

Becoming an Agent

Patterns and Dynamics
for
Shaping Your Life

Larry Cochran
and
Joan Laub

Becoming An Agent Patterns And Dynamics For Shaping Your Life

Christopher Johns



Becoming An Agent Patterns And Dynamics For Shaping Your Life:

Becoming an Agent Larry Cochran,Joan Laub,1994-01-01 This book is about individuals who have made dramatic changes in their lives In the beginning these people were living as patients or victims of circumstance In the end they were living as agents free to shape the courses of their lives to choose set goals plan to make things happen rather than to experience life as events happening to them The authors describe what is involved in such remarkable transformations They identify a common structure of transformation involving four distinguishable phases They also clarify a progressive dialectic between living the plot of a patient and living the plot of an agent and show how an old plot is destroyed or deconstructed and a new plot is constructed Becoming a Reflective Practitioner Christopher Johns,2013-03-19 From Reviews of the second edition Christopher Johns is an internationally recognised pioneer of reflective practice in nursing and health care The first edition of this book was an excellent resource and this updated version is equally impressive This is a superb resource for nurses and all those eager to enhance their knowledge and skills in reflective practice It is well presented user friendly and stimulating Nursing Standard Becoming a Reflective Practitioner is a practical guide to using reflection in every day clinical practice It explores the value of using models of reflection with particular reference to Christopher Johns own model for structured reflection Becoming a Reflective Practitioner includes accounts of everyday practice to guide the reader through the stages of reflective practice within the context of care desirable practice and the caring relationship This third edition reflects significant developments in reflective theory and gives greater attention to different approaches to reflection including the use of narrative dialogue New chapters are included on ensuring quality and managing conflict Exemplars are included throughout and further references and reflected reading are included at the end of each chapter Reflective practice is acknowledged as an effective approach to developing nursing care which evolves as the practitioner develops his or her own practice This book will therefore be of interest to all nurses involved in developing their clinical practice A practical guide to developing reflective practice Reflects significant developments in reflective theory Examines Christopher Johns own model for structured reflection Centred on care and the caring relationship Challenges practitioners to question their practice Shaping the Story ,2019-04-09 Current career counselling needs a shift away from the practice of modern counselling approaches and narrative therapy is likely to be particularly appropriate since it is part of the culture and way of life of the majority of our clients For the very first time current approaches have been brought together in one publication Eminent scholars including Larry Cochran Mark Savickas and Norm Amundson Paul Hartung and John Winslade contributed to the publication Personal narratives of some exceptionally eminent people including Robert Sternberg are also included The publication is concluded by Reuven Bar On and Maurice Elias who delineate the connection between storied counselling and social and emotional learning This book provides a priceless resource for scholars academics researchers psychologists teachers and clients It critically analyses germane questions such as How vital and feasible is it to build on life stories in

career counselling examines the theoretical underpinnings and practical applications of hermeneutic narrative postmodern and constructivist approaches to career counselling provides practical guidelines on the practice of narrative counselling in different contexts presents ideas on how to engage clients actively suggests ways of using life story counselling including the Career Story Interview to produce new identities for career practice

Research Handbook of Sustainability Agency
Teerikangas, Satu, Onkila, Tiina, Koistinen, Katariina, Mäkelä, Marileena, 2021-07-31 This innovative Research Handbook answers crucial questions about how individuals and organisations can make a difference towards sustainability Offering an integrative perspective on sustainability agency it reviews individual active organisational and relational forms of sustainability agency demonstrating the capacity of individuals and organisations to act toward sustainable futures

Counseling and Action Richard A. Young, José F. Domene, Ladislav Valach, 2014-06-17 Engaging in action is at the heart of our most meaningful experiences And given the fast paced goal driven nature of modern society engagement in action is also central to how we perceive ourselves Action has traditionally been viewed as an end product of the counseling process but now a bold new redefinition makes counseling not only a driver of action but an action in itself Counseling and Action couples a timely update on the multiple roles of action in counseling with an action based framework for enhancing progress between client and professional Grounded in the core concepts of contextual action theory as well as key aspects of counseling e g identity intentionality emotion the book explicates an approach that is responsive to client complexities and the larger social conditions that frame them Expert penned chapters apply theory to practice illustrating levels of engagement in action as counselor and client negotiate goals and work toward their realization And an especially useful section offers guidelines for intervening with specific populations and addressing particular issues Among the topics covered Designing projects for career construction Agentive action in context Counseling intentional addiction recovery grounded in relationships and social meaning The action of mindfulness in counseling A contextual action theory perspective on self efficacy in individual counseling Counseling processes and procedures through the lens of contextual action theory With its forceful argument for a quantum leap in both theory and practice Counseling and Action is transformative reading for professionals educators and graduate students in social work psychotherapy psychology and counseling

International Handbook of Career Guidance
James A. Athanasou, R. van Esbroeck, 2008-08-02 The International Handbook of Career Guidance represents a project of international professional cooperation It is intended as a catalyst for reform and was designed to support the development of career guidance in the years to come Working for over four years from Belgium and Australia we had the privilege to collaborate with over 50 colleagues throughout the world to produce this Handbook In every instance we selected key researchers who have an established reputation in the field of career development They agreed to be involved and we are grateful for their support in this major effort In this handbook we have tried to bring together a collection that summarises the diverse aspects of career guidance It is a synthesis of the domain of career and vocational guidance firstly for

an international readership and secondly it is designed to act as a reference for academics researchers and professionals in the expanding field of career development For this reason the Handbook includes coverage of the background and history of guidance right through to poignant issues relating to careers in the modern world of work Policy issues relating to the provision of careers services as well as professional issues relating to career education career counselling career assessment program evaluation and research methodologies are covered

Making It Linda L. Meccouri, 1995-12 Social indicators such as low socioeconomic status minority status battering chronic illness trauma drug and alcohol addiction and poor social environment are negative predictors of educational and social success Why is it that some people however overcome adversity and succeed despite the odds This study identifies and describes the context and factors involved for an ethnically diverse group of twenty adult women from low socioeconomic status being able to succeed despite the odds Using qualitative in depth oral history interviews this study includes women whose voices are seldom heard in the literature those who have many of the social indicators associated with failure but who have defied the negative predictors for success and persisted beyond high school to post secondary education Among the questions explored are How do these women define success What were the barriers What were the factors in overcoming adversity and how can their voices inform policy and practice in adult and post secondary educational programs The data revealed the following major themes The presence of dynamic advocates or healers who extend beyond traditional roles to help and believe in the women The importance of social structures and programs designed to assist non traditional women as they seek post secondary education Making a difference for others and giving back to their communities as definitions of success Barriers such as conflict with dominant group cultural capital and destructive teaching practices The importance of strong and supportive relationships with family and or friends The importance of connection to spiritual religious practice and people

Career Endeavour: Pursuing a Cross-Cultural Life Transition Charles P. Chen, 2017-03-02 This book is concerned with trainee professionals and their search for meaning through the determined and creative pursuit of a cross cultural career transition Adopting a qualitative research framework the book describes the career experience of professional trainees from non Western cultures who have chosen to develop their careers in the West It examines the process of the initial consideration of change the exploring of options including whether to emigrate and how the many issues and challenges of adapting to the socio cultural environment of the host country were met In addition it examines how the process provided the trainee professionals involved with greater self understanding and how as a result they were able to further consider their future career plans The book then highlights the implications of these experiences for theory research and practice

Exploring New Horizons in Career Counselling Kobus Maree, Annamaria Di Fabio, 2015-11-03 This book brings together eminent global theorists and practitioners to share their views on the evolution of career counselling in recent decades Multiple changes of a fundamental and complex nature as well as related challenges in the world of work have necessitated career counselling to undergo such an evolution The

authors examine the future nature and scope of new directions in the field of career counselling psychology and they critically reflect on as well as promote the predominant theoretical and conceptual framework of the field of career counselling. The latest models and methods in and for the 21st century are explored and teased out including Mark Savickas' proposal to shift the focus in interventions from conceptualising the self as content to seeing the self as a process. This approach is in keeping with the notion of career as a story and consistent with leading theories such as Jean Guichard's self construction framework and the life design paradigm. The authors deliver an avant garde text that is easy to read and use without diluting the conceptual and terminological complexities of the field. The book is an invaluable resource for new emerging and experienced researchers, academics, scholars, researchers, psychologists, social workers, teachers and clients. It merges what is known about the field with emerging approaches. It gives an overview of theoretical paradigms that can be applied to a changing world of work. It makes a critical analysis of germane questions such as: What does the future hold for the field of career counselling and how can challenges be turned into opportunities? and How can different paradigms, approaches and strategies be harnessed to promote clients' career life wellbeing and resilience? It facilitates an understanding of the skills necessary to deal with career related transitions, challenges and barriers to help people acquire transferable career life skills and career choice readiness. It examines the importance of career adaptability and how people can develop this vital 21st century survival competency. It challenges career counsellors to grasp and acquire skills to promote and advocate social justice agendas. It promotes and demonstrates the exciting and promising notion of dialogue writing to enhance the dialogical work of the career counsellor and client. Individually and collectively the authors team up to blend retrospect and prospect and they make a concerted effort to convert 21st century challenges and frontiers in career counselling into opportunities, hurt into hope, hopelessness into inspiration.

Examining the Career Development Practices and Experiences of Immigrants Keengwe, Jared, Kungu, Kenneth, 2020-12-18. There has been a marked increase in the number of immigrants worldwide. However, there is still limited research on immigrant experiences at work, especially the challenges and opportunities they face as they navigate and re-establish careers in new host countries. *Examining the Career Development Practices and Experiences of Immigrants* is a comprehensive reference book that expands the understanding of career development issues faced by immigrants and explores organizational practices relevant to immigrant career development. The book presents research on the challenges, opportunities and outcomes immigrants face as they navigate new employment and career landscapes. With coverage of such themes as career experience, career identities and occupational downgrading, this book offers an essential reference source for managers, executives, policymakers, academicians, researchers and students.

Guided Reflection Christopher Johns, 2009-02-12. Reflection is widely recognised as an invaluable tool in health care, providing fresh insights which enable practitioners to develop their own practice and improve the quality of their care. This book introduces the practitioner to the concept of Guided reflection, an innovative research

process in which the practitioner is assisted by a mentor or guide in a process of self enquiry development and learning through reflection in order to become fully effective Guided reflection is grounded in individual practice and can provide deeply meaningful insights into self development and professional care The process results in a reflexive narrative which highlights key issues for enhancing health care practice and professional care This book uses a collection of such narratives from everyday clinical practice in nursing health visiting and midwifery to demonstrate the theory and practicalities of guided reflection and narrative construction These narratives portray the values inherent in caring highlight key issues in clinical practice reveal the factors that constrain the quest to realise practice and examine the ways practitioners work towards overcoming these constraints

A Phenomenology of Career Change in the Malaysian Workforce Jennifer Yee Quan Tham, Yit Sean Chong, Pervaiz K. Ahmed, 2023-07-25 Evolution in economy technology and social institutions over time have given rise to boundaryless and Protean careers that promote mobility and self direction in managing one's career This has led to the phenomenon of career change whereby individuals undertake a shift from one field of work to a completely different field of work In career change research career changers have been studied as a collective singular group undergoing a similar change experience which neglects individual differences that may contrast the experience of change from one changer to another Furthermore the emotional experience that accompanies a career change has been examined with a primary focus on the role of positive emotions which overlooks the role of negative emotions in career change Thus this book sheds light on three key narratives of career change Rejectors Navigators and Seekers that were identified in a phenomenological study of career change amongst Malaysian working adults Semi structured interviews were conducted with 30 career changers across age gender and ethnicity with a focus on how they made sense and meaning of their lived experience of career change within their environment and context Each career change narrative was found to have different characteristics motivations and behaviors respectively which shaped their unique career change process Negative emotions were also revealed as key drivers of the career change process although each narrative expressed different types of negative emotions Finally the book also introduces an adaptive perspective to career development by way of the Adaptive Career Construal Model ACCM which was proposed based on the continuous bi directional relationship between career decisions and career outcomes

Conceptualising Women's Working Lives Wendy Patton, 2013-04-20 Theoretical work on the career development of women has travelled a journey from critique to creation Early work responded to and criticised a literature that focused on theorising male roles in a workplace that was conceptualised as providing vertical career paths primarily for middle class males More recently theorists are creating new constructions and frameworks to enable a more holistic understanding of career applicable to both women and men These constructions include broadening the discussion from women's careers to women's working lives This is the fifth book in the Sense Publishers Career Development Series It features the vibrant work of contributors from around the world writing in the field

of women's working lives. It emphasises the need to explore theoretical connections and understandings in order to facilitate a more holistic and inclusive understanding of women's working lives. The writers in the current volume acknowledge the changing roles of women in both public and private spheres. Women's roles in paid work are changing both in their nature and type of engagement. In addition, with an ageing population, women's roles in care work are increasingly being extended from child care to aged care. This book provides a history of theorising about women's careers in addition to presenting a focus on current empirical and theoretical work which contributes to understandings of women's working lives. Its contributions both map the current discourse and challenge future work to extend the boundaries of that discourse.

Transition to Adulthood Richard A. Young, Sheila K. Marshall, Ladislav Valach, José F. Domene, Matthew D.

Graham, Anat Zaidman-Zait, 2010-09-08. The transition to adulthood involves for most individuals moving from school to work, establishment of long term relationships, possibly parenting and a number of other psychosocial transformations. Now more than ever there is a concern within popular and research literature about children growing up too soon or too late or failing to realize changes associated with being adult. With this in mind, the book intends to answer a series of timely questions in regard to transition to adulthood and propose a wholly new approach to counseling that enables youth to engage fully in their lives and achieve their best. *Active Transition to Adulthood: A New Approach for Counseling* will discuss the authors' work on the transition to adulthood including early and late adolescence from an entirely innovative perspective: action theory. Over a period of 10-15 years, the authors have collected substantial data on adolescents and youth in transition and will present an approach to counseling based on these data and cases. The action theory perspective in which the authors have grounded their work addresses the intentional, goal-directed behavior of persons and groups that is expressed through particular actions, longer term projects and life-encompassing careers. In this book, both transition to adulthood and counseling will be covered in the language of goal-directed action. In this way, both transition and counseling reflect and capture the action projects and careers in which families, youth and clients are engaged and use to construct an ongoing identity and other narratives. *The Future of Career* Audrey Collin, Richard A. Young, 2000-08-10.

The fragmented nature of modern working life is leading to fundamental changes in our understanding of the term career. Few people now expect to have a lifetime of continuous employment regardless of their qualifications or the sector they work in. This book presents a kaleidoscopic view of the concept of career, reviewing its past and considering its future. International specialists in psychology, sociology, counselling, education and human resource management offer a multi-layered examination of career theories and practice, identifying the major changes taking place in the world of work that are challenging and extending the meaning of the word career. The overall aim is to redefine it in ways that are relevant to the newly emerging network society of the 21st century. The chapters are wide-ranging, exploring topics such as the changing contexts of career, individual career experiences, women's careers, multicultural issues and implications for practice and policy making. *The American Journal of Occupational*

Therapy, 1996 **Improving Wellbeing in Patients With Chronic Conditions: Theory, Evidence, and Opportunities**
Andrew Kemp, Jeremy Tree, Fergus Gracey, Zoe Fisher, 2022-04-11 **Coaching for Improved Work Performance,**
Revised Edition Ferdinand Fournies, 1999-11-15 Managing employees in today's rapidly evolving workplace can sometimes feel like negotiating a minefield. Such recent new trends as flextime, telecommuting, 360 degree feedback, the flattening of hierarchies and the increased use of temps and contract workers present tough new challenges for supervisors in every field. This timely, completely revised and updated edition of Ferdinand Fournies's classic management coaching bible shows you proven ways to get workers to perform at the highest level while eliminating the self-destructive kinds of behaviors that have become increasingly prevalent in recent years. In this book you'll be taught specific face-to-face interventions you can use to enhance performance in every kind of workplace situation, from sales to creative brainstorming. There are also interventions uniquely suited to resolving problems ranging from low productivity to absenteeism to conflicts between individuals. You'll learn precisely what to say and do so that each person you supervise will want to give you his or her best work, even when that person was previously thought to be a problem employee. Packed with brand new case studies from Fournies's latest research into the dynamics of the modern workplace, this classic guide takes all the guesswork out of becoming the kind of inspired hands-on manager that every company today is looking for. Canadian Journal of Counselling, 2002 Going the Distance Rick Hansen, Joan Laub, 1994 When Rick Hansen was paralyzed from the waist down at the age of 15, he knew he had to learn to change. He and psychologist Joan Laub present what he learned about change. They describe how to embrace and benefit from change, outlining seven steps to set and plan goals, overcome obstacles, and follow through to success.

The book delves into Becoming An Agent Patterns And Dynamics For Shaping Your Life. Becoming An Agent Patterns And Dynamics For Shaping Your Life is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Becoming An Agent Patterns And Dynamics For Shaping Your Life, encompassing both the fundamentals and more intricate discussions.

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 - Chapter 5: Conclusion
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 6. In chapter 5, the author will draw a conclusion about Becoming An Agent Patterns And Dynamics For Shaping Your Life. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Becoming An Agent Patterns And Dynamics For Shaping Your Life.

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