

## Promoting Emotional Resilience Cognitive Affective Stress Management Training

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Cognitive-affective stress management training (CASMT) promotes resilience by integrating cognitive-behavioral strategies with relaxation training, mindfulness, and other techniques. Systematic guidelines are provided for implementing CASMT with individuals or groups.

Promoting Emotional Resilience: Cognitive-Affective Stress ...

Cognitive-affective stress management training (CASMT) promotes resilience by integrating cognitive-behavioral strategies with relaxation training, mindfulness, and other techniques. Systematic guidelines are provided for implementing CASMT with individuals or groups. The book includes detailed instructions for using induced affect, a procedure that elicits arousal in session and enables clients to practice new emotion regulation skills.

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subject of promoting resilience with the aim of promoting activity in this important area. In direct work with children and young people however careful planning and supervision are important to consider. Where expert assistance or counselling is needed then the consultation, or services, of a specialist should be sought.

Promoting Emotional Resilience - Support & Advice

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acquire empirically supported cognitive and somatic coping skills, and thereby gain increased control over their affective responses. The process is designed to enhance stress-resilience by altering the demands-to-resources stress equation and by increasing the client's "learned resource - fulness."

Sample Chapter: Promoting Emotional Resilience: Cognitive ...

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Psychosocial factors also contribute to resilience, and in this chapter, we review the psychosocial factors most strongly associated with resilience in the scientific literature: optimism, cognitive flexibility, active coping skills, social support networks, physical activity, and a personal moral compass.

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