Contents

Clinical Perspectives on Meaning: Understanding, Coping and Thriving through Science and Practice ................................................. 1
Pninit Russo-Netzer, Stefan E. Schulenberg, and Alexander Batthyany

Part I  Understanding: Contexts, Objectives and Considerations

The Proper Aim of Therapy: Subjective Well-Being, Objective Goodness, or a Meaningful Life? ..................................................... 17
Thaddeus Metz

Seeing Life Through a Sacred Lens: The Spiritual Dimension of Meaning .................................................................................... 37
Julie M. Pomerleau, Kenneth I. Pargament, and Annette Mahoney

Working with Meaning in Life in Mental Health Care: A Systematic Literature Review of the Practices and Effectiveness of Meaning-Centred Therapies ............................................. 59
Joel Vos

Making Meaning in the Context of Ethnopolitical Warfare: Secondary Control as a Resource .......................................................... 89
Emily Stagnaro, Laura E.R. Blackie, Erik G. Helzer, and Eranda Jayawickreme

Multiculturalism and Meaning in Existential and Positive Psychology ......................................................................................... 111
Louis Hoffman, Nathaniel Granger Jr., and Monica Mansilla

Practices of Meaning-Changing Interventions: A Comprehensive Matrix ....................................................................................... 131
Dmitry Leontiev
### Part II  Coping: Integrative Meaning-Oriented Perspectives and Interventions for Human Coping

#### The Significance of Meaning to Conceptualizations of Resilience and Posttraumatic Growth: Strengthening the Foundation for Research and Practice

Lauren N. Weathers, Bethany J. Aiena, Meredith A. Blackwell, and Stefan E. Schulenberg

#### Working with Meaning in Life in Chronic or Life-Threatening Disease: A Review of Its Relevance and the Effectiveness of Meaning-Centred Therapies

Joel Vos

#### Meaning in Life in the Prevention and Treatment of Substance Use Disorders

Efrén Martínez Ortíz and Ivonne Andrea Flórez

#### Reason, Meaning, and Resilience in the Treatment of Depression: Logotherapy as a Bridge Between Cognitive-Behavior Therapy and Positive Psychology

Matti Ameli

#### Meaning-Centered Psychotherapy in the Oncology and Palliative Care Settings

William Breitbart and Melissa Masterson

#### Meaning Making in the Aftermath of a Spinal Cord Injury

Peter Claudio, Simon Kunz, Andreas Hegi, and Daniel Stirnimann

#### Out, Out, Brief Candle? The Meaning of Meaninglessness

Todd DuBose

### Part III  Thriving: Integrative Meaning-Oriented Perspectives and Interventions for Human Thriving

#### Meaning, Medicine, and Healing

Thomas R. Egnew

#### Integrative Meaning Therapy: From Logotherapy to Existential Positive Interventions

Paul T.P. Wong

#### Nostalgia as an Existential Intervention: Using the Past to Secure Meaning in the Present and the Future

Clay Routledge, Christina Roylance, and Andrew A. Abeyta

#### Caring and Meaning in Psychotherapy

Ofra Mayseless
Character Strengths and Mindfulness as Core Pathways to Meaning in Life ................................................................. 383
Hadassah Littman-Ovadia and Ryan M. Niemiec

Strategies for Cultivating Purpose Among Adolescents in Clinical Settings ............................................................................................................. 407
Kendall Cotton Bronk and Susan Mangan

Meaning Centered Positive Group Intervention .................................................. 423
Paul T.P. Wong

Index ........................................................................................................................................................................... 447
Clinical Perspectives on Meaning
Positive and Existential Psychotherapy
Russo-Netzer, P.; Schulenberg, S.E.; Batthyany, A.
(Eds.)
2016, XX, 455 p. 11 illus., 4 illus. in color., Hardcover
ISBN: 978-3-319-41395-2