skills, executive functions, moral understanding, language acquisition, social change, personality, emotional development, self-concept, and identity formation.

Developmental psychology explores the influence...

Fibonacci numbers in popular culture

implications of the theory to the topic of moral development, and was entitled "Moral Development: The Experiential Perspective." The Fibonacci sequence plays

The Fibonacci numbers are a sequence of integers, typically starting with 0, 1 and continuing 1, 2, 3, 5, 8, 13, ..., each new number being the sum of the previous two. The Fibonacci numbers, often presented in conjunction with the golden ratio, are a popular theme in culture. They have been mentioned in novels, films, television shows, and songs. The numbers have also been used in the creation of music, visual art, and architecture.

Personality psychology

"Cognitive Affective Units" shows how his approach considers affect as well as cognition. Cognitive-Experiential Self-Theory (CEST) is another cognitive

Personality psychology is a branch of psychology that examines personality and its variation among individuals. It aims to show how people are individually different due to psychological forces. Its areas of focus include:

Describing what personality is

Documenting how personalities develop

Explaining the mental processes of personality and how they affect functioning

Providing a framework for understanding individuals

"Personality" is a dynamic and organized set of characteristics possessed by an individual that uniquely influences their environment, cognition, emotions, motivations, and behaviors in various situations. The word personality originates from the Latin persona, which means "mask".

Personality also pertains to the pattern of thoughts, feelings, social adjustments, and behaviors...

Positivism

opposition to positivism. Critical realism seeks to reconcile the overarching aims of social science with postmodern critiques. Experientialism, which arose

Positivism is a philosophical school that holds that all genuine knowledge is either true by definition or positive – meaning a posteriori facts derived by reason and logic from sensory experience. Other ways of knowing, such as intuition, introspection, or religious faith, are rejected or considered meaningless.

Although the positivist approach has been a recurrent theme in the history of Western thought, modern positivism was first articulated in the early 19th century by Auguste Comte. His school of sociological positivism holds that society, like the physical world, operates according to scientific laws. After Comte, positivist schools arose in logic, psychology, economics, historiography, and other fields of thought. Generally, positivists attempted to introduce scientific methods to their...

History of sociology

depth experiential research and thus launching methodical sociological research as a whole. This changed sociologists' methods and enabled them to see new

Sociology as a scholarly discipline emerged, primarily out of Enlightenment thought, as a positivist science of society shortly after the French Revolution. Its genesis owed to various key movements in the philosophy of science and the philosophy of knowledge, arising in reaction to such issues as modernity, capitalism, urbanization, rationalization, secularization, colonization and imperialism.

During its nascent stages, within the late 19th century, sociological deliberations took particular interest in the emergence of the modern nation state, including its constituent institutions, units of socialization, and its means of surveillance. As such, an emphasis on the concept of modernity, rather than the Enlightenment, often distinguishes sociological discourse from that of classical political...

Psychology

During Instruction Does Not Work: An Analysis of the Failure of Constructivist, Discovery, Problem-Based, Experiential, and Inquiry-Based Teaching; Educational

Psychology is the scientific study of mind and behavior. Its subject matter includes the behavior of humans and nonhumans, both conscious and unconscious phenomena, and mental processes such as thoughts, feelings, and motives. Psychology is an academic discipline of immense scope, crossing the boundaries between the natural and social sciences. Biological psychologists seek an understanding of the emergent properties of brains, linking the discipline to neuroscience. As social scientists, psychologists aim to understand the behavior of individuals and groups.

A professional practitioner or researcher involved in the discipline is called a psychologist. Some psychologists can also be classified as behavioral or cognitive scientists. Some psychologists attempt to understand the role of mental...

Green infrastructure

harvest techniques. It is an approach to land development (or re-development) that works with nature to manage stormwater as close to its source as possible

Green infrastructure or blue-green infrastructure refers to a network that provides the “ingredients” for solving urban and climatic challenges by building with nature. The main components of this approach include stormwater management, climate adaptation, the reduction of heat stress,

increasing biodiversity, food production, better air quality, sustainable energy production, clean water, and healthy soils, as well as more human centered functions, such as increased quality of life through recreation and the provision of shade and shelter in and around towns and cities. Green infrastructure also serves to provide an ecological framework for social, economic, and environmental health of the surroundings. More recently scholars and activists have also called for green infrastructure that promotes...

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