

CAUSOMETRY: METHODS OF SELF KNOWLEDGE, PSYCHODIAGNOSTICS, AND PSYCHOTHERAPY

by A.A. Kronik and R.A. Akhmerov

1st Edition

Moscow, Russia: Smysl Publishers, 2003
Language: Russian Pages: 284
ISBN 5-89357-124-X

2nd Edition: 2008. Pages: 294

ISBN 978-5-89357-247-6

3rd Edition: 2022. Pages: 303

ISBN 978-5-89357-410-4

An original method for analyzing a lifetime. The theoretical bases and new opportunities in diagnosing and aiding people as they pass through difficult moments in their personal lives. This is a book intended for psychologists, psychotherapists, and for anyone interested in identifying the psychological landmarks of a lifetime.

CONTENTS

On Happiness: Along the Path to Causometry

A Motivational Theory of Happiness
Lifestyle and Happiness
Lifestyle Typology

Theory of a Method: Key Concepts

A Subjective Picture of a Life Path
Biographical Crises
Event Groupings
Psychological Age

Express-Diagnostics of a Life Picture

Life Expectancy
Sense of Accomplishment
Maturity Quotient
Measuring Psychological Age
Life Schedules

Individual Causometry: With Pen in Hand

Procedural Stages
Instructions
Processing of Initial Data
Characterizing Events
Indicators of Psychological Age
Causograms
Other Psychological Phenomena
Reliability and Representativeness

Individual Causometry: Through the Computer Screen Darkly

Conversations with LifeLine
Psychological Portrait
Assuming a Role
Psychobiographical Analysis in LifeFile
Instructions on Working With LifeLine

Joint Causometry

What and When?

Why?

For What Reason?

What's More Important?

Biographical Discoveries

Conversations With a Biographer

Biographical Training

The Concept of Biographical Training

The Dynamics of Coping With a Traumatic Event

Devices of Individual Psychotherapy

Devices for Group Psychotherapy

Lessons of Life's Creativity

Psychological Age and its Changes

Efficacy of Causometry

Efficacy of Interview and Training

Metabolic Psychotherapy

REVIEWS

"Shkolnii Psicholog" [School Psychologist], 2004, N 15. In Russian.

"Psichologicheskaya Gazeta" [Psychological Gazette], 2024, March 10. In Russian.