

## Positive Psychology Approaches To Dementia

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Chris Clarke & Emma Wolverson (eds). Positive psychology approaches to dementia. Jessica Kingsley Publishers: London, UK, 2016; 288 pp. ISBN 978-1-84905-610-6, £24.99. (pbk) Section: ChooseTop of page<<. This is a ground-breaking book. It is also an important book as it challenges (past) negative discourses in dementia and sets out a new direction for dementia studies and everyday clinical practice.

**Chris Clarke and Emma Wolverson (eds), Positive psychology**

How can positive psychology approaches help us to understand the process of adjustment to, and living well with dementia? As accounts of positive experiences in dementia are increasingly emerging, this book reviews current evidence and explores how psychological constructs such as hope, humour, creativity, spirituality, wisdom, resilience and personal growth may be linked with wellbeing and quality of life in dementia.

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The positive psychology framework uses the study of strengths, virtues, and positive emotions that enable people to thrive (Seligman et al., 2005) to achieve a greater understanding of well-being ...

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How can positive psychology approaches help us to understand the process of adjustment to, and living well with dementia? As accounts of positive experiences in dementia are increasingly emerging, this book reviews current evidence and explores how psychological constructs such as hope, humour, creativity, spirituality, wisdom, resilience and personal growth may be linked with wellbeing and quality of life in dementia.

**Positive Psychology Approaches to Dementia - Psychological**

Positive Psychology Approaches to Dementia Edited by Chris Clarke and Emma Wolverson. Paperback 2016, 288pp ISBN: 978-1-84905-610-6 £24.99. This is a surprising book in so far as it, at first glance, appears to be a technical collection of essays written by experts in the field of dementia and psychology.

**Positive Psychology Approaches to Dementia** - James Woodward

A positive approach sets you up for dementia care success Something as simple as how you approach (walk up to or start interacting with) someone with Alzheimer's or dementia can set the tone for the whole interaction. Because the person with dementia's brain has been damaged, they're no longer processing information in the same way we do.

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