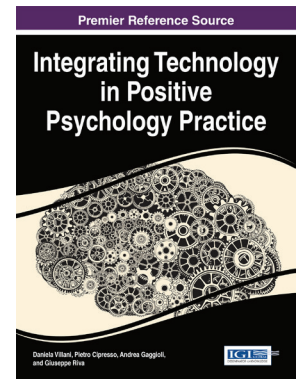


Integrating Technology in Positive Psychology Practice

Part of the Advances in Psychology, Mental Health, and Behavioral Studies (APMHBS) Book Series

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Description:

Most research on the psychological impact of computers and the Internet has focused on the negative side of technology – i.e. how the use (abuse) of interactive systems and videogames can negatively affect mental health and behavior. On the other hand, less attention has been devoted to understanding how emerging technologies can promote optimal functioning at individual, group, and community levels.

Integrating Technology in Positive Psychology Practice explores the various roles that technology can play in the development of psychological interventions aimed at helping people thrive. Explores the ways in which ICT can be utilized to foster positive emotions, promote engagement in empowering activities, and support connectedness between individuals, groups, and communities.

Readers:

This timely publication is designed for use by psychologists, IT developers, researchers, and graduate students.

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Topics Covered:

- Affective Control Theory
- Gaming and Virtual Reality
- Online Mental Health Support
- Participatory Wellbeing
- Positive Technologies
- Psychological Interventions
- Stress Management

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