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## Preface

This handbook examines the growing movement toward applying principals of positive psychology to research and practice across the field of intellectual and developmental disabilities. The handbook explores how this movement is being spurred by several factors, from changing perceptions of disability that emphasize strengths and supports to promote involvement in typical environments to the growth in applications in positive psychology in general. Contributions to this unique volume focus on the applications of positive psychology across such fields as mental health, education, and medicine that provide services and supports to people with intellectual and developmental disabilities and their families. The handbook describes how the emphasis is shifting to one of positive psychology, focusing on harnessing each person's strengths and abilities to enhance each individual's quality of life. It explores ways in which practitioners can focus on what a person is capable of achieving, thereby leading to more effective approaches to supports.

The handbook begins with an introductory section, with chapters providing overviews of positive psychology, strength-based approaches in the intellectual disability field, the supports paradigm and emerging strength-based approaches to assessment. These chapters set the stage for the second section of the book which focuses on applications of positive psychology in the intellectual and developmental disability field. Chapters highlight existing and emerging research and practices directions in positive psychology and intellectual and developmental disabilities, including self-determination, mindfulness, positive behavior supports, supports planning, quality of life, social well-being, decision-making, physical well-being, character strengths, adaptive behavior, problem-solving, goal setting, supported decision-making, assistive technology, motivation, community living, career design, supported and customized employment, retirement and again.

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Translating Research into Practice

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