
The Plenum Series in Social/Clinical Psychology
Series Editor: C. R. Snyder

SELF-DEFEATING BEHAVIORS

EXPERIMENTAL RESEARCH,
CLINICAL IMPRESSIONS, AND
PRACTICAL IMPLICATIONS



EDITED BY
REBECCA C. CURTIS

Self Defeating Behaviors Experimental Research Clinical Impressions And Practical Implications

Minjie Lin



Self Defeating Behaviors Experimental Research Clinical Impressions And Practical Implications:

Self-Defeating Behaviors Rebecca C. Curtis, 2013-11-11 In the desert I saw a creature naked bestial Who squatting upon the ground Held his heart in his hands And ate of it I said Is it good friend It is bitter bitter he answered But I like it Because it is bitter And because it is my heart Stephen Crane The Black Riders and Other Lines It is the function of great art to purge and give meaning to human suffering wrote Bernard Knox 1982 p 149 in his introduction to Oedipus Rex This is done by showing some causal connection between the hero's free will and his suffering by bringing to the fore the interplay of the forces of destiny and human freedom Knox states that Freud was wrong when he suggested that it was the particular nature of the material in Oedipus that makes the play so deeply moving and not the contrast between destiny and human will Knox believes that this play has an overpowering effect upon us not only because we share the tendency of Oedipus to direct our first sexual impulse towards our mother and our first murderous wish against our father as Freud tells us but also because the theological modification of the legend introduced by Sophocles calls into question the sacred beliefs of our time Knox 1982 pp 133 137 Desire, Self, Mind, and the Psychotherapies R. Coleman Curtis, 2009 Desire Self Mind and the Psychotherapies unifies psychological science with contemporary relational psychoanalysis arguing that the disciplines can be integrated if the concept of repression is understood as motivated forgetting creative aspects of unconscious processes are taken into account in cognitive science and a new experiences model of change is acknowledged by psychoanalysts Such a model of change allows for integration of behavioral cognitive visual and other techniques into a psychoanalytically informed psychotherapy This book will be of interest to mental health professionals psychoanalysts psychologists and psychotherapists Impression Management in the Workplace Andrew J. DuBrin, 2010-10-04 In this book Andrew J DuBrin skillfully provides a guide to the effective use of impression management based on scholarly research and theory with particular attention to practical application **Conflict Coaching Fundamentals** Samantha Hardy, 2021-09-30 We naturally create stories to help us making meaning of our world but in conflict situations the kinds of stories we typically tell ourselves can actually make it harder for us to manage and resolve the conflict constructively This book provides an accessible framework for understanding why people tell their conflict stories the way they do and how to help them move away from conflict stories that prevent them from understanding and responding to conflict in an effective way Presented using highly engaging and accessible cases the book is designed to help people working with others in conflict to fully support them by understanding which areas of the conflict story to focus their attention on and using practical techniques to support people to rewrite their story into a more constructive one to better manage the situation The book also provides practical strategies to help people who are themselves in a conflict scenario to rewrite and enact a version of their conflict story that helps them to more constructively manage and often resolve their situation A conflict management coaching system is introduced that is designed to address the particular problems created by dysfunctional conflict stories This is a

book specifically for those who work with people in conflict mediators conflict coaches managers lawyers HR staff teachers and also for anyone who wishes to better understand their own experience of conflict

Encyclopedia of Human Behavior, 2012-01-31 The Encyclopedia of Human Behavior Second Edition Three Volume Set is an award winning three volume reference on human action and reaction and the thoughts feelings and physiological functions behind those actions Presented alphabetically by title 300 articles probe both enduring and exciting new topics in physiological psychology perception personality abnormal and clinical psychology cognition and learning social psychology developmental psychology language and applied contexts Written by leading scientists in these disciplines every article has been peer reviewed to establish clarity accuracy and comprehensiveness The most comprehensive reference source to provide both depth and breadth to the study of human behavior the encyclopedia will again be a much used reference source This set appeals to public corporate university and college libraries libraries in two year colleges and some secondary schools Carefully crafted well written and thoroughly indexed the encyclopedia helps users whether they are students just beginning formal study of the broad field or specialists in a branch of psychology understand the field and how and why humans behave as we do Named a 2013 Outstanding Academic Title by the American Library Association's Choice publication Concise entries ten pages on average provide foundational knowledge of the field Each article features suggested further readings a list of related websites a 5 10 word glossary and a definition paragraph and cross references to related articles in the encyclopedia Newly expanded editorial board and a host of international contributors from the United States Australia Belgium Canada France Germany Ireland Israel Japan Sweden and the United Kingdom

Understanding Hard to Maintain Behaviour Change Ron Borland, 2014-02-03 The book presents an integrative theory of hard to maintain behaviours that includes hard to reduce or eliminate behaviours like smoking and other drug use overconsumption of food or unsafe sex and hard to sustain behaviours like exercise and sun safe behaviours Most of the examples come from the author's work on tobacco smoking but it is relevant to anyone who is concerned to understand why some forms of desirable behaviour are so hard to achieve and to those trying to help people change It also has important implications for public health campaigns and for the development of policies to nudge behaviour in desirable ways The book provides readers with frameworks to Determine whether a hard to maintain behaviour is a result of the skills needed to perform it its reinforcement history the way the person thinks about it the context or some combination of these Better integrate cognitive and behavioural change strategies including emergent strategies related to mindfulness and acceptance plus novel ways of retraining operational processes Understand the different nature of challenges for behaviours where multiple attempts are typically required before the desired behaviour pattern is sustained Better understand the role of feelings and emotions as influences on behaviour Understand the limits of environmental factors to determine change Understand the limits of self control and will power

Advances in Experimental Social Psychology Mark P. Zanna, 1992 This volume offers essays on advances in the field of experimental

social psychology Among the topics discussed are universals in the structure and content in values and the social psychology of Stanley Milgram Applied Behavior Analysis John O. Cooper, Timothy E. Heron, William L. Heward, 2020-03-23

Appropriate for all upper level courses in basic principles applications and behavioural research methods This text provides an accurate comprehensive and contemporary description of applied behavior analysis in order to help students acquire fundamental knowledge and skills Applied Behavior Analysis provides a comprehensive in depth discussion of the field offering a complete description of the principles and procedures for changing and analysing socially important behaviour The 3rd Edition features coverage of advances in all three interrelated domains of the sciences of behavior theoretical basic research and applied research It also includes updated and new content on topics such as negative reinforcement Ch 12 motivation Ch 16 verbal behavior Ch 18 functional behavioural assessment Ch 25 and ethics Ch 29 The full text downloaded to your computer With eBooks you can search for key concepts words and phrases make highlights and notes as you study share your notes with friends eBooks are downloaded to your computer and accessible either offline through the Bookshelf available as a free download available online and also via the iPad and Android apps Upon purchase you ll gain instant access to this eBook Time limit The eBooks products do not have an expiry date You will continue to access your digital ebook products whilst you have your Bookshelf installed On the Self-Regulation of Behavior Charles S. Carver, Michael F.

Scheier, 2001-05-07 This book presents a thorough overview of a model of human functioning based on the idea that behavior is goal directed and regulated by feedback control processes It describes feedback processes and their application to behavior considers goals and the idea that goals are organized hierarchically examines affect as deriving from a different kind of feedback process and analyzes how success expectancies influence whether people keep trying to attain goals or disengage Later sections consider a series of emerging themes including dynamic systems as a model for shifting among goals catastrophe theory as a model for persistence and the question of whether behavior is controlled or instead emerges Three chapters consider the implications of these various ideas for understanding maladaptive behavior and the closing chapter asks whether goals are a necessity of life Throughout theory is presented in the context of diverse issues that link the theory to other literatures **Social Work Practice** Eileen D. Gambrill, 2006-02-23 Part I Getting Oriented 1 Social work An introduction 2 Clients and services 3 Values ethics and obligations Part II Thinking about knowledge and how to get it 4

Different views of knowledge 5 Critical thinking Values knowledge and skills Part III Thinking about problems and causes 6 Competing views of problems and causes 7 Taking advantage of research findings about behavior and how it is influenced by the environment Part IV A problem solving practice model 8 Problem solving and decision making Integral to helping clients 9 Evidence based practice A problem solving process and philosophy 10 Posing questions and searching for answers 11 A bare bones guide to critically appraising practice related research Part V Getting started 12 Contextual assessment 13 Beginning A procedural guide 14 Engaging clients Part VI Relationship skills 15 Interpersonal helping skills 16 Handling challenging social

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 change skills26 Working with groups and families27 Working with organizations and communitiesPart X The long run28
 Maintaining skills and staying happy in your workReferences Index *Self-Handicapping* Raymond L. Higgins,C.R.
 Snyder,Steven Berglas,2013-11-11 The concept of self handicapping can be legitimately anchored in a variety of intellectual
 contexts some old and some newer As this volume reminds us Alfred Adler was perhaps the first to articulate the signifi-
 cance of various self defeating claims and gestures for protecting the self concept Thus the apparent paradox of defeat in the
 interests of protection More recently but still more than 30 years ago Heider's naive psychology added attributional rhetoric
 to the description of self defeating strategies While predominantly cognitive in its thrust the attributional approach
 incorporated several motivational influences especially those involving egocentric concerns Heider hardly violated our
 common sense when he suggested that people are inclined to attribute their performances in a self serving manner the good
 things I caused the bad things were forced upon me The notion of self handicapping strategies proposed by Berglas and
 myself a little more than a decade ago capitalized on these homely truths while adding a particular proactive twist We not
 only make excuses for our blunders we plan our engagements and our situational choices so that self protective excuses are
 unnecessary In doing so we use our attributional understanding to arrange things so that flawed and failing performances
 will not be interpreted in ways that threaten our self esteem **Life Crises and Experiences of Loss in Adulthood** Leo
 Montada,Sigrun-Heide Filipp,Melvin J. Lerner,2014-01-14 A result of a conference at the University of Trier Germany this
 volume mirrors its goals to provide an overview of recent advances in research on critical life events and the losses
 associated with them to collect and stimulate new perspectives for the analysis of these events to compare the psychology of
 victims experiencing stress and losses with the psychology of observers in their reactions to victims Designed to prevent
 developmental psychological myths in the area of life crises this collection questions on an empirical basis the adequacy of
 several widespread generalizations At the same time its contributors attempt to draw paths to conceptualizations and
 theories in general psychology and social psychology which promise to be helpful in analyzing and interpreting phenomena in
 the field of life crises Managerial, Occupational and Organizational Stress Research 0 Manchester School of
 Managements,2024-11-01 This title was first published in 2001 A discussion of managerial occupational and organizational
 stress research The volume is in seven parts The first part explores the theoretical or conceptual frameworks in occupational
 and organizational stress that have developed out of empirical work and work with others in different countries The second
 part provides the reader with reviews of literature on different topics in the field of workplace stress Part Three highlights a

range of studies undertaken by UMIST and their collaborating colleagues in different institutions The research that highlights issues and problems of current relevance is found in the fourth part while the methodological studies involving instrument development refining of existing measures and more is found in Part Five The studies linking stress and health follows on from this and the new area of investigation evaluating stress management interventions concludes this survey of research in this field

Handbook of Organizational Politics Eran Vigoda-Gadot, Amos Drory, 2016-03-25 The Handbook of Organizational Politics offers a broad perspective on the intriguing phenomena of power influence and politics in the modern workplace their meaning for individuals groups and other organizational stakeholders and their effect on organizational outcomes and performances Comprising entirely of new chapters and insights this second edition revisits the theory on organizational politics OP and examines its progress and changes in emphasis in recent years This timely and informative book provides a comprehensive set of state of the art studies on workplace politics based on experiences from around the world The contributors highlight topics such as political skills political will politics and leadership compensations politics and performance and politics and the learning climate Students and scholars will benefit from the up to date collection of studies in the field of OP This Handbook will also be of interest to practitioners and managers from public and private sectors looking for better explanations of internal processes in business

Human Sigma John H. Fleming, Jim Asplund, 2007-10-28 Six Sigma changed the face of manufacturing quality Now HumanSigma is poised to do the same for sales and services Human Sigma offers an innovative research based approach to one of the toughest challenges facing sales and services companies today how to effectively manage the employee customer encounter to drive business success What would your company look like if you could increase the revenue and profitability potential of every customer by more than 20 percent What if you could double the productivity of every employee And what if these two phenomena together could drive overall organizational performance exponentially What would your company look like And how would you go about creating this kind of change One thing is certain Business leaders are never going to inspire higher levels of employee productivity and build more passionate customer relationships by doing the same things they have tried for the past 25 years Business leaders need something fresh Something new The last thing they need is more of the same old conventional wisdom about satisfying their employees and their customers Based on solid research by The Gallup Organization Human Sigma will appeal to senior leaders and line managers alike who are looking for a way to dramatically increase productivity retain a base of high value customers and improve overall business performance Human Sigma is Rigorous Based on research involving hundreds of companies and over 10 million employees and 10 million customers around the world Innovative Cutting edge management science supported by data including brain imaging research into customer s emotional connections to the companies they love Practical The principles in the book were developed from observations of real life successes not some fictional freaks of nature that exist only in a laboratory As such the lessons contained in the book have been tested in the real world and can be

applied in many situations Interactive The book contains a code that can be used to estimate the potential value of HumanSigma to readers organizations **Handbook of Positive Psychology** C. R. Snyder,Shane J. Lopez,2001-12-20 Psychology has long been enamored of the dark side of human existence rarely exploring a more positive view of the mind What has psychology contributed for example to our understanding of the various human virtues Regrettably not much The last decade however has witnessed a growing movement to abandon the exclusive focus on the negative Psychologists from several subdisciplines are now asking an intriguing question What strengths does a person employ to deal effectively with life The Handbook of Positive Psychology provides a forum for a more positive view of the human condition In its pages readers are treated to an analysis of what the foremost experts believe to be the fundamental strengths of humankind Both seasoned professionals and students just entering the field are eager to grasp the power and vitality of the human spirit as it faces a multitude of life challenges The Handbook is the first systematic attempt to bring together leading scholars to give voice to the emerging field of positive psychology Perspectives on Behavioral Self-Regulation Robert S. Wyer, Jr.,2012-12-06 The feedback model of self regulation developed by the authors of the lead article in this volume has been one of the most successful theoretical formulations of regulatory processes to date The range of phenomena to which this framework potentially applies is evident from its ability to incorporate implications of other conceptualizations as diverse as catastrophe theory and dynamic systems theory The diversity of issues and approaches dealt with by Carver and Scheier is matched by the companion articles which are written from perspectives ranging across developmental psychology cognitive science clinical psychology and organizational decision making as well as mainstream social cognition *Aggressive Behavior* L.Rowell Huesmann,2013-06-29 In this important work twelve eminent scholars review the latest theoretical work on human aggressive behavior Emerging theories of aggression peers sex roles and aggression environmental investigation and mitigation of aggression development of adult aggression and group aggression in adolescents and adults are all discussed in detail to provide clinicians researchers and students with a cutting edge overview of the field Social Psychology Thomas Heinzen,Wind Goodfriend,2020-10-15 This award winning text invites students to discover social psychology s relevance to their lives Authors Thomas Heinzen and Wind Goodfriend capture student interest by weaving stories drawn from their own personal experiences with compelling examples from everyday life all carefully placed in historical context Social psychology is presented as an evolving science driven conversation chapters build on core questions central to scientific inquiry while a methods in context approach cultivates psychological literacy The Second Edition has been thoroughly updated with new pop culture examples additional diversity coverage recent controversies related to the Zimbardo and Milgram studies and over a hundred new citations from the latest research This title is accompanied by a complete teaching and learning package Divorce and the Next Generation Craig Everett,2018-10-24 Can the children of broken homes learn to trust promises of commitment The repercussions of divorce on children has been hotly debated for years Divorce and the Next Generation

Perspectives for Young Adults in the New Millennium offers solid peer reviewed research into the aftermath of divorce This valuable volume presents a scientific look at an issue that all too often is discussed in ideological terms This sequel to the groundbreaking Divorce and the Next Generation published in 1993 examines the emotional relational and even physiological effects of divorce It offers helpful tables and figures thorough literature reviews and metanalysis as well as original research The studies analyze such diverse factors as gender age at divorce and level of conflict in the marriage The results may surprise you This book takes a close look at the psychological interactions of divorce with many areas of children s emotional functioning including relationship with parents interpersonal relationships attitudes toward intimacy and marriage self blame and self esteem gender schematization Divorce and the Next Generation brings together some of the leading researchers in the field These detailed studies in the lingering aftereffects of divorce will be of interest to psychologists family therapists and policymakers

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