

THE RELUCTANT ADULT

AN EXPLORATION
OF CHOICE

Jill Hall

"There is a splendid glimpse of psychoanalytical freedom!"
—Sir George Thompson

Reluctant Adult An Exploration Of Choice

David B. Cooper



Reluctant Adult An Exploration Of Choice:

The Reluctant Adult - Revisited Jill Hall, 2025-06-26 This new edition of a prescient masterpiece was very ahead of its time when first published over 30 years ago and is even more urgently relevant today exploring how to get beyond the wheel of victimhood to claim our full adulthood in freedom Why is it that a sense of freedom and well being is not a more natural human state Perhaps we are still hampered by an outdated Newtonian Psychology which underpins the belief that something or somebody caused us to be the way we are Once trapped in an endless chain of blaming woundedness and guilt victimhood prevails and adulthood then eludes us Along with our species physical maturity there must surely be vital aspects of the human psyche which most of us have not as yet brought into play In relinquishing our present framework of thought and opening to a more extended experience of self spirit and ego could then be reconciled with freedom and responsibility becoming an achievable reality Yet letting go is precisely what we fear most This book is an exploration of why this should be so and an invitation to embrace our full adulthood It is a real thrill to find the spiritual aspect of holism expressed with such vision and authority Sir George Trevelyan

Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice Halko Weiss, Greg Johanson, Lorena Monda, 2015-05-25 The authoritative text on Hakomi methods theory and practice Hakomi is an integrative method that combines Western psychology and body centered techniques with mindfulness principles from Eastern psychology This book written and edited by members of the Hakomi Institute the world's leading professional training program for Hakomi practitioners and by practitioners and teachers from across the globe introduces all the processes and practices that therapists need in order to begin to use this method with clients The authors detail Hakomi's unique integration of body psychotherapy mindfulness and the Eastern philosophical principle of non violence grounding leading edge therapeutic technique in an attentiveness to the whole person and their capacity for transformation

Toxic Young Adulthood Del Loewenthal, 2022-08-22 This book is for those interested in providing psychotherapy and counselling for young adults and those who wish to bring a therapeutic sensibility to working with this client group Two main questions are addressed What are the implications of providing a therapeutic ethos for young adults and what if any additional training might be required for psychotherapists and counsellors working with this client group In so doing this book explores what has too long been seen at least for childhood to be an urgent need for a therapeutic ethos Such an ethos is to bring both therapeutic and educational sensibilities to bear on preventative and curative approaches to issues of young adults well being The chapters in this book except one were originally published in the European Journal of Psychotherapy Counselling

The Reluctant Adult Jill Hall, 1993 *Clinical Counselling in Primary Care* John Lees, 2020-12-14 Clinical Counselling in Primary Care examines the complexities and variety of uses of clinical counselling employed in a medical setting With an estimated 2 in 3 GP surgeries now employing a counsellor or referring patients on a regular basis this book tackles key debates head on It discusses a range of important clinical issues

such as therapeutic framework clinical work as part of the greater whole the need to develop suitable therapeutic models Clinical Counselling in Primary Care looks at possible developments in the future and argues for the improvement of the standing of counselling in relation to other primary care professions **The Stresses of Counselling in Action** Windy Dryden,1995-01-24 Counsellors frequently work with people who are under stress or who are distressed but counselling them can itself be a highly stressful activity This supportive book examines the sources of stress for counsellors and the practical strategies that they can use to overcome it Stress may emerge in the work that counsellors do with specific client groups in the contexts in which counselling takes place and in the educational process both for counsellor educators and for counsellors in training In this book practising counsellors with first hand experience of dealing with stress examine the nature of the stresses that counsellors face in these different areas detail the typical responses both healthy and unhealthy tha **The Publishers Weekly** ,1994 **Ethics in Mental Health-Substance Use** David B. Cooper,2017-05-08 Ethics in Mental Health Substance Use aims to explore the comprehensive concerns and dilemmas occurring from mental health and substance use problems and to inform develop and educate by sharing and pooling knowledge and enhancing expertise in this fast developing region of ethics and ethical care and practice This volume concentrates on ethical concerns dilemmas and concepts specifically interrelated as a collation of problem s that directly or indirectly affect the life of the individual and family Whilst presenting a balanced view of what is ethically best practice today this title challenges concepts and stimulates debate exploring all aspects of the development in treatment intervention and care responses and the adoption of research led best practice The Psychologist ,1993 **Whitaker's Books in Print** ,1998 **Quarterly Bulletin** British Psychological Society,1993 **Subject Guide to Books in Print** ,1997 **Young People Reading** Evelyn Arizpe,Gabrielle Cliff Hodges,2018-03-19 The value of small scale qualitative research projects into young people s reading is often underestimated Yet these finely tuned studies with a precise focus and highly specialised approach can provide us with profound insights into the richness and variety of young people s reading practices Bringing together contributors from six continents this fascinating volume explores researchers experiences of investigating the reading habits preferences and practices of young people aged 12 21 Detailing a variety of empirical methodologies and research methods its chapters also consider reading in an array of contexts in various languages and using diverse media Key issues addressed in the book include the complexity of sociocultural similarities and differences in young people s reading in international contexts multilingual bilingual and monolingual readers experiences of reading how young readers use a range of different print and digital media how our understanding of the range of texts available to young readers and the different contexts of and purposes for reading can be enhanced through small scale qualitative research Providing in depth discussion of contributors research and findings and touching on many different contexts text types and media this volume will support and inspire current and future researchers lecturers and teachers interested in young people s reading *Revising Herself : Women's*

Identity from College to Midlife Ruthellen Josselson Professor of Psychology Towson State University, 1996-11-07 In 1972 Ruthellen Josselson was a young psychologist fascinated by the riddle of how a woman creates an identity and chooses one path over another in life particularly in the face of the nascent feminist movement which challenged as never before the traditional role models of earlier generations Selecting at random thirty young women in their last year of college Josselson undertook a ground breaking study that would follow these women's personal odysseys over the next twenty two years from graduation to midlife What she learned about the ways women reinvent themselves in an ever changing world is the subject of *Revising Herself* a myth shattering look at both a unique generation of American women on the front lines of wrenching social change and at the conflicts and compromises facing women today With stunning candor and hard won insight the ordinary and anonymous women in Josselson's study reveal how much more complex and interesting real women's lives are than the one dimensional stereotypes often portrayed in the media Dismissing a traditional stage theory of development as overly simplistic Josselson identifies four trajectories that women take from adolescence to adulthood Guardians are the good girls high achieving and committed to fulfilling their family's expectations but rigid in outlook and resistant to change Pathmakers are not afraid of risk or commitment striving to balance their own needs with others The often idealistic Searchers are overwhelmed by choice and unable to make commitments while Drifters live only for the moment avoiding choice and an exploration of identity Reflecting the degree to which women take risks make choices and form commitments these paths form a foundation for adulthood but they also lead to surprises at midlife Guardians seem strikingly able to cut loose from earlier traditional patterns while many Drifters have found themselves sometimes in quite traditional ways And coming of age just as the feminist movement gathered momentum the women in Josselson's study were the first to confront many contemporary issues not faced by their mothers or their mothers' mothers How does an Irish Catholic contemplate an abortion How does a woman whose parents believe education is wasted on a daughter find the will to apply to medical school In examining these questions and others Josselson shows that the forging of a woman's identity whatever her path is ongoing a balancing of the need for self assertion against the equally compelling need for relationships Women create their identities along the seams of both competence and connection and continually revise what they have made Allowing women to define themselves in their own terms *Revising Herself* holds up a provocative mirror in which readers can reflect upon their own life choices Whether a Guardian Pathmaker Searcher or Drifter readers will recognize themselves in these women's experiences and gain new insight into how we construct our identities over a lifetime

The Rise of the Memoir Alex Zwerdling, 2017

The *Rise of the Memoir* traces the growth and extraordinarily wide appeal of the memoir Its territory is private rather than public life shame guilt and embarrassment not the achievements celebrated in the public record What accounts for the sharp need writers like Rousseau Woolf Orwell Nabokov Primo Levi and Maxine Hong Kingston felt to write and to publish such works when they might more easily have chosen to remain silent Alex Zwerdling explores why each of these writers felt

compelled to write them as that story can be reconstructed from personal materials available in archival collections what internal conflicts they encountered while trying and how each of them resisted the private and public pressures to stop themselves rather than pursuing this confessional route against their own doubts without a reasonable expectation that such works would be welcome in print and eventually find an empathetic audience Reconstructing this process in which a dubious project eventually becomes a compelling product a memoir that will last illuminates both what was at stake and why this serially invented open form has reshaped the expectations of readers who welcomed a vital alternative to the official story

Revising Herself Ruthellen Josselson, 1998-04-23 In 1972 Ruthellen Josselson was a young psychologist fascinated by the riddle of how a woman creates an identity and chooses one path over another in life particularly in the face of the nascent feminist movement which challenged as never before the traditional role models of earlier generations Selecting at random thirty young women in their last year of college Josselson undertook a ground breaking study that would follow these women's personal odysseys over the next twenty two years from graduation to midlife What she learned about the ways women reinvent themselves in an ever changing world is the subject of *Revising Herself* a myth shattering look at both a unique generation of American women on the front lines of wrenching social change and at the conflicts and compromises facing women today With stunning candor and hard won insight the ordinary and anonymous women in Josselson's study reveal how much more complex and interesting real women's lives are than the one dimensional stereotypes often portrayed in the media Dismissing a traditional stage theory of development as overly simplistic Josselson identifies four trajectories that women take from adolescence to adulthood Guardians are the good girls high achieving and committed to fulfilling their family's expectations but rigid in outlook and resistant to change Pathmakers are not afraid of risk or commitment striving to balance their own needs with others The often idealistic Searchers are overwhelmed by choice and unable to make commitments while Drifters live only for the moment avoiding choice and an exploration of identity Reflecting the degree to which women take risks make choices and form commitments these paths form a foundation for adulthood but they also lead to surprises at midlife Guardians seem strikingly able to cut loose from earlier traditional patterns while many Drifters have found themselves sometimes in quite traditional ways And coming of age just as the feminist movement gathered momentum the women in Josselson's study were the first to confront many contemporary issues not faced by their mothers or their mothers' mothers How does an Irish Catholic contemplate an abortion How does a woman whose parents believe education is wasted on a daughter find the will to apply to medical school In examining these questions and others Josselson shows that the forging of a woman's identity whatever her path is ongoing a balancing of the need for self assertion against the equally compelling need for relationships Women create their identities along the seams of both competence and connection and continually revise what they have made Allowing women to define themselves in their own terms *Revising Herself* holds up a provocative mirror in which readers can reflect upon their own life choices Whether a Guardian Pathmaker Searcher or

Drifter readers will recognize themselves in these women's experiences and gain new insight into how we construct our identities over a lifetime

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Resources in Education ,2000-10

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Something about the Author Diane Telgen, 1993 Series covers individuals ranging from established award winners to authors and illustrators who are just beginning their careers Entries cover personal life career writings and works in progress adaptations additional sources and photographs

Reluctant Adult An Exploration Of Choice Book Review: Unveiling the Power of Words

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