

# **ACCESS DABROWSKI'S THEORY OF POSITIVE DISINTEGRATION**

**Stella Wallace**

## **Dabrowski's Theory Of Positive Disintegration Introduction**

### **Dabrowski's Theory of Positive Disintegration**

This book summarizes the research and application of the Theory of Positive Disintegration, one of the most influential theories in gifted education, and compares it to other theories of personality and psychological development.

### **Positive Disintegration**

Kazimierz Dabrowski refers to his view of personality development as the theory of positive disintegration. Dabrowski feels that no growth takes place without previous disintegration. He regards symptoms of anxiety, psychoneurosis, and even some symptoms of psychosis as the signs of the disintegration stage, and therefore not always pathological.

### **Personality-shaping Through Positive Disintegration**

This book describes the overexcitabilities often associated with gifted children and adults, as well as strategies for dealing with children and adults who experience them. It also provides essential information on Dabrowski's Theory of Positive Disintegration. Learn practical methods for nurturing sensitivity, intensity, perfectionism.

### **Living with Intensity**

An original theory of the development of consciousness that brings together research from neurology, new-paradigm studies, psychology, and mysticism.

### **Positive Disintegration**

In his Theory of Positive Disintegration, Polish psychiatrist and psychologist Dr. Kazimierz Dabrowski (1902-1980) proposed an approach to personality development in which crises are not only necessary but fundamental in creating opportunities for individual development. Crises force our focus inward, leading us to challenge our established beliefs, roles and routines. While crises often resolve with a return to the status quo, recovery is sometimes stymied and posttraumatic stress results. In other cases, however, the outcome is posttraumatic growth. The individual experiences a process of disintegration, a loosening of the components of personality that allows for an examination and re-evaluation of the self. One rebuilds after a crisis, implementing conscious and deliberate changes to reshape the personality toward increased autonomy, uniqueness and the realization of one's ideal personality. This work provides a comprehensive yet balanced overview of Dabrowski's Theory of Positive Disintegration in its historical and present-day contexts and demonstrates its continued relevance in today's most vital areas of psychology, including posttraumatic growth, education, neuroscience, and personality theory.

## **Changes of Mind**

Our brightest, most creative children and adults are often being misdiagnosed with behavioral and emotional disorders such as ADHD, Oppositional-Defiant Disorder, Bipolar, OCD, or Asperger's. Many receive unneeded medication and inappropriate counseling as a result. Physicians, psychologists, and counselors are unaware of characteristics of gifted children and adults that mimic pathological diagnoses. Six nationally prominent health care professionals describe ways parents and professionals can distinguish between gifted behaviors and pathological behaviors. These authors have brought to light a widespread and serious problem—the wasting of lives from the misdiagnosis of gifted children and adults and the inappropriate treatment that often follows. Jack G. Wiggins, Ph. D., Former President, American Psychological Association

## **Mental Growth Through Positive Disintegration**

Do you love roller coasters, have a passion for traveling to new places, or crave novelty and new experiences? Are you deeply empathic, highly creative, and experience a deep, rich inner life? If so you may be one of the 30% of highly sensitive people who are also high sensation seekers. In this ground-breaking new book Dr. Tracy Cooper, the author of *Thrive: The Highly Sensitive Person and Career*, presents original, new research findings that will help you better understand how to: \* maximize the potentiality inherent in both traits while balancing the challenges each trait presents \* re-vision the way you think about career as a sensitive sensation seeker \* attach value to your deep, rich inner life \* engage in fulfilling, meaningful relationships \* move beyond limiting societal constraints to greater personal authenticity. This book is a must read for all sensitive sensation seekers and the people who love them!

## **Personality Development Through Positive Disintegration**

For psychologist and psychiatrist Kazimierz Dabrowski, personality is not a given - it must be consciously created and developed by the individual. In his second English-language book, *Personality-Shaping Through Positive Disintegration*, first published in 1967, Dr. Dabrowski presents a comprehensive treatment of personality that is still relevant, perhaps more so today than when it was first written. Here Dabrowski describes personality's individual and universal characteristics, the methods involved in shaping it, and case studies of famous personalities (including Augustine and Michelangelo) demonstrating the empirical and normative nature of personality development. Included in this edition are the original introduction, written by former APA president O. Hobart Mowrer, an appendix detailing a study on gifted children and outstanding abilities conducted by Dr. Dabrowski, as well as previously unpublished biographical pieces analyzing the personalities of Beethoven, Kierkegaard, and Unamuno. Grounded in Dabrowski's theory of positive disintegration, *Personality-Shaping* introduces the concepts at the heart of the theory and at the heart of human potential, creativity, social service, inner conflict, mental illness, and personal growth. Dabrowski's all-embracing perspective is at once a fresh alternative to the one-dimensional theories and trends pervasive in the field of psychology, and a full statement in its own right of all those aspects of human nature too often marginalized, ignored, or denied - a revolutionary and heartfelt product of Dr. Dabrowski's incisive observations and all-embracing vision.

## **Misdiagnosis and Dual Diagnoses of Gifted Children and Adults**

The completely revised and updated fifth edition of *Methods and Materials for Teaching the Gifted*: Provides a comprehensive examination of the most current research and best practices in the field of gifted education. Addresses identification, twice-exceptionality, and culturally and linguistically diverse learners. Includes chapters related to designing curriculum and differentiating instruction. Covers developing critical and creative thinking, as well as encouraging talent development. Features chapter authors who are recognized researchers, practitioners, and leaders in the field of gifted education. The chapters are organized to promote

critical thinking and discussion about each topic. This text is a complete resource curated for a wide range of K-12 educators and those working with inservice and preservice educators and administrators.

## **Mellow Out, They Say, If I Only Could**

This handbook presents a panoramic view of the field of giftedness. It offers a comprehensive and authoritative account on what giftedness is, how it is measured, how it is developed, and how it affects individuals, societies, and the world as a whole. It examines in detail recent advances in gifted education. The handbook also presents the latest advances in the fast-developing areas of giftedness research and practice, such as gifted education and policy implications. In addition, coverage provides fresh ideas, from entrepreneurial giftedness to business talent, which will help galvanize and guide the study of giftedness for the next decade.

## **Thrill**

Are you relentlessly curious and creative, always willing to rock the boat in order to get things done . . . extremely energetic and focused, yet constantly switching gears . . . intensely sensitive, able to intuit subtly charged situations and decipher others' feeling? If these traits sound familiar, then you may be an Everyday Genius--an ordinary person of unusual vision who breaks the mold and isn't afraid to push progress forward. . . As thought-provoking as Daniel Goleman's Emotional Intelligence, psychologist Mary-Elaine Jacobsen's *Gifted Adults* draws on a wide range of groundbreaking research and her own clinical experience to show America's twenty million gifted adults how to identify and free their extraordinary potential. *Gifted Adults* presents the first practical tool for rating your Evolutionary Intelligence Quotient through an in-depth personality-type profile. Demystifying what it means to be a gifted adult, this book offers practical guidance for eliminating self-sabotage and underachievement, helping Everyday Geniuses and those who know, love, and work with them to understand and support the exceptional gifts inherent in these unique personality traits.

## **Personality-Shaping Through Positive Disintegration**

*Gifted Grownups*, Marylou Kelly Streznewski's unprecedented, 10-year study of 100 gifted adults, examines how being identified as a \"smart kid\" early on affects career choices, friendships, and romantic pairings later in life. Why do some talented and gifted people become Mozarts and Einsteins or corporate chieftains, while others drop out of school, struggle to hold down jobs, or turn to self-destructive behavior? What are the signs of giftedness, its pitfalls, and its promise? Marylou Streznewski provides answers to these and other questions, and creates an intriguing picture of what it is like to have an accelerated mind in a slow-moving world.

## **Methods and Materials for Teaching the Gifted**

*Gifted at Risk: Poetic Portraits*, by Jean Sunde Peterson, Ph.D., contains 60 poems that provide intimate views into the inner world of the gifted teens with whom Dr. Peterson worked. They will be remembered both for their vivid portrayals of teen angst and the carefully written narratives that accompany each poem. Great book for educators, counselors, and parents.

## **Current Concepts of Positive Mental Health**

Rumi is now acknowledged as one of the great mystical poets of the Western world, with huge sales of the many collections of his poetry. Not much is known about his life except that he lived in thirteenth-century Anatolia (now Turkey), had a great spiritual friendship with a wild man called Shams, brought an adopted daughter into his family, and was distraught when Shams finally disappeared. Rumi's Daughter is the

delightful novel about Kimya, the girl who was sent from her rural village to live in Rumi's home. She already had mystical tendencies, and learned a great deal under Rumi's tutelage. Eventually she married Shams, an unusual husband, almost totally absorbed by his longings for God. Their marriage was fiery and different and, in the end, dissolved by Kimya's death - after which Shams vanished. Rumi's Daughter tells Kimya's story with great charm and tenderness. Well written and thought-provoking, it is sure to draw comparison with Paulo Coelho's *The Alchemist*, and also to add something fresh and new to what is so far known about Rumi.

## **Multilevelness of Emotional and Instinctive Functions**

This is the first ever handbook on giftedness and talent development for the Asia-Pacific region. It discusses important issues for an important group of students, addresses a gap in the current understanding of gifted students in the region, traverses substantial intellectual terrain, and draws on past and present research literature. The handbook brings together contributions from 18 countries, providing a diverse, unique and comprehensive contemporary research and practice on giftedness and talent development in the Asia-Pacific region. It highlights contemporary issues and incorporates important topics such as conceptions, identification, curriculum, and programs. Chapters in the book will include a stronger focus on pedagogy that could assist researchers, academics and educators, post-graduate students, families, advocates, teachers and practitioners, and other stakeholders to support gifted students. It also informs pre-service education programs in gifted education, in-service professional learning programs, and future research and practice in this region of the world.

## **International Handbook on Giftedness**

Dabrowski's Theory of Positive Disintegration: Reflection, Refraction, and Resituation aims to accomplish three objectives: to make a complex theory more accessible to readers, to situate the theory in its proper academic home, and to comply with Dabrowski's request to refine his creation. To accomplish the first objective, the book describes clearly Dabrowskian concepts and illustrates them using tables and figures. The author's description of his personal experiences with Dabrowski's ideas contributes to the ease of readers' understanding the theory. To accomplish the second objective, the meanings of the concepts in the theory of positive disintegration are compared and contrasted to their definitions in traditional psychology. To accomplish the third objective recommendations for refinement of the theory are made, where appropriate, as requested in Dabrowski's written invitation for interested parties to build on the theory of positive disintegration. The book contains four parts. Part I, *The Theory and Me*, addresses fundamental issues of the theory. Chapter 1 presents various perceptions of the theory. Chapter 2 includes the set of selected constructs with which this book is concerned. Chapter 3 contrasts psychological constructs, integral to the author's scholarly and psychotherapeutic work, with their depictions in the theory of positive disintegration. Chapter 4 explains a central proposition in Dabrowski's theory: that negative emotions, under certain conditions, are signs of personal growth. Part II, *Dabrowskian Development*, deals with the conceptualization of development in the theory. Chapter 5 discusses Dabrowski's five levels of development, describing the progression from primitive to exemplary human functioning. Chapters 6 and 7 examine dynamisms that are the forces of development and their emergence in daily living. Chapter 6 discusses disintegrating dynamisms, responsible for the destruction of primitive, self-centered modes of living. Chapter 7 presents the developmental dynamisms, signifying advanced, morally-driven modes of living. Part III, *Dabrowskian Constructs in Context*, examines some central constructs of the theory in a broader psychological context. Chapter 8 contrasts Dabrowski's conception of self with self-concept. Chapter 9 contrasts established theories of intelligence with Dabrowski's view of intelligence. Chapter 10 compares Dabrowski's hierarchy of values, a concept equated with advanced development, with a social psychological theory of values. Chapter 11 compares Dabrowski's view of mental health with prevalent current conceptions. Part IV offers concluding reflections on the theory of positive disintegration. Chapter 12 is a consolidation of commentary appearing in previous chapters, culminating with several suggestions for modification and elaboration of the theory.

## **The Gifted Adult**

Now in its Second Edition, *Introduction to Gifted Education* presents a well-researched yet accessible introduction to gifted education, focusing on equity and supporting diverse learners. Inclusive in nature, this essential text is filled with varied perspectives and approaches to the critical topics and issues affecting gifted education. Chapters cover topics such as gifted education standards, social-emotional needs, cognitive development, diverse learners, identification, programming options, creativity, professional development, and curriculum. The book provides a comprehensive look at each topic, including an overview of big ideas, its history, and a thorough discussion to help those new to the field gain a better understanding of gifted students and strategies to address their needs. Filled with rich resources to engage readers in their own learning, *Introduction to Gifted Education, Second Edition* is the definitive textbook for courses introducing teachers to gifted education.

## **Gifted Grownups**

Do you long to drive a Ferrari at top speed on the open road, but find yourself always stuck on the freeway during rush hour? Do you wonder how you can feel like "not enough" and "too much" at the same time? Like the rain forest, are you sometimes intense, multilayered, colorful, creative, overwhelming, highly sensitive, complex, and/or idealistic? And, like the rain forest, have you met too many chainsaws? Enter Paula Prober, M.S., M.Ed., who understands the diversity and complexity of minds like yours. In "Your Rainforest Mind: A Guide to the Well-Being of Gifted Youths and Adults," Paula explores the challenges faced by gifted adults of all ages. Through case studies and extensive research, Paula will help you tap into your inner creativity, find peace, and discover the limitless potential that comes with your Rainforest Mind.

## **Gifted at Risk**

The acknowledged masterpiece of one of Spain's most influential thinkers. Between despair and the desire for something better, Unamuno finds that "saving incertitude" that alone can console us.

## **Rumi's Daughter**

As a Chinese saying goes, "Look at the weather when you step out; look at men's faces when you step in." Recognizing expressions is a very common activity in daily life. People can infer someone's inner emotions from his or her facial expressions. However, not everyone writes their emotion on their face; someone may suppress true emotion and express a false facial expression depending on politeness, context, culture, or status. The suppressed expressions can be expressed fleetingly in the form of microexpressions, which usually last only 1/25 to 1/5 second. Microexpressions were of importance for many practical applications because it reflects the true inner feeling, such as national security, deception detection, clinical therapy, emotion analysis, and human-computer interaction. The recognition of microexpressions is the premise of application of microexpression and now the recognition of microexpressions are getting more and more attention. However, perceiving other's microexpressions is not easy. The context, culture, and perceiver himself affect the recognition of microexpression. There are considerable efforts in the field of psychology, neuroscience, and computer science to recognize facial microexpressions. This Research Topic illuminates the latest advances in interdisciplinary understanding how microexpressions are perceived and recognized. The authors contribute from diverse perspectives in the current research topic by using behavioral experiment, EEG, fMRI, and computer vision techniques. They investigated how humans recognize macroexpressions and microexpressions in term of modulating factors (e.g., gender, duration) and the underlying neural mechanisms, and how machine recognition algorithms and models are developed and inspired by the human recognition data. The Research Topic reveals that research on the recognition of microexpressions is diverse but progressing. This is not surprising given that this topic receives more and more attention due to its promising potential applications. As new techniques and theories develop, it is likely that efficient and effective algorithms for recognizing microexpression will become possible. We hope that these articles

provide a look into that future.

## **Handbook of Giftedness and Talent Development in the Asia-Pacific**

Discusses what the label \"gifted\" means, and covers such issues as intelligence testing, educational options, and relationships with parents and friends.

## **Dabrowski's Theory of Positive Disintegration**

Dabrowski's theory of positive disintegration redefines established psychological constructs, especially the construct of psychopathology. Current views of what constitutes disorders is so engrained in western cultures that they are seen, implicitly, as immutable. Any codification of what comprises psychiatric disorders or abnormality is a social construction, subject to change, as indicated by some changes in the DSM over the years. Dabrowski's theory questions the very foundation of the approach to psychopathology that existed in his time and is evident today. The critical message of the theory of positive disintegration is that what are deemed symptoms of mental disorder may be, instead, signs of personal growth. Dabrowski does not simply proclaim his position, he provides a coherent explanation for it. While Dabrowski addresses substantive issues of mental illness and mental health, most of the research literature purporting to investigate his theory dwells on one component of his theory: overexcitability. The essays in *Dynamism, Development and Dispositions: Essays in Honor of Kazimierz Dabrowski* have a common aim: to draw attention to the fullness of the theory with the hope of encouraging researchers to move beyond their singular atomic focus. A word on the subtitle of the book is in order. Sal Mendaglio's essays honor a great theorist with a scholarly, not effusive, treatment of the theory of positive disintegration.

## **Introduction to Gifted Education**

Foreword by Philippa Perry 'Based on groundbreaking research that has the power to change the lives of countless children - and the adults who love them.' – Susan Cain, New York Times bestselling author of *Quiet* 'A necessary and important book.' - Philippa Perry, Sunday Times bestselling author of *The Book You Wish Your Parents Had Read* Are you a hardy and resilient dandelion, or are you a more sensitive and fragile orchid? Building on the definitions of introvert, extrovert or highly sensitive, *The Orchid and the Dandelion* exposes – for the first time – how a combination of environmental and genetic factors contribute to what makes us who we are. This breakthrough research explains why some people struggle where others succeed, why happiness comes so easily to some while frustrations weigh more heavily on others. In *The Orchid and the Dandelion*, Dr W. Thomas Boyce – one of the world's foremost researchers in the field of pediatric health – presents findings that children have two very different responses to their environments. While some children are like dandelions and can thrive in almost any environment, there are others who, like orchids, are much more reactive and susceptible to their surroundings. Now we finally have a scientific framework to understand people and how to address their unique needs to help them find their fullest potential. This groundbreaking book draws on extensive research into genetics and the exploding field of epigenetics, examples and real stories that will re-frame how we think about orchid and dandelion children – and the adults those children have become. By understanding which of us are, genetically and environmentally speaking, the orchids of this world, Dr Boyce explains how to care for and parent our children – the true orchids. He shows how we can help them thrive by sharing insights and lessons from his thirty years of research in the field.

## **Your Rainforest Mind: A Guide to the Well-Being of Gifted Adults and Youth**

A fascinating examination of Australian children amongst the most intellectually gifted ever studied which explores the effect of early school life on their educational development.

## **Tragic Sense of Life**

This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

## **Recognizing Microexpression: An Interdisciplinary Perspective**

Understanding Your Gifted Child From the Inside Out provides an engaging and encouraging look at raising gifted children today. A follow-up to the best-selling Parenting Gifted Kids: Tips for Raising Happy and Successful Children, this new edition focuses on the social and emotional aspects of giftedness, highlighting new information on the issues of perfectionism, self-advocacy, underachievement, mindfulness, and the impact of technology on gifted kids' relationships. The book also features a section on life beyond college, for those readers whose children are no longer children. Understanding Your Gifted Child From the Inside Out features real-life stories about the lives of gifted children and how they and their parents recognize and enjoy the many intellectual talents and social and emotional insights they possess. Texas Association for the Gifted and Talented 2019 Legacy Book Award Winner - Parenting

## **The Dynamics of Concepts**

If you do more than one thing for work, then you are more than one thing. If this describes you, then you may be a hybrid professional. Until recently, hybrids have been hidden in the workforce. But today and moving forward, the secret is out. In today's world, professional identity is no longer just about being an expert or a generalist. Now, workers can be both. These hybrid professionals have unique talents that defy conventional labels because they work at the intersections of their multiple identities. Discover how hybrid professionals are revolutionizing the workforce and leading exciting, one-of-a-kind work. If you're a jack-of-all-trades or trying to figure out what differentiates you from others, give yourself permission to become a hybrid professional and be more than your title.

## **The Gifted Teen Survival Guide**

This is a brief overview of some of the key aspects of our personality and inner life that can affect how well we access and express creative talents. Especially for teens and adults with multipotentiality. Included are references to creativity research, perspectives of psychologists, creativity coaches and personal development leaders, as well as comments by a wide range of actors, directors, writers and other creative people. A free PDF version of the book is available to purchasers of the paperback.

## **Dynamisms, Development, and Dispositions**

The Orchid and the Dandelion

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