

عنوان مقاله:

The effect of schema therapy on resiliency level among women on the verge of divorce in Tehran

محل انتشار:

دومین کنفرانس بین المللی علوم رفتاری و مطالعات اجتماعی (سال: 1394)

تعداد صفحات اصل مقاله: 5

نویسنده:

Maryam Panahi - Department of General Psychology, Shahrood Science and Research Branch, Islamic Azad University, Shahrood, Iran
Department of General Psychology, Shahrood Branch, Islamic Azad University, Shahrood, Iran

خلاصه مقاله:

Bonanno (2004) believes that resiliency can be obtained through tenacity, self-promotion, repressive opposition, possession of positive feelings and mood. Resiliency is not just resistance against damages or threatening situations and an inactive status in the face of dangerous conditions, but it is active participation in one's surrounding environment. It can be stated that resiliency is the individual's capacity to establish biological-mental balance in dangerous situations [2]. Moreover, researchers believe that resiliency is a type of self-restoration using positive exciting, emotional, and cognitive events

کلمات کلیدی:

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/522049>

