

humor the psychology of living buoyantly the springer series in social clinical psychology

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Explore the profound connection between humor and a resilient, optimistic life within the acclaimed Springer Series in Social Clinical Psychology. This insightful volume delves into the psychological mechanisms through which humor can foster buoyancy, enhance coping strategies, and significantly contribute to overall well-being, offering both theoretical understanding and practical applications for thriving amidst life's challenges.

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Humor

In his earlier work the author has studied stress and the personality characteristics that protect us from its effects on health and well-being. In this new book he places humor firmly within the literatures of coping processes, the moderation of stressful experiences, and health by showing how humor can help create and encourage feelings of community, closeness, and control. Lefcourt blends empirical research with anecdotal reports in this thoughtful volume.

Social Psychology and Dysfunctional Behavior

A colleague recently recounted a conversation she had had with a group of graduate students. For reasons that she cannot recall, the discussion had turned to the topic of "old-fashioned" ideas in psychology-perspectives and beliefs that had once enjoyed widespread support but that are now regarded as quaint curiosities. The students racked their brains to outdo one of the historical trivia of psychology: Le Bon's another with their knowledge fascination with the "group mind," Mesmer's theory of animal magnetism, the short-lived popularity of "moral therapy," Descartes' belief that erections are maintained by air from the lungs, and so on. When it came his turn to contribute to the discussion, one student brought up an enigmatic journal he had seen in the library stacks: the Journal of Abnormal and Social Psychology. He thought that the inclusion of abnormal and social psychology within the covers of a single journal seemed an odd combination, and he wondered aloud what sort of historical quirk had led psychologists of an earlier generation to regard these two fields as somehow related. Our colleague then asked her students if they had any ideas about how such an odd combination had found its way into a single journal.

The Psychology of Humor

Most of us laugh at something funny multiple times during a typical day. Humor serves multiple purposes, and although there is a sizable and expanding research literature on the subject, the research is spread in a variety of disciplines. The *Psychology of Humor, 2e* reviews the literature, integrating research from across subdisciplines in psychology, as well as related fields such as anthropology, biology, computer science, linguistics, sociology, and more. This book begins by defining humor and presenting theories of humor. Later chapters cover cognitive processes involved in humor and the effects of humor on cognition. Individual differences in personality and humor are identified as well as the physiology of humor, the social functions of humor, and how humor develops and changes over the lifespan. This book concludes noting the association of humor with physical and mental health, and outlines applications of humor use in psychotherapy, education, and the workplace. In addition to being fully updated with recent research, the second edition includes a variety of new materials. More graphs, tables, and figures now illustrate concepts, processes, and theories. It provides new brief interviews with prominent humor scholars via text boxes. The end of each chapter now includes a list of key concepts, critical thinking questions, and a list of resources for further reading. Covers research on humor and laughter in every area of psychology Integrates research findings into a coherent conceptual framework Includes brain imaging studies, evolutionary models, and animal research Integrates related information from sociology, linguistics, neuroscience, and anthropology Explores applications of humor in psychotherapy, education, and the workplace Provides new research, plus key concepts and chapter summaries

Sourcebook of Social Support and Personality

The work of 47 contributors from the U.S., Canada, and Israel, the Sourcebook gives special attention to the complexity of the social support construct, expanding the field's theoretical base by seriously reappraising social support research in the context of findings from other fields of psychology and related disciplines. Personality processes are specified to account for observed associations between social support and physical well-being. Several new studies are included which illustrate empirical approaches to exploring these processes. And key contributions highlight the great strides made in understanding the links among personal dispositions, situational contexts, and potentially supportive transactions.

The Palgrave Handbook of Humour Research

This Handbook provides new perspectives on humour from transdisciplinary perspectives. It focuses on humour as a resource from different socio-cultural and psychological viewpoints and brings together authors from different cultures, social contexts and countries. The book will enable researchers and practitioners alike to unlock new research findings which give new directions for contemporary and future humour research. By employing transdisciplinary and transcultural perspectives, the volume further discusses humour in regard to different cultural and political contexts, humour over the lifespan, in therapy and counselling, in pedagogical settings, in medicine and the workspace. The contributions also highlight the connections between humour and the COVID-19 pandemic and promise new inspiring insights. Researchers, practitioners and students in the fields of industrial and organisational psychology, positive psychology, organisational studies, future studies, health and occupational science and therapy, emotion sciences, management, leadership and human resource management will find the contributions highly topical, insightful and applicable to practice.

Aversive Interpersonal Behaviors

You know who you are, so the contributing psychologists need not embarrass anyone by naming names as they explore the darker side of interpersonal relationships: those behaviors that are cute and endearing at first, but eventually grow annoying and finally maddening. They include guilt tripping, deliberately embarrassing someone, complaining, excessive egotism, social ostracism, nondirect aggression, and social allergens. Annotation copyrighted by Book News, Inc., Portland, OR

The Psychology of Secrets

The public revelation of what were once considered extremely private matters is becoming a new social norm. Has this movement toward openness gone too far? Are there negative consequences to revealing secrets? When and why is it helpful to reveal secrets? What can be done to alleviate the burden of secrecy? Will the anguish of keeping a secret pass in time? What factors should enter into deciding to reveal a secret? This book addresses these questions.

Handbook of Social Comparison

Comparison of objects, events, and situations is integral to judgment; comparisons of the self with other people comprise one of the building blocks of human conduct and experience. After four decades of research, the topic of social comparison is more popular than ever. In this timely handbook a distinguished roster of researchers and theoreticians describe where the field has been since its development in the early 1950s and where it is likely to go next.

Cultures, Communities, Competence, and Change

Cultures, Communities, Competence, and Change provides a transcultural psychosocial conception of the nature of individual and social activity. The author presents an integrated view of how people develop a psychosocially-based awareness of themselves and their milieus to shape what he refers to as their 'internested' social systems. In so doing he challenges current deficit/prevention emphases in the helping disciplines and promotes a constructive, prosocial model of individual and social approaches to change.

Psychological Sense of Community

In this book, the authors have explored a series of different types of communities - moving from the basic idea of those based at a specific location all the way to virtual communities of the internet. A key feature of this book is the research focus that emphasizes the theory-driven analyses and the diversity of contexts in which sense of community is applied. The book will be of great interest to those concerned with understanding various forms of community and how communities can be mobilized to achieve wellbeing.

Bibliographic Guide to Psychology

With people living longer, often with chronic illnesses and disabilities, it is becoming increasingly important to understand how depression, disability, and physical illnesses are interrelated, the mechanisms underlying these interrelationships, and their implications for diagnosis and treatment. This volume synthesizes a carefully selected portion of the knowledge about physical illness and depression that has emerged during the past twenty years.

Physical Illness and Depression in Older Adults

Psychology has long been enamored of the dark side of human existence, rarely exploring a more positive view of the mind. What has psychology contributed, for example, to our understanding of the various human virtues? Regrettably, not much. The last decade, however, has witnessed a growing movement to abandon the exclusive focus on the negative. Psychologists from several subdisciplines are now asking an intriguing question: "What strengths does a person employ to deal effectively with life?" The Handbook of Positive Psychology provides a forum for a more positive view of the human condition. In its pages, readers are treated to an analysis of what the foremost experts believe to be the fundamental strengths of humankind. Both seasoned professionals and students just entering the field are eager to grasp the power and vitality of the human spirit as it faces a multitude of life challenges. The Handbook is the first systematic attempt to bring together leading scholars to give voice to the emerging field of positive psychology.

Handbook of Positive Psychology

This volume deals with strategies aimed at increasing psychological well-being in both clinical and non-clinical settings, with a special focus on the impact of cross-cultural influences on these processes. Consisting of two parts, the book first examines clinical interventions for increasing well-being and positive functioning in adult populations. It looks at cultural differences in the experience of psycho-

logical well-being, presents an analysis of the concept of psychological well-being and discusses various interventions, including Well-Being Therapy and Cognitive Behavioral Therapy. Other concepts discussed are post-traumatic growth, wisdom and motivation. The second part of the book deals with psychological interventions in childhood and adolescence and has a strong emphasis on educational settings. It provides an overview of the main evidence-based psychotherapies for affective disorders in youths, and looks at the importance and impact of positive education, resilience, and hope. The book presents models for intervention and discusses several therapies in detail.

Concepts, Results, and Applications

Laughter in the Trenches: Humour and Front Experience in German First World War Narratives explores the appearances and functions of humour and laughter in selected novels and short stories, based on autobiographical experiences, written by authors during the war and in the Weimar Era (1919–1933). This study focuses on popular and lesser-known works of German literature that played an important role in the socio-political life of the Weimar Republic: *Storm of Steel* by Ernst Jünger (1920), *Advance from Mons 1914* by Walter Bloem (1916), *The Case of Sergeant Grischa* by Arnold Zweig (1927), and *All Quiet on the Western Front* by Erich Maria Remarque (1929). The author shows that these works often share surprisingly similar narrative strategies in describing humorous experiences and soldier laughter to justify direct violence and oppressive power structures, regardless of the works' ideological assignment and their popular and critical reception. This book also examines the parodic imitations of *All Quiet on the Western Front*, the German text *All Quiet on the Trojan Front* by Emil Marius Requark (1930) and the American film *So Quiet on the Canine Front* by Zion Myers and Jules White (1931) as significant polemical contributions that use humoristic strategies to stress or undermine elements of the original text.

Increasing Psychological Well-being in Clinical and Educational Settings

Relationships are at the heart of our lives; at home with our families, with our friends, in schools and colleges, with colleagues at the workplace and in our diverse communities. The quality of these relationships determines our individual well-being, how well we learn, develop and function, our sense of connectedness with others and the health so society. This unique volume brings together authorities from across the world to write about how relationships might be enhanced in all these different areas of our lives. It also explores how to address the challenges involved in establishing and maintaining positive relationships. This evidence-based book, primarily grounded in the science of positive psychology, is valuable for academics, especially psychologists and professionals, working in the field of well-being.

Laughter in the Trenches

ADHS bei Erwachsenen zeigt zwar andere Ausprägungen als bei Kindern, die Beeinträchtigungen für Betroffene können aber ebenso einengend sein. Sie leiden häufig unter Stresssymptomen und den Folgen anderer Belastungen. Für die Therapie haben die Autorinnen ein modular aufgebautes Programm entwickelt, das unmittelbar eingesetzt werden kann. Neben den theoretischen Grundlagen zu ADHS und Stressentstehung liefert der Band einen ausführlichen Trainingsleitfaden für die Therapiesitzung. Mit Arbeitsblättern und weiteren Materialien auf DVD und im Internet.

Positive Relationships

This book is a primer for practitioners and researchers striving to incorporate the assessment of human strengths, resources, and fulfillment into their work. Contributors examine the scientific underpinnings and practical applications of measures of hope, optimism, self-efficacy, problem-solving, locus of control, creativity, wisdom, courage, positive emotion, self-esteem, love, emotional intelligence, empathy, attachment, forgiveness, humor, gratitude, faith, morality, coping, well-being, and quality of life. Vocational and multicultural applications of positive psychological assessment are also discussed, as is the measurement of contextual variables that may facilitate the development or enhancement of human strengths. This second edition includes a fully-updated research base, and extensive case studies that offer concrete examples of how clinical readers can use these tools in their practice.

Humor

Interest in humor has grown in recent years, especially in relation to its clinical applications. Humor helps relax, improve relationships with others, and reduce negative emotions such as anger. A person who suffers from psychological distress, can learn to open up to others through humor, to complain less, and to transform her mood in a positive way and find constructive solutions to her problems. Mix therapeutic action can help with humor change and improve the management of several diseases (both somatic and mental). Therefore, humor can play a vital role in promoting general and mental well-being. It may seem difficult to measure the health benefits of laughter, but a number of scientific studies done in a clinical setting support the benefits of humor therapy. The aim of this book is to show how humor can become a valuable tool for working in health professions.

Stressbewältigungstraining für Erwachsene mit ADHS

This book focuses on the “dark side” of stand-up comedy, initially inspired by speculations surrounding the death of comedian Robin Williams. Contributors, those who study humor as well as those who perform comedy, join together to contemplate the paradoxical relationship between tragedy and comedy and expose over-generalizations about comic performers’ troubled childhoods, addictions, and mental illnesses. The book is divided into two sections. First, scholars from a variety of disciplines explore comedians’ onstage performances, their offstage lives, and the relationship between the two. The second half of the book focuses on amateur and lesser-known professional comedians who reveal the struggles they face as they attempt to hone successful comedy acts and likable comic personae. The goal of this collection is to move beyond the hackneyed stereotype of the sad clown in order to reveal how stand-up comedy can transform both personal and collective tragedies by providing catharsis through humor.

The British National Bibliography

Until recently, the use of humour in therapy has been both decried and demeaned. However, Sigmund Freud was an active joke-teller and used wit in many interactions with patients. This text considers the effects of using humour in work with patients in psychoanalysis and psychotherapy.

The Sense of Humor

The emergence of Positive Psychology has highlighted the importance of studying the good life and how to attain it. Positive life outcomes, such as well-being, thriving, flourishing, and happiness were discussed and investigated. Among them, different orientations to happiness were identified, such as a life of pleasure, life of meaning, and life of engagement. Other outcomes, such as subjective and objective fulfillment in life or societal recognition have been less studied. Among the characteristics that facilitate positive outcomes, the VIA-classification of strength and virtues distinguishes 24 strengths with humor/playfulness being one of them. Only a small segment of humor entered the definition of humor as character strengths, namely the parts that contain some “goodness”. Humor as a character strength facilitates a lot of positive outcomes, such as positive emotions and positive relationships, and there is a “lightness” accompanying humor/playfulness. The field is broader though and transcends the definition of humor as used in positive psychology, in at least two ways. First, there is actually a family of overlapping but still distinct concepts with different research traditions. We include next to humor (and types of humor), also laughter, playfulness, and cheerfulness. We think that more research is needed on how they do overlap and what makes them distinct. Second, while positive psychology is interested in the goodness of we do want to stress that there is the need to study the non-virtuous parts as well. That is, laughter may not only be expressing amusement but scorn directed at people, humor may be benevolent but there is also sarcasm, and playfulness may elicit positive emotions but also risk-prone and immature types of behavior. Therefore, the aim of this Research Topic was to collect current perspectives on humor, playfulness, laughter, and cheerfulness in both adults and children, to study their full diversity but also interrelations and overlapping features, to introduce new instruments or ways for their assessment in future studies, and to study their causes and consequences in a variety of life domains. We encouraged studies on differences due to gender or nationality, the embodiment in different groups (e.g., class clowns, psychiatric patients), or whether or not they can be trained. We also welcomed contributions from adjacent disciplines (e.g., education, leisure studies, or therapy/counseling) and different regions of the earth. The outcome is a set of 33 manuscripts from altogether 101 authors. Not all areas are covered and not all aims were met; while we made progress there is much left to do. In this sense, the merging of these topics may be the first milestone but like every milestone, it only marks the beginning of a long journey.

Positive Psychological Assessment

Emotion is often used by organisations to manipulate and repress workers. However, this repression can have adverse psychological and social consequences for them. This book articulates the pathways through which this repression occurs, and offers emotion regulation as a tool for workers to emancipate themselves from this repression and social control.

Humor and Health Promotion

Fundamental Neuroscience, Third Edition introduces graduate and upper-level undergraduate students to the full range of contemporary neuroscience. Addressing instructor and student feedback on the previous edition, all of the chapters are rewritten to make this book more concise and student-friendly than ever before. Each chapter is once again heavily illustrated and provides clinical boxes describing experiments, disorders, and methodological approaches and concepts. Capturing the promise and excitement of this fast-moving field, Fundamental Neuroscience, 3rd Edition is the text that students will be able to reference throughout their neuroscience careers! 30% new material including new chapters on Dendritic Development and Spine Morphogenesis, Chemical Senses, Cerebellum, Eye Movements, Circadian Timing, Sleep and Dreaming, and Consciousness. Additional text boxes describing key experiments, disorders, methods, and concepts. Multiple model system coverage beyond rats, mice, and monkeys. Extensively expanded index for easier referencing.

Man S Search For Meaning

This book is open access under a CC BY 4.0 license. In this book, the authors present a challenge for future research to build a stronger, more complete understanding of entrepreneurial phenomena. They argue that this more complete picture of entrepreneurial phenomena will likely come from scholars who undertake at least some trailblazing projects; from scholars who broaden the range of research questions, the potential outcomes of entrepreneurial action, and the selection and combination of research methods; and from researchers who avoid the endless debates about the margins of the field and its sub-fields or about whether one theoretical or philosophical lens is superior to another. This book offers suggestions for future research through a variety of topics including prosocial action, innovation, family business, sustainability and development, and the financial, social, and psychological costs of failure. It promises to make an important contribution to the development of the field and help academics, organizations, and society make useful contributions to the generation of entrepreneurial research.

The Dark Side of Stand-Up Comedy

Although rarely explored in academic literature, most inhabitants and visitors interact with an urban landscape on a day-to-day basis is on the street level. Storefronts, first floor apartments, and sidewalks are the most immediate and common experience of a city. These “plinths” are the ground floors that negotiate between inside and outside, the public and private spheres. The City at Eye Level qualitatively evaluates plinths by exploring specific examples from all over the world. Over twenty-five experts investigate the design, land use, and road and foot traffic in rigorously researched essays, case studies, and interviews. These pieces are supplemented by over two hundred beautiful color images and engage not only with issues in design, but also the concerns of urban communities. The editors have put together a comprehensive guide for anyone concerned with improving or building plinths, including planners, building owners, property and shop managers, designers, and architects.

The Use of Humor in Psychotherapy

The time is ripe, more than fifty years after the publication of the magnum opus by Perls, Hefferline & Goodman, to publish a book on the topic of creativity in Gestalt therapy. The idea for this book was conceived in March 2001, on the island of Sicily, at the very first European Conference of Gestalt Therapy Writers of the European Association [or Gestalt Therapy. Our starting point was an article on art and creativity in Gestalt therapy, which was presented there by one of the editors, and illuminated by a vision, held by the other editor, of bringing together colleagues from around the world to contribute to a qualified volume on the subject of creativity within the realm of Gestalt therapy. We wanted to continue the professional discourse internationally and capture the synergetic effects of experienced colleagues' reflections on various aspects of our chosen subject. Moreover, we intended to explore how the theoretical reflection of one's practice can inspire effective interventions and, vice versa, how the discussion of practical experiences can shape new theoretical directions. Hence, our aim in this book is to create a forum on the concept of creativity in Gestalt therapy.

Humor and Laughter, Playfulness and Cheerfulness: Upsides and Downsides to a Life of Lightness

The Encyclopedia of Humor: A Social History explores the concept of humor in history and modern society in the United States and internationally. This work's scope encompasses the humor of children, adults, and even nonhuman primates throughout the ages, from crude jokes and simple slapstick to sophisticated word play and ironic parody and satire. As an academic social history, it includes the perspectives of a wide range of disciplines, including sociology, child development, social psychology, life style history, communication, and entertainment media. Readers will develop an understanding of the importance of humor as it has developed globally throughout history and appreciate its effects on child and adult development, especially in the areas of health, creativity, social development, and imagination. This two-volume set is available in both print and electronic formats. Features & Benefits: The General Editor also serves as Editor-in-Chief of HUMOR: International Journal of Humor Research for The International Society for Humor Studies. The book's 335 articles are organized in A-to-Z fashion in two volumes (approximately 1,000 pages). This work is enhanced by an introduction by the General Editor, a Foreword, a list of the articles and contributors, and a Reader's Guide that groups related entries thematically. A Chronology of Humor, a Resource Guide, and a detailed Index are included. Each entry concludes with References/Further Readings and cross references to related entries. The Index, Reader's Guide themes, and cross references between and among related entries combine to provide robust search-and-browse features in the electronic version. This two-volume, A-to-Z set provides a general, non-technical resource for students and researchers in such diverse fields as communication and media studies, sociology and anthropology, social and cognitive psychology, history, literature and linguistics, and popular culture and folklore.

Emancipation Through Emotion Regulation at Work

Recent years have witnessed a rapid rise in engagement with emotion and affect across a broad range of disciplines in the humanities and social sciences, with geographers among others making a significant contribution by examining the emotional intersections between people and places. Building on the achievements of Emotional Geographies (2005), the editors have brought together leading scholars such as Nigel Thrift, Alphonso Lingis and Frances Dyson as well as young, up and coming academics from a diverse range of disciplines to investigate feelings and affect in various spatial and social contexts, environments and landscapes. The book is divided into five sections covering the themes of remembering, understanding, mourning, belonging, and enchanting.

Fundamental Neuroscience

Remediating deficits and managing disabilities has been a central preoccupation for clinical psychologists. Positive Psychology, in contrast, is concerned with the enhancement of happiness and well-being, involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal wellbeing. Alan Carr's Positive Psychology has become essential reading for anyone requiring a thorough and accessible introduction to the field. This new edition retains all the features that made the first edition so popular, including: accounts of major theories and relevant research learning objectives chapter summaries research and personal development questions suggestions for further reading measures for use in research glossaries of new terms. The book has also been completely updated to take account of recent research and major advances, and includes a new chapter on

Positive Psychotherapy, an extended account of research on character strengths and virtues, and a discussion of recent ground-breaking research on emotional intelligence. This new edition of Positive Psychology will prove a valuable resource for psychology students and lecturers, as well as those involved in postgraduate training in related areas such as clinical psychology, social work, counselling and psychotherapy.

Trailblazing in Entrepreneurship

Management of Prader-Willi Syndrome brings together the contributions of professionals with considerable expertise in diagnosis and management of PWS. Clinical, social, family, and community issues are explored and management strategies identified. The text presents historical, medical, and genetic information to orient the reader. The major portion deals with pragmatic guidelines, rather than research and diagnosis, and is directed to health and educational specialists in academic, clinical, and community settings. This manual is endorsed by The Prader-Willi Syndrome Association, which is recognized world-wide.

The Letters of Virginia Woolf

'Recovery from Schizophrenia' demonstrates convincingly, but controversially, how political, economic and labour market forces shape social responses to the mentally ill, mould psychiatric treatment philosophy, and influence the onset and course of one of the most common forms of mental illness.

The City at Eye Level

Fun and Software offers the untold story of fun as constitutive of the culture and aesthetics of computing. Fun in computing is a mode of thinking, making and experiencing. It invokes and convolutes the question of rationalism and logical reason, addresses the sensibilities and experience of computation and attests to its creative drives. By exploring topics as diverse as the pleasure and pain of the programmer, geek wit, affects of play and coding as a bodily pursuit of the unique in recursive structures, Fun and Software helps construct a different point of entry to the understanding of software as culture. Fun is a form of production that touches on the foundations of formal logic and precise notation as well as rhetoric, exhibiting connections between computing and paradox, politics and aesthetics. From the formation of the discipline of programming as an outgrowth of pure mathematics to its manifestation in contemporary and contradictory forms such as gaming, data analysis and art, fun is a powerful force that continues to shape our life with software as it becomes the key mechanism of contemporary society. Including chapters from leading scholars, programmers and artists, Fun and Software makes a major contribution to the field of software studies and opens the topic of software to some of the most pressing concerns in contemporary theory.

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Encyclopedia of Humor Studies