

This Guidebook Series

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This series of guidebooks is designed to enhance an individual's resilience using proven cognitive methods. Unlike many packaged programs that focus on one-size-fits-all approaches, these 36, 44, and 48-page booklets guide the reader in tailoring approaches to his or her personality and preferences through self-study or groups.

■ Contact me at rabstejnekar@HOUD.info for further information ■

The *Guidebooks* are prepared under contract and customized to address specific needs within particular and organizing sponsor. The unemployment version started with 36 pages (including cover) and was extended to 44 pages for individuals and extended again to 48 pages to provide specific attention to family members.

FREE

Guidebooks for Personal and Peer-Group Assisted Growth

Developing Psychological Wellness, Coping Ability, and Resilience:
A Guidebook for Peer-Led Peer-Groups to Facilitate Human Change

Extended book flap description of Guidebooks:

Psychological Wellness: Guidebooks for Individual initiative.

**Introduction articles for Guidelines to Coping with
Life Events & Developing Resilience:**

(The) Pros and Cons of Cognitive Consistency.

(A) Wind Shift Toward Positive Psychology and Adult Resilience.

(The) Zeitgeist and the Presentation of Ideas.

GROUP ENHANCEMENT

The above material addresses the content of Coping & Resilience Enhancement program. The collection of articles are designed to be stand-alone resources for self-discovery. The process of assimilation is enhanced by peer-discussions in proper type of groups. The following articles address effective egalitarian group structure, process, & programing.

Essential Elements of
Yeoman* Organized Egalitarian Peer-Group Circles to
Enhance Resilience by Focused Discussions of Readings

Circles of Change Intensify Assimilation of Guidebooks to Enhance Resilience

CIRCLE GROUP PROGRAM OUTLINE (Syllabus)

**The yeoman does not take an active leadership (controlling) role during the group process.*



HUMAN & ORGANIZATIONAL UNDERSTANDING & DEVELOPMENT

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