

Alexander Batthyany  
Pninit Russo-Netzer *Editors*

# Meaning in Positive and Existential Psychology

# Meaning In Positive And Existential Psychology

**Paul T. P. Wong**

## **Meaning In Positive And Existential Psychology:**

Meaning in Positive and Existential Psychology Alexander Bathyan, Pninit Russo-Netzer, 2014-04-26 This book is a first attempt to combine insights from the two perspectives with regard to the question of meaning by examining a collection of theoretical and empirical works. This volume therefore is destined to become an important addition to psychological literature both from the viewpoint of the history of ideas again this would be one of the first times that positive and existentialist psychologies meet and from the viewpoint of theoretical and empirical research into the meaning concept in psychology.

**Clinical Perspectives on Meaning** Pninit Russo-Netzer, Stefan E. Schulenberg, Alexander Bathyan, 2016-12-30 Clinical Perspectives on Meaning Positive and Existential Psychotherapy is an outstanding collection of new contributions that build thoughtfully on the past while at the same time take the uniquely human capacity for meaning making to important new places. From the preface by Carol D Ryff and Chiara Ruini This unique theory to practice volume presents far reaching advances in positive and existential therapy with emphasis on meaning making as central to coping and resilience growth and positive change. Innovative meaning based strategies are presented with clients facing medical and mental health challenges such as spinal cord injury depression and cancer. Diverse populations and settings are considered including substance abuse disasters group therapy and at risk youth. Contributors demonstrate the versatility and effectiveness of meaning making interventions by addressing novel findings in this rapidly growing and promising area. By providing broad international and interdisciplinary perspectives it enhances empirical findings and offers valuable practical insights. Such a diverse and varied examination of meaning encourages the reader to integrate his or her thoughts from both existential and positive psychology perspectives as well as from clinical and empirical approaches and guides the theoretical convergence to a unique point of understanding and appreciation for the value of meaning and its pursuit. Included in the coverage The proper aim of therapy Subjective well being objective goodness or a meaningful life Character strengths and mindfulness as core pathways to meaning in life The significance of meaning to conceptualizations of resilience and posttraumatic growth Practices of meaning making interventions A comprehensive matrix Working with meaning in life in chronic or life threatening disease Strategies for cultivating purpose among adolescents in clinical settings Integrative meaning therapy From logotherapy to existential positive interventions Multiculturalism and meaning in existential and positive psychology Nostalgia as an existential intervention Using the past to secure meaning in the present and the future The spiritual dimension of meaning Clinical Perspectives on Meaning redefines these core healing objectives for researchers students caregivers and practitioners from the fields of existential psychology logotherapy and positive psychology as well as for the interested public.

**Proceedings of the Positive Psychology 2.0 International Conference 2025 (PP 2.0 2025)** Alex Chi-keung Chan, Lufanna Ching-han Lai, Esther Yuet-ying Lau, Raymond Ho-man Kong, Raymond Chi-fai Chui, Bess Yin-hung Lam, Terence Chak-pui Lee, Ice Sum-yin Tsui, Mega Leung, 2026-01-27 This is an open access book. All of us are facing an ever

changing world with a lot of life adversities and difficulties In reality negative life events and suffering are inevitable to all people which lead to maladaptive thoughts and behaviors that have harmful impacts on human well being and mental health A deeper question of positive psychology 2 0 PP 2 0 is What brings out the best in all people in their strivings for survival and flourishing in challenging situations The PP 2 0 advocates suggest to fully develop our spirituality both theistic and non theistic to live a meaningful life based on self transcendence sacrifice love and serving others In facing life adversities spirituality has been found to be an important coping resource that improves adjustment and wellbeing e g Pargament et al 2001 Tix Frazier 1998 Professor Paul Wong 2016 also developed the spiritual self transcendence model based on Viktor Frankl's concept believing that self transcendence can help people turn suffering into resilience by understanding life adversities as events that provide meaning life goals and healthy values Hence it is important to explore the ways to cultivate and apply spirituality and self transcendence to enhance eudemonic well being and flourishing in facing ever changing environment and life adversities Thus the Positive Psychology PP 2 0 International Conference 2025 will focus on the theme of Positive Psychology 2 0 The Roles of Psychology of Spirituality and Transcendence in Facing Ever Changing Environment and Life Adversities and welcomes paper presentations that share and discuss empirical based and evidence based research practice implementation and applications of PP 2 0

### **A Second-Wave Positive Psychology in Counselling Psychology**

Paul T. P. Wong,2023-03-31 This book on the new paradigm of existential positive psychology PP2 0 or second wave positive psychology focusses on the importance of transcending or transforming negative experiences and emotions to achieve durable flourishing The book offers exciting new concepts and skills in the practice of counselling psychology Positive psychology is evolving due to changing times and circumstances PP2 0 opens new vistas for research and interventions in counselling psychology and positive psychology Instead of relying only on the positives it posits the importance of navigating an optimal balance between positives and negatives in each context It emphasizes the importance of inner peace balance and harmony rather than the pursuit of happiness or positive emotions More importantly PP2 0 is based on meeting the basic human needs for 1 the need to be liberated from the suffering and human bondage 2 the hope of achieving a meaningful future 3 the need to relate to others in a compassionate and authentic way so that people can experience genuine kindness and love and 4 the deep seated spiritual need for a sense of oneness with a Higher Power or nature This volume explores ways to help individuals to be liberated from their inherent limitations and at the same time empower them to achieve their highest aspirations With an updated Introduction this book is the ideal companion for any student or practitioner looking for an insightful overview of positive psychology including humanistic psychology existential positive psychology as well as counselling psychology The chapters in this book were originally published as a special issue of *Counselling Psychology Quarterly* *The International Handbook of Positive Psychology* Edward C. Chang,Christina Downey,Hongfei Yang,Ingo Zettler,Mine Muyan-Yilik,2022-02-02 This handbook discusses the latest findings from different fields of positive psychology

from a global perspective by providing a coherent framework to get a better understanding of the development and practice of positive psychology. It starts with the parameters of positive psychology and a summary of the historical rise of positive psychology both first wave and second wave of positive psychology in the US and its slow but steady growth on a global scale. This handbook highlights the major contributions of positive psychologists across 17 major regions of the world on theory, research, assessment and Practice. It discusses how positive psychology can progress human living in different countries and it shows the reasons why positive psychology has become an important source in research and education around the world.

**The Routledge International Handbook of Critical Positive Psychology** Nicholas J. L. Brown, Tim Lomas, Francisco Jose Eiroa-Orosa, 2017-09-19. Since the turn of the twenty first century the field of positive psychology has sought to implement a science of human flourishing so that we may lead happier more fulfilling lives. It has found expression not only in academic papers but also popular books and increasingly in government policy. The Routledge International Handbook of Critical Positive Psychology is the first volume dedicated to a critical appraisal of this influential but controversial field of study. The book critically examines not only the scientific foundations of positive psychology but also the sociocultural and political tenets on which the field rests. It evaluates the current field of knowledge and practice and includes chapters analysing the methodological constructs of the field as well as others that question what positive psychology actually means by ideas such as happiness or well being. Taking the debate further the book then discusses how positive psychology can be applied in a wider variety of settings than is presently the case helping communities and individuals by acknowledging the reality of people's lives rather than adhering strictly to debateable theoretical constructs. Including contributions from disciplines ranging from psychoanalysis to existential therapy, theology to philosophy and contributors from throughout the world. The Routledge International Handbook of Critical Positive Psychology will be an enlightening reading for anyone interested in how psychology has sought to understand human well being.

[The Psychology of Meaning in Life](#) Tatjana Schnell, 2025-03-19. The new edition of this bestselling book The Psychology of Meaning in Life has been thoroughly updated to offer an inspiring exploration of cutting edge findings from the psychology of meaning in life. Schnell draws on multiple psychological and philosophical perspectives including those from existential, clinical, social, positive and health psychology and lived experience to introduce a multidimensional model of meaning in life. Written in an accessible style and full of practical evidence based applications this book covers a range of topics including the distinction between meaning and happiness, the impact of meaning on health and longevity, the connection between worldview and meaning, meaning in the workplace, meaning centred interventions and existential communication. The Hierarchic Meaning Model explains how meaning emerges from basic perception to the complex experience of meaning in life. By situating meaningfulness experienced as significance, purpose, coherence and belonging within broader social contexts the book discusses the effects of inequality and global crises and suggests introducing an ethics of meaning. Measurement tools are presented and each

chapter ends with exercises to encourage self reflection inspiring the reader to consider the role of meaning in their own life The Psychology of Meaning in Life Second Edition has crucial significance for advancing the field of existential health It is essential reading for students researchers and practitioners of psychology sociology counselling pastoral care coaching healthcare and related disciplines and for general readers interested in exploring what makes life meaningful

### **Existential**

**Authenticity** Jonathan Davidov, Pninit Russo-Netzer, 2022-11-19 This book draws on existential theory and original research to present the conceptual framework for an understanding of existential authenticity and demonstrates how this approach might be adopted in practice The authors explore how a non mediated connection with authentic lived experience might be established and introduced into everyday living Drs Jonathan Davidov and Pninit Russo Netzer begin by introducing readers to the core theoretical concepts before illustrating how this might be applied in a therapeutic practice It appeals to scholars and practitioners with an interest in existential psychology phenomenology and their broad implications

### **Logotherapy**

**and Existential Analysis** Alexander Battyány, 2016-04-08 This landmark volume introduces the new series of proceedings from the Viktor Frankl Institute dedicated to preserving the past disseminating the present and anticipating the future of Franklian existential psychology and psychotherapy i e logotherapy and existentialanalysis Wide ranging contents keep readers abreast of current ideas findings and developments in the field while also presenting rarely seen selections from Frankl s work Established contributors report on new applications of existential therapies in specific OCD cancer end of life issues and universal the search for meaning contexts as well as intriguing possibilities for opening up dialogue with other schools of psychology And this initial offering establishes the tenor of the series by presenting varied materials across the field including Archival and unpublished articles and lectures by Frankl Peer reviewed studies on logotherapy process measures and research New case studies using logotherapy and existential analysis in diverse settings Papers advocating cross disciplinary collaboration Philosophical applications of existential psychology Critical reviews of logotherapy related books Volume 1 of Logotherapy and Existential Analysis will attract a wide audience including psychologists clinical social personality positive psychotherapists of different schools psychiatrists in private practice and researchers in these fields Practitioners in counseling pastoral psychology coaching and medical care will also welcome this new source of ideas and inspiration

[The Implications of Existential Psychology for the Black Experience with Application to Education](#) Linda Whitson Price, 1982

### **The Psychologist** , 2008

**Themes, Issues, and Debates in Psychology** Richard D. Gross, 2009

Themes Issues and Debates in Psychology integrates topics theories and areas of research that are usually treated separately This 3rd edition includes a new chapter on positive psychology

### **Positive Existential Psychology for the Prevention of**

**Extremism** Alain Ruffion, 2025-07-30 Many scientific works and studies have focused on the phenomena of extremism and violent radicalization However very few resources exist to effectively address this issue from an educational perspective The diagnoses are often fragmented and give prominence to geopolitical and socio political factors Yet an interdisciplinary

analysis of the processes of extremism and radicalization indicates the central role of biographical psychological or even psychopathological variables and traumas How can we draw deep lessons from this to innovate in education and truly give ourselves the means to prevent these processes of extremism and radicalization This book deliberately choosing positive and existential psychology as a resource proposes to answer this question with the support of scientific and creative resources that finally address and respond to the root causes These resources are adapted to socio educational professions and understandable by parents They finally restore courage ideas and motivating and positive approaches for all those who want to take up this increasingly widespread and threatening challenge within our societies At the same time these resources make it possible to work on the transmission of values strengths and to contribute to the mental health and fulfilment of our youth a capital theme if there ever was one

**Existential Humanistic Psychology** Thomas C. Greening,1971

**The Psychology of Meaning in Life** Tatjana Schnell,2020-07-09 This book offers an inspiring exploration of current findings from the psychology of meaning in life analysing cutting edge research to propose practical evidence based applications Schnell draws on psychological philosophical and cognitive perspectives to explore basic concepts of meaning and introduce a multidimensional model of meaning in life Written in an accessible style this book covers a range of topics including the distinction between meaning and happiness the impact of meaning on health and longevity meaning in the workplace and meaning centred interventions Each chapter ends with exercises to encourage self reflection and measurement tools are presented throughout including the author s original Sources of Meaning and Meaning in Life Questionnaire SoMe to inspire the reader to consider the role of meaning in their own life The Psychology of Meaning in Life is essential reading for students and practitioners of psychology sociology counselling coaching and related disciplines and for general readers interested in exploring the role of meaning in life

**Positive Psychology in Search for Meaning** Dmitry Leontiev,2016-03-17

What are the ways in which we can understand the meaning of the psychology of meaning in people s lives In the last century mainstream psychology has largely neglected the topic of meaning More recently the concept has become an academically legitimate one within positive psychology and in some other speciality areas of psychology This book contains a collection of theoretical methodological and empirical papers written by the acknowledged experts systematically working on the problems of personal meaning within the positive psychology framework The authors investigate the possibilities and limitations of a scientific study of personal meaning and new perspectives that this concept brings to the field This book was originally published as a special issue of The Journal of Positive Psychology

**Positive Psychology Across the Lifespan**

Piers Worth,2022-02-22 Positive Psychology Across the Life Span provides an insight into how we are affected by the different stages of adult development and gives us the opportunity to change through choice rather than leaving change to chance The science of positive psychology offers a wealth of research and evidence based interventions and shares insights into which habits and behaviours contribute to how to live a flourishing life This book aims to extend that knowledge by

introducing and incorporating key aspects of existential and humanistic psychology and explores positive psychology with a lifespan perspective It goes beyond theory to look at practical application with insightful reflective questions Whilst acknowledging the differences and disagreements between some of the key figures in the subject areas of the book it seeks to highlight the areas where there is agreement and congruence which have been previously overlooked or ignored The book will be essential reading for students and practitioners of positive psychology as well as other mental health professionals

**Encyclopedia of Social Problems** Vincent N. Parrillo, 2008-05-22 Social problems affect everyone Because so many actual and potential problems confront us it is often difficult to decide which ones affect us most severely Is it the threat of death or injury during a terrorist attack Is it the threat caused by industrial pollution that may poison us or destroy our physical environment Or does quiet but viciously damaging gender age class racial or ethnic discrimination have the most far reaching effect Do the problems of cities affect us if we live in the suburbs Do poorer nations problems with overpopulation affect our quality of life The Encyclopedia of Social Problems offers an interdisciplinary perspective into many social issues that are a continuing concern in our lives whether we confront them on a personal local regional national or global level With more than 600 entries these two volumes cover all of the major theories approaches and contemporary issues in social problems and also provide insight into how social conditions get defined as social problems and the ways different people and organizations view and try to solve them Key Features Provides as comprehensive an approach as possible to this multifaceted field by using experts and scholars from 19 disciplines anthropology biology business chemistry communications criminal justice demography economics education environmental studies geography health history languages political science psychology social work sociology and women's studies Presents a truly international effort with contributors from 17 countries Argentina Australia Canada England France Germany Greece Hong Kong India Ireland Italy Kenya New Zealand Romania Scotland Turkey and the United States Addresses social problems that are fairly new such as computer crimes and identity theft and others that are centuries old such as poverty and prostitution Examines social problems differently from place to place and from one era to another Explains the perspectives and foundations of various social theories and offers different lenses to view the same reality Key Themes Aging and the Life Course Community Culture and Change Crime and Deviance Economics and Work Education Family Gender Inequality and Sexual Orientation Health Housing and Urbanization Politics Power and War Population and Environment Poverty and Social Class Race and Ethnic Relations Social Movements Social Theory Substance Abuse Readers investigating virtually any social problem will find a rich treasure of information and insights in this reference work making it a must have resource for any academic library *Invitation to Existential Psychology* Bo Jacobsen, 2007 Existential psychology examines how people deal with the biggest issues such as finding meaning in life and facing death It deals with many of the same problems as psychoanalysis and analytical psychology but emphasises the view that one can understand the life of another by listening to their way of seeing existence and opening up

their phenomenal world As a therapeutic approach it is recognised by the British Psychological Society and taught on a number of courses This introductory text discusses all the main contemporary theories of existential psychology and illustrates them with case examples Practical implications for clinical work are considered and comparisons with other approaches such as humanistic psychotherapy are made throughout A Second-Wave Positive Psychology in Counselling Psychology Paul T. P. Wong, 2023-03-31 This book on the new paradigm of existential positive psychology PP2.0 or second wave positive psychology focusses on the importance of transcending or transforming negative experiences and emotions to achieve durable flourishing The book offers exciting new concepts and skills in the practice of counselling psychology Positive psychology is evolving due to changing times and circumstances PP2.0 opens new vistas for research and interventions in counselling psychology and positive psychology Instead of relying only on the positives it posits the importance of navigating an optimal balance between positives and negatives in each context It emphasizes the importance of inner peace balance and harmony rather than the pursuit of happiness or positive emotions More importantly PP2.0 is based on meeting the basic human needs for 1 the need to be liberated from the suffering and human bondage 2 the hope of achieving a meaningful future 3 the need to relate to others in a compassionate and authentic way so that people can experience genuine kindness and love and 4 the deep seated spiritual need for a sense of oneness with a Higher Power or nature This volume explores ways to help individuals to be liberated from their inherent limitations and at the same time empower them to achieve their highest aspirations With an updated Introduction this book is the ideal companion for any student or practitioner looking for an insightful overview of positive psychology including humanistic psychology existential positive psychology as well as counselling psychology The chapters in this book were originally published as a special issue of *Counselling Psychology Quarterly*

## Whispering the Secrets of Language: An Mental Quest through **Meaning In Positive And Existential Psychology**

In a digitally-driven earth where displays reign supreme and immediate transmission drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within phrases frequently go unheard. However, nestled within the pages of **Meaning In Positive And Existential Psychology** a interesting fictional treasure blinking with natural thoughts, lies an exceptional quest waiting to be undertaken. Published by a talented wordsmith, that enchanting opus encourages readers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the fabric of each and every word. Within the psychological depths of the emotional review, we shall embark upon a sincere exploration of the book is core subjects, dissect their interesting writing type, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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