



The Wiley Handbook of Positive Clinical Psychology

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Edited by the founder of the field, this is the first handbook on positive clinical psychology—a revolutionary approach that places equal importance on both the positive and negative aspects of mental health and well-being.

- The first handbook on positive clinical psychology, a revolutionary approach that places equal importance on the positive and negative aspects of mental health and well-being
- Brings together new work from authorities in positive psychology and clinical psychology to offer an integrated examination of well-being as it relates to personality, psychopathology, psychological treatments, and more
- Discusses theory, research, and practice across a broad range of topics such as optimism, positive affect, well-being therapy, childhood well-being, evolutionary perspectives, and clinical implementation
- Contains essential information for researchers, instructors and practitioners in clinical psychology, positive psychology, mental health, and well-being in general

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Editorial Review

From the Back Cover

The Wiley Handbook of Positive Clinical Psychology is the first handbook to address a revolutionary psychological approach that places equal importance on the positive and negative aspects of mental health and well-being. With consideration of theory, research, and practice, it offers an integrated look at well-being as it relates to personality traits, psychopathology, psychological treatments, and more. Experts from both positive and clinical psychology critique their fields through the lens of positive clinical psychology, and discuss a broad range of topics such as optimism, positive affect, wellbeing therapy, childhood well-being, clinical implementation and integration, evolutionary perspectives, and economic implications. Filled with essential information for researchers, instructors and clinicians, this is the definitive reference for an important new field.

About the Author

Alex M. Wood is Professor and Director of the Behavioral Science Centre at Stirling Management School, University of Stirling, UK. He is also Honorary Professor in the School of Psychological Sciences at the University of Manchester, UK. He is credited with founding positive clinical psychology, and he has published more than 100 papers related to well-being in leading journals across psychology, medicine, and economics. He guest edited the special issue of *Clinical Psychology Review* that first introduced positive clinical psychology to the mainstream.

Judith Johnson is a Clinical Psychologist and Lecturer at the University of Leeds and the Bradford Institute of Health Research, UK. Her research is focused on understanding and supporting the development of wellbeing and resilience, and how this can be applied in healthcare settings to improve treatments and service delivery. She is co-editor of *Case Formulation in Cognitive Behaviour Therapy: The Treatment of Challenging and Complex Cases* (second edition, 2015).

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