Chapter 1 : Skeptical movement - Wikipedia

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Scientific skepticism[edit] Scientific skepticism or rational skepticism also spelled scepticism , sometimes referred to as skeptical inquiry, is a practical, epistemological position in which one questions the veracity of claims lacking empirical evidence. In practice, the term is most commonly applied to the examination of claims and theories that appear to be beyond mainstream science , rather than to the routine discussions and challenges among scientists. The New Skepticism described by Paul Kurtz is scientific skepticism. Merton asserts that all ideas must be tested and are subject to rigorous, structured community scrutiny as described in Mertonian norms. According to Hammer, "the intellectual forebears of the modern skeptical movement are rather to be found among the many writers throughout history who have argued against beliefs they did not share. Briefly stated, a skeptic is one who is willing to question any claim to truth, asking for clarity in definition, consistency in logic, and adequacy of evidence. The use of skepticism is thus an essential part of objective scientific inquiry and the search for reliable knowledge. The question is not whether we like the conclusion that emerges out of a train of reasoning, but whether the conclusion follows from the premises or starting point and whether that premise is true. A skeptic provisionally proportions acceptance of any claim to valid logic and a fair and thorough assessment of available evidence, and studies the pitfalls of human reason and the mechanisms of deception so as to avoid being deceived by others or themselves. Skepticism values method over any particular conclusion. It is the application of reason to any and all ideasâ€"no sacred cows allowed. In other words, skepticism is a method, not a position. Skepticism is the process of applying reason and critical thinking to determine validity. In line with Kendrick Frazier , he describes the movement as a surrogate in that area for institutional science. The movement set up a distinct field of study, and provided an organizational structure, while long-standing genre of individual skeptical activities lacked such a community and background. Skeptics often focus their criticism on claims they consider to be implausible, dubious or clearly contradictory to generally accepted science. Scientific skeptics do not assert that unusual claims should be automatically rejected out of hand on a priori groundsâ€"rather they argue that claims of paranormal or anomalous phenomena should be critically examined and that extraordinary claims would require extraordinary evidence in their favor before they could be accepted as having validity. The disparity between women and men in the movement was raised in a skeptic newsletter by Mary Coulman. While she received some support in response to her discussion of sexism within the movement, she later became a target of virulent online harassment, even from fellow skeptics, after posting an online video that equated a man showing interest in her with misogyny. Debunking The term "debunk" is used to describe efforts by skeptics to expose or discredit claims believed to be false, exaggerated, or pretentious. It is closely associated with skeptical investigation or rational inquiry of controversial topics compare list of topics characterized as pseudoscience such as U. Paranormal investigator Joe Nickell cautions, however, that "debunkers" must be careful to engage paranormal claims seriously and without bias. He explains that open minded investigation is more likely to teach and change minds than debunking. He points to the skeptical discussion about astrology: The skeptical notion of astrology as a "failed hypothesis" fails to address basic anthropological assumptions about astrology as a form of ritualized divination. Hess, the skeptical discourse tends to set science and the skeptical project apart from the social and the economic. Anti-cult movement While not all pseudoscientific beliefs are necessarily dangerous, some can potentially be harmful. Bertrand Russell argued that some individual actions based on beliefs for which there is no evidence of efficacy, can result in destructive actions. Skeptical activist Tim Farley , who aims to create catalogue of harmful pseudoscientific practices and cases of damage caused by them, estimates documented number of killed or injured to be more than Richard Dawkins

points to religion as a source of violence notably in The God Delusion , and considers creationism a threat to biology. Igwe came into conflict with high-profile witchcraft believers, leading to attacks on himself and his family. Pseudoskepticism Richard Cameron Wilson, in an article in New Statesman , wrote that "the bogus sceptic is, in reality, a disguised dogmatist, made all the more dangerous for his success in appropriating the mantle of the unbiased and open-minded inquirer". Some advocates of discredited intellectual positions such as AIDS denial , Holocaust denial and climate change denial engage in pseudoskeptical behavior when they characterize themselves as "skeptics". This is despite their cherry picking of evidence that conforms to a pre-existing belief. The term pseudoskepticism has found occasional use in controversial fields where opposition from scientific skeptics is strong. For example, in , Susan Blackmore , a parapsychologist who became more skeptical and eventually became a Committee for the Scientific Investigation of Claims of the Paranormal CSICOP fellow in , described what she termed the "worst kind of pseudoskepticism": They appear not to be interested in weighing alternatives, investigating strange claims, or trying out psychic experiences or altered states for themselves heaven forbid! The only skepticism this group promotes is skepticism of critics and [their] criticisms of paranormal studies. However, skeptics banding together in societies that research the paranormal and fringe science is a modern phenomenon. AFIS strives to promote science against those who deny its cultural value, abuse it for criminal purposes or as a cover for quackery. It maintains that people should be informed about scientific and technical advancements and the problems it helps to solve. Its magazine, Science et pseudo-sciences, attempts to distribute scientific information in a language that everyone can understand. While he saw both aspects as being covered in the skeptical movement, he had recommended CSICOP to focus on paranormal and pseudoscientific claims and to leave religious aspects to others. Besides scientists such as astronomers , stage magicians like James Randi were important in investigating charlatans and exposing their trickery. In Randi formed the James Randi Educational Foundation JREF and created the One Million Dollar Paranormal Challenge , where anyone who could demonstrate paranormal abilities, under mutually agreed-upon controlled circumstances, could claim the prize. The foundation of many new skeptical organizations was as well intending to protect consumers. As of July , GSoW had created or completely rewritten more than Wikipedia articles in many languages, which together have accumulated over 28 million page visits.

Chapter 2 : The Six Core Processes of ACT | Association for Contextual Behavioral Science

C.) openness, conscientiousness, extraversion,agreeableness, neuroticism Some psychoanalysts in Freud's era believe that girls experience unconscious sexual desires for their father during the phallic stage.

More New Thought Resources: Others claim "Transdenomination" was coined by a popular New Thought Minister. Some people feel the term is absurd, but it is popular for the moment. Explore different New Thought beliefs and choose the approach that best suits you. While we are aware that the majority of people who choose the New Thought Path do not find a New Thought Community that suits their sensibilities, we encourage you to visit the different centers. We affirm that the name we give the Divine does not define, nor change the truth, rather names only define the giver and his or her relationship to reality. We affirm that the Divine is Good, is love, supreme, universal, and everlasting. We affirm the unity of humanity with the Divine, in that the divine nature dwells within and expresses through each of us, by means of our acceptance of it, as Good including health, supply, wisdom, love, life, truth, power, beauty, and peace. We affirm the power and potency of meditation and spiritual practices. We affirm the capacity of each person to have divine and mystical experiences, and enjoy Divine Grace. We celebrate the diversity of the global genome and within our species by being the Divine loving and compassionate presence in all that we do and through seeing the Divine in all whom we encounter. We affirm the Divine as a creative force defined through co-creation, therefore all souls are responsible to insure their being is one that contributes to highest good. We affirm that we are living in an energetic spiritual universe composed of energy vibrating at different speeds. Our universe is undergirded by laws which we seek to understand through science and art, including physics, mathematics and oral and written expressions such as poetry, drama and storytelling. We affirm that we are spiritual beings having a physical experience and as we come into alignment with the laws of the universe, we harmonize with That That is and can thus heal, prosper, and live in balance and peace. We affirm that our mental states are carried forward into manifestation and become our experience in daily living. We affirm the truth of Spiritual Evolution as outpictured through physical evolution and that this evolution is both universal and individual as evidenced by our evolving consciousness which is both defined and reflected by our beliefs. We affirm the expression of the highest spiritual principle is found in unconditional love, mutual respect for the Universal Human Rights as defined in the UDHR. We affirm that the deepest truth and highest wisdom is expressed through compassionate action which promotes highest good; that through sharing New Thought principles, focusing on health and harmony, we are creating heaven on earth right now. We affirm that the various cultures throughout the world have manifested teachers which have taught principles that can be ascertained to be valid through the consciousness such Ancient Wisdom promotes and the actions that result from such consciousness. We affirm the truth of the teaching "As above, so below," meaning that it is up to us to co-create and cooperate in confirming the manifestation of the "Kingdom of Heaven" here and now through our consciousness and compassionate action. It is understood there are many "Wayshowers. The adherents of each spiritual path are collectively responsible to the rest of humanity and all life to insure that the expression of their path is not abusive or violent nor violates the rights of other beings.

Chapter 3 : Process Theism (Stanford Encyclopedia of Philosophy)

Mindfulness consists of a purposeful attention to and awareness of the present moment, approached with an attitude of openness, acceptance, and nonjudgment (Bishop et al., , Kabat-Zinn, , Kabat-Zinn,).

Visit Website Any federal republic by its very nature invited challenge to central control, a danger that James Madison recognized. He sought at the convention a clause that would prohibit secession from the proposed union once the states had ratified the Constitution. The Constitution as framed and finally accepted by the states divided the exercise of sovereign power between the states and the national government. By virtue of the fact that it was a legal document and in most respects enumerated the powers of the central government, the division was weighted toward the states. Yet much of the charter was drawn up in general terms and was susceptible to interpretation that might vary with time and circumstance. The very thing that Madison feared took on a concrete form during the party battles of the Washington and Adams administrations. And paradoxically, Madison found himself involved with those who seemed to threaten separation. In their reaction to the arbitrary assumption of power in the Alien and Sedition Acts , Thomas Jefferson and Madison argued for state annulment of this legislation. The national judiciary, they felt, was packed with their opponents. Neither resolution claimed original sovereignty for the states, but both argued for a strict reading of enumerated powers. During the War of , a disaffected Federalist majority in New England advanced the compact theory and considered secession from the Union. As modernization began to take hold in the United States, differences between the two major sections grew more pronounced: A wave of reform activity in Europe and the United States made the abolition or at least the restriction of slavery a significant goal in the free states. Since abolition struck at the labor system as well as the social structure of the slave states, threats of secession punctuated the political dialogue from through Calhoun , the leading spokesman of the slave states, charged frequently and eloquently that the South and its way of life were under assault from an industrializing North. Like other proponents of endangered minorities, he looked to the Virginia and Kentucky Resolutions and their assertion of the federal compact for the basis of his defense. He argued that a state or a group of states could nullify a federal law that was felt to be against a particular interest. Although always seeking an accommodation for the South and its slave plantation system within the Union, Calhoun had hoped that nullification was a proper, constitutional alternative to disunion. But he eventually invoked secession with particular vehemence after the territorial acquisitions of the Mexican War and the formation of the Free-Soil party in They declared that the Constitution operated directly through the states on the people, not upon the states as corporate bodies, and their view gained wide acceptance in the free states. Calhoun was instrumental in fostering southern unity on a sectional basis and in formulating the call for a convention of delegates from the slave states to be held at Nashville, Tennessee , in There is little doubt that had he lived, Calhoun would have been a formidable force for secession as the ultimate weapon. His death and the working out of a compromise that strengthened moderate opinion in both sections kept the secessionist element at bay temporarily. But the territorial issue flared up again, this time with renewed fury over the question of whether Kansas should enter the Union as a free or slave state. By now antislavery sentiment had grown significantly in the free states. And opinion leaders in the slave states drew closer together in defense against what they saw as an impending attack on their institutions. The Kansas question created the Republican party, a frankly sectional political organization, and it nominated John C. Although the Democrats, still functioning along national lines, managed to elect James Buchanan president by a slim margin, the slave states threatened secession if the Republicans should win the election in The South was committed to an agrarian way of life. It was a land where profitable and efficient plantations worked by slave labor produced cotton for the world market. It was also a land where a majority of its white population was made up of subsistence farmers who lived isolated lives on the edge of poverty and whose literacy rates were low compared with those in the more densely populated North. The South nevertheless was beginning to industrialize, a factor that added to the

social tensions surfacing during the s between the havesâ€"plantation owners and professional groups in the few urban centersâ€"and the have-notsâ€"an increasingly restive yeoman or small-farmer group. But the issue of black servitude provided cohesion for the white bloc and contributed greatly to a patriarchal system wherein the masses of the whites still looked to a planter-professional elite for political and social guidance. Although the northern masses might also defer to the opinions of the powerful and living conditions among the urban poor were precarious, educational levels were far higher than in the South. The ethic of free capital and free labor was deeply ingrained in the cities and in farm communities as well. It was this ethic that formed the ideological basis for a broad antislavery movement. Southern leaders were concerned over internal stresses in their society and were increasingly aware of the moral and social repugnance the slave system engendered not only in the North but also in Western Europe. Southern leadership, though surely not unified in its response to a political victory of antislavery forces in , began as early as to prepare its section for separation from the Union. Even though the Republican platform of disavowed any move that would interfere with slavery where the custom and the law of a given state upheld it, many of the more extreme opinion makers in the South promoted the idea that a Republican victory meant eventual emancipation and social and political equality for their black population. So inflamed were the voters in South Carolina that before the election of Lincoln, they had chosen a convention that was committed to secession on news of a Republican victory. The situation of other states in the Deep South was more complicated. Elections were held promptly, but the results showed considerable division on secession. All these groups, however, were united in support of the doctrine of secession. With this idea as a basic commitment, the better organized immediate secessionists were able to prevail. The close connection between the right to revolution and separation from the governing power in the spirit of was an early theme in the provisional Confederacy. To be sure, the revolution was posited as a peaceful one. Separation from a Union perceived to be under the control of a tyrannical power that would destroy southern institutions was the objective. Confederate leaders at this early date thought that the North would not fight to preserve the Union. But the provisional government nevertheless began purchasing arms and munitions, and seceded states started to equip and train their militias. State and Confederate government authorities seized federal forts, arsenals, and other national property within their jurisdiction. Concerned about the loyalty of the border states of Virginia, Maryland, Missouri, and Kentucky, the new administration went so far as to offer the slave states an amendment to the Constitution that would guarantee slavery where it legally existed. Lincoln himself in his inaugural address pledged only to hold federal property that was in the possession of the Union on March 4, The provisional Confederacy likewise sought vigorously to stimulate secession sentiment in the border states. Had all the border slave states thrown in their lot with one or the other government, there might not have been a war, or conversely, separation might well have become an accomplished fact. As it was, however, the prompt action of the Lincoln administration after the bombardment and surrender of Fort Sumter secured Maryland and Delaware for the Union. Kentucky proclaimed its neutrality but eventually remained loyal to the Union. Once the war was joined, waves of patriotic sentiment swept over North and South. Vocal political opposition would exist on both sides, but it was never strong enough to overthrow either government. Secession as revolution, an early theme in southern rhetoric, was not emphasized after the formation of the Confederacy. A nation could not have been formed, nor a war fought, if the states were wholly independent of any central authority. Behind it all, of course, was the unity of a minority geographical section defending a distinct set of institutions that were thought to be under attack. The original federal Union that shared the exercise of power with the states strengthened the concept of secession. It also supplied a pretext for southern leaders to seize the initiative and form a separate nation. Eric Foner and John A.

Chapter 4 : Secession - HISTORY

of personality view human behavior as a dynamic interac- tion between the conscious and unconscious mind, including associated motives and conflicts. view person- ality with a focus on the unconscious and the importance of childhood experiences.

More New Thought Resources: We support thousands of New Thought Communities around the globe: This and other open source resources gain increased accuracy through the partiipation of interested parties. In contrast to organization driven models in which participation is mandatory and tithing is contractual, the FindACenter Directory system empowers participants through choices. The first choice is whether to participate in the provision of New Thought News or to leave that provision in the hands of the public relying on the power of social media to provide information and insights into featured communities. After one chooses empowerment through participation, additional choices become available. Once a leader has chosen Empowerment. Choosing Charity is the easy choice. It is the default choice. Choosing Prosperity entails taking action. Prosperity is the wise choice. Charity means subsisting and surviving. Prosperity means developing and thriving. Charity listings are basic listings which include the names, location, and service times of a New Thought Community. Prosperity listings include contact information and more. Often Spiritual Seekers are unfamiliar with New Thought. At this point, New Thought Seekers are not familiar with the various divisions or "transdenominations" within New Thought. At this point Seekers are simply searching for a community and that could be yours! This directory is an open source directory. Participants include thousands of people around the globe who are part of the New Thought movement. Active participation on the part of New Thought Leadership increases accuracy and can enhance their outreach. But participation is not necessary to the process. If a leader is unaware of these powerful resources at their fingertips, the public provides information and insights. Listings that do not have a steward are kept current through the Public Update System P. Millions of people around the world who are part of the New Thought movement happily express themselves through Social Media and Open Source News Systems including this one. Today anyone can steward any listing. This has increased accuracy of the listings and reduced the need for New Thought Leaders to invest time and energy into actively managing their public profiles. However, the wise leader is a responsible one who chooses Prosperity Stewardship and thereby gains greater inflluence over the public profile of the community he or she is leading. Over a 20 year period, we have watched people learn about the internet, became aware of our existence, then step forward taking stewardship over various listings. If you are an interested party and notice a listing pertaining to a community that you care about is available for stewardship, grab it now! This way you can support that community in the manner that you feel provides the most accurate insights. Prosperity Stewardships provides support to the community by changing the status of a community from Charity to Prosperity. This in itself is a powerful message to seekers who prefer centers that walk their talk. Prosperity Stewardship does not require that you do more than sponsor the listing. Whereas we encourage you to update listings that you are sponsoring. We do not require that you do any updates. Stewards csn simply be comforted by the fact that the listing pertaining to a center they care about reflects Prosperity. Higher levels of Prosperity translate to higher levels of visibility. Prosperity Stewardship means you have contact info in the listing. Depending on the level of your committment, you can choose to allow or disallow greater levels of visible information. These listings are powerful tools for the saavy soul. What does "open source" mean? Open source means that this directory is a compilation of public information which is actively maintained through participation and collaboration of a growing team of networked New Thought Seeker and Sharers. What is Public Information? Public information is that information which is within the Public Domain. There is a lot of information in the public domain. Every day news is generated through events and reported throughout the world. Also people are sharing information via social networks and of course every unencrypted email that is sent becomes part of the public record. Reports regarding New Thought

Communities become part of their public information profile and thus constitutes information within the public arena. Updates are sent in by the Public and interested parties. The process is largely automated with updates being sent in by the public with occasional support from the New Thought News team. Different countries have varying standards of Human Rights In New Thought you will often hear people talk about the one mind. The concept, "one mind, one life," is rooted in the understanding of the Unity of all life and how we are all part of a powerful interdependent biological web of life. In this sense, we live in one world. Although we all living on the same earth, the Old Thought of the three worlds is still very much alive today. The actual meaning of the Three Worlds Concept. The three worlds concept has to do with legal systems and how people are treated. It is not about the abundance, or absence of wealth. In the first world, people come first. When a person goes to court in the first world, he or she is on the same footing and level as any other entity. When a person goes to court in the second world, he or she has less power than a corporation. When a person goes to court in the third world, he or she is subject to arbitrary justice based upon laws which support a hierarch that he or she may or may not be part of. We serve New Thought around the globe ensuring that all people can gain access to these potent teachings. Regardless of what part of the world you are in, use of this directory is subject to the Terms of Use and the Terms of Service. Stewardship is the best vehicle by which you can influence information in listings. Individuals can become Stewards of particular New Thought listings. This is how to exert influence over the listings pertaining to particular New Thought Communities. Interested parties of all kinds can become Prosperity Stewards, sponsoring a listing pertaining to a community. When Stewardship is achieved. Generally the status notice to the left of that listing reflects the consciousness of the leadership of a particular community. If it is a "charity" listing then either the leadership is not practicing Conscious Ministry and thus is unaware of the Directory system, or there is no interest in the F. When a person takes Prosperity Stewardship of a listing, then this graphic usually changes to Prosperity. When Updates are received. If a listing is not stewarded, then the server is set to verify two information fields, the name of the center and the address. Thus unstewarded listings may have information which is not accurate. Information within Stewarded listings depends on the steward for management. Stewards are encouraged, but not required to update information. We care about the listings. The primary responsiblity for listing accuracy rests with the steward of that listing, if it has one. Otherwise the listing simply reflects the latest information that was reported. Today the system is largely automated. At times volunteers donate time to support this process, however the responsibility for accuracy devolves upon those interested parties who either submit info via the Public Update System or those Spiritual Leaders, board members and friends of centers who demonstrate caring through Prosperity Stewardship. True Spiritual Leadership means Walking the Talk One way this can be observed is through the notice to the left of the listing. Spiritual Seekers should take heed of these notices. If a center is in Prosperity Status, then one can be assured this community is walking its talk and is thus a good place for New Thought Classes and Spiritual Development. If not, then one should scrutinize the leadership. Are they truly living the teachings or simply asking you for tithes while not supporting the resources which got you to that New Thought Community in the first place? One of the volunteers watched a New Thought Spiritual Leader rig a contest drawing in front of his congregation giving the majority of the prizes to the members he favored. This action did not go unnoticed and eventually led to the departure of that Spiritual Leader from the Spiritual Community. There are signs that help us to discern truth. Whereas some of leaders appear to lack integrity, others are simply subs, meaning they are subject to the downward pressure of those above them in the respective pyramids which comprise their New Thoought "transdenominations" or organizations they are members of. Time spent on updates. These days it is unusual for volunteers to spend time helping update listings. The system is now largely automated being driven by the Public Update Service and the Stewardship System. The time you spend on going through the proces of an Update Orientation Session UOS is time you are tithing to your community. We care about people finding the location of your center and want more people to attend New Thought Communities. For years, volunteers spent loads of time helping Spiritual Leaders, now thank goodness the system is largely automated and much simpler. If you are

blessed to get volunteer support. Volunteers are not obligated to help you.

Chapter 5 : Disability History: The Disability Rights Movement (U.S. National Park Service)

Chart and Diagram Slides for PowerPoint - Beautifully designed chart and diagram s for PowerPoint with visually stunning graphics and animation effects. Our new CrystalGraphics Chart and Diagram Slides for PowerPoint is a collection of over impressively designed data-driven chart and editable diagram s guaranteed to impress any audience.

I get stressed out easily. I get upset easily. I have frequent mood swings. I worry about things. I am much more anxious than most people. Based on a subset of only 20 of the 36 dimensions that Cattell had originally discovered, Ernest Tupes and Raymond Christal claimed to have found just five broad factors which they labeled: In his book Personality and Assessment, Walter Mischel asserted that personality instruments could not predict behavior with a correlation of more than 0. Social psychologists like Mischel argued that attitudes and behavior were not stable, but varied with the situation. Predicting behavior from personality instruments was claimed to be impossible. However, it has subsequently been demonstrated empirically that the magnitude of the predictive correlations with real-life criteria can increase significantly under stressful emotional conditions as opposed to the typical administration of personality measures under neutral emotional conditions , thereby accounting for a significantly greater proportion of the predictive variance. Instead of trying to predict single instances of behavior, which was unreliable, researchers found that they could predict patterns of behavior by aggregating large numbers of observations. Digman, reviewed the available personality instruments of the day. However, the methodology employed in constructing the NEO instrument has been subjected to critical scrutiny see section below. The presence of such differences in pre-cultural individuals such as animals or young infants suggests that they belong to temperament since personality is a socio-cultural concept. For this reason developmental psychologists generally interpret individual differences in children as an expression of temperament rather than personality. Temperament interacts with social-cultural factors, but still cannot be controlled or easily changed by these factors. For example, neuroticism reflects the traditional temperament dimension of emotionality, extraversion the temperament dimension of "energy" or "activity", and openness to experience the temperament dimension of sensation-seeking. Genetically informative research, including twin studies , suggest that heritability and environmental factors both influence all five factors to the same degree. The self-report measures were as follows: The Big Five personality traits have been assessed in some non-human species but methodology is debatable. Neuroticism and openness factors were found in an original zoo sample, but were not replicated in a new zoo sample or in other settings perhaps reflecting the design of the CPQ. Although some researchers have found that Openness in children and adolescents relates to attributes such as creativity, curiosity, imagination, and intellect, [91] many researchers have failed to find distinct individual differences in Openness in childhood and early adolescence. Previous research has found evidence that most adults become more agreeable, conscientious, and less neurotic as they age. Rank-order consistency indicates the relative placement of individuals within a group. Similarly to findings in temperament research, children with high activity tend to have high energy levels and more intense and frequent motor activity compared to their peers. Children with high dominance tend to influence the behavior of others, particularly their peers, to obtain desirable rewards or outcomes. Children with high shyness are generally socially withdrawn, nervous, and inhibited around strangers. Children with high sociability generally prefer to be with others rather than alone. There is also little evidence that adverse life events can have any significant impact on the personality of individuals. The new research shows evidence for a maturation effect. On average, levels of agreeableness and conscientiousness typically increase with time, whereas extraversion, neuroticism, and openness tend to decrease. For example, levels of agreeableness and conscientiousness demonstrate a negative trend during childhood and early adolescence before trending upwards during late adolescence and into adulthood. Each individual has the capacity to move along each dimension as circumstances social or temporal change. He is or she is therefore not simply on one end of each trait dichotomy but is a blend of both, exhibiting some characteristics more often than others: The research

done on personality also mirrors previous results on locus of control. The difference in neuroticism was the most prominent and consistent, with significant differences found in 49 of the 55 nations surveyed. Gender differences in personality traits are largest in prosperous, healthy, and more gender-egalitarian cultures. A plausible explanation for this is that acts by women in individualistic, egalitarian countries are more likely to be attributed to their personality, rather than being attributed to ascribed gender roles within collectivist, traditional countries. That is, men in highly developed world regions were less neurotic, extraverted, conscientious and agreeable compared to men in less developed world regions. Women, on the other hand tended not to differ in personality traits across regions. However, the authors of this study speculated that resource-poor environments that is, countries with low levels of development may inhibit the development of gender differences, whereas resource-rich environments facilitate them. This may be because males require more resources than females in order to reach their full developmental potential. The authors also argued that due to different evolutionary pressures, men may have evolved to be more risk taking and socially dominant, whereas women evolved to be more cautious and nurturing. Ancient hunter-gatherer societies may have been more egalitarian than later agriculturally oriented societies. Hence, the development of gender inequalities may have acted to constrain the development of gender differences in personality that originally evolved in hunter-gatherer societies. As modern societies have become more egalitarian, again, it may be that innate sex differences are no longer constrained and hence manifest more fully than in less-developed cultures. Currently, this hypothesis remains untested, as gender differences in modern societies have not been compared with those in hunter-gatherer societies. Birth order Frank Sulloway argues that firstborns are more conscientious, more socially dominant, less agreeable, and less open to new ideas compared to laterborns. Large-scale studies using random samples and self-report personality tests, however, have found milder effects than Sulloway claimed, or no significant effects of birth order on personality. Big Five personality traits and culture The Big Five have been pursued in a variety of languages and cultures, such as German, [] Chinese, [] Indian, [] [] For example, Thompson has claimed to find the Big Five structure across several cultures using an international English language scale. Personality differences around the world might even have contributed to the emergence of different political systems. Apparently, for instance, Hungarians do not appear to have a single agreeableness factor.

Chapter 6 : Big Five personality traits - Wikipedia

Statistical Analyses. First, by means of multivariate analysis (MANOVA; with group as between-subject factor, education level as covariate, and NEO-FFI factors as dependent variables), the scores of both groups on the NEO-FFI personality factors were compared.

Contact Us Disability History: The Disability Rights Movement "Some people may have thought it was undignified for people in wheelchairs to crawl in that manner, but I felt that it was necessary to show the country what kinds of things people with disabilities have to face on a day-to-day basis. We had to be willing to fight for what we believed in. Bush signing the Americans with Disabilities Act. Photo inscribed to Justin Dart, Jr. This has happened largely because people with disabilities have demanded and created those changes. Like other civil rights movements, the disability rights movement has a long history. Examples of activism can be found among various disability groups dating back to the s. Many events, laws, and people have shaped this development. The ADA is a major civil rights law that prohibits discrimination of people with disabilities in many aspects of public life. The disability rights movement continues to work hard for equal rights. Organizations by and for people with disabilities have existed since the s. However, they exploded in popularity in the s. The League of the Physically Handicapped organized in the s, fighting for employment during the Great Depression. In the s a group of psychiatric patients came together to form We Are Not Alone. By , NARC had tens of thousands of members, most of whom were parents. They were dedicated to finding alternative forms of care and education for their children. Between the years and , President Kennedy organized several planning committees to treat and research disability. Civil rights laws such as Brown v. Board of Education and its decision that school segregation is unconstitutional laid the groundwork for recognizing the rights of people with disabilities. Several sections of the Rehabilitation Act, which specifically address disability discrimination, are especially important to the disability rights movement. Section supports people with disabilities in the federal workplace and in any organization receiving federal tax dollars. Section requires affirmative action, which supports employment and education for members of traditionally disadvantaged minority groups. Section prohibits discrimination against individuals with disabilities in the workplace and in their programs and activities. Section guarantees equal or comparable access to technological information and data for people with disabilities. The regulations for Section of the Rehabilitation Act of were written but not implemented. In , the disability rights community was tired of waiting, and demanded that President Carter sign the regulations. Instead, a task force was appointed to review them. Afraid that the review would weaken the protections of the Act, the American Coalition of Citizens with Disabilities ACCD insisted they be enacted as written by 5 April , or the coalition would take action. When the date arrived and the regulations remained unsigned, people across the country protested by sitting-in at federal offices of Health, Education, and Welfare the agency responsible for the review. In San Francisco, the sit-in at the Federal Building lasted until April 28, when the regulations were finally signed, unchanged. These laws have occurred largely due to the concerted efforts of disability activists protesting for their rights and working with federal government. In all, the United States Congress passed more than 50 pieces of legislation between the s and the passage of the ADA in Self-advocacy groups have also shaped the national conversation around disability. The CIL provides services for people with disabilities in the community. The building is now demolished, but its legacy remains. Students Ed Roberts and John Hessler founded both organizations. Both men lived with physical disabilities and needed to find housing options after their acceptance to the university. Hessler and Roberts instead lived at Cowell Memorial Hospital when they arrived at college in the early s. With the assistance of College of San Mateo counselor Jean Wirth, they demanded access to the school and encouraged other students with physical disabilities to attend UC Berkeley. They also influenced school architecture and planning. UC Berkeley eventually created housing accommodations for these students. It was there that the students planted the seed of the independent living

movement. The independent living movement supports the idea that people with disabilities can make their own decisions about living, working, and interacting with the surrounding community. This movement is a reaction to centuries of assisted living, psychiatric hospitals, and doctors and parents who had made decisions for individuals with disabilities. Although this was not the first program of its kind-- Illinois offered similar services beginning in the s-- the UC Berkeley Program was groundbreaking. They promoted inclusion for all kinds of students on campus. The program inspired universities across the country to create similar organizations. Many of these organizations are still active today. Frank Kameny at Pride, Disability activists also work with other communities to attain their goals. People form communities based on shared values, ideas, and identity. The strength and activism of a community can help change attitudes across society at large. Perceptions of disability and resulting treatment often intersect with other groups advocating for their civil and human rights. Doctors regarded homosexuality as a disease well into the 20th century. They could send men and women to psychiatric hospitals for their sexual preference. It was not until the s that this "diagnosis" changed. Franklin Kameny Residence is part of this important history. Kameny had served as an astronomer and worked with the U. In the s, he refused to reveal his sexual orientation to the government. In response, the US government fired Kameny from his job. His home provided the space for people to safely express and identify themselves. The DSM is the official handbook used by healthcare professionals to diagnose psychiatric issues and disabilities. This decision legally removed the status of homosexuality as a disorder. It also helped shift perceptions of homosexuality. More and more people began to understand it was not wrong or defective. The Kameny Residence continues to help us recognize and embrace the work of the gay civil rights community. Other activists also took to the streets and demonstrated for disability rights. Some of these protests occurred at locations that are today listed on the National Register of Historic Places. In , students at Gallaudet University , the only American university specifically for deaf students, led the "Deaf President Now" protest. Students made several demands, calling for a Deaf president and majority Deaf population on the Board of Trustees. This week-long protest resulted successfully in the appointment of deaf president, Dr. Their protest inspired inclusion and integration across communities. They were anxiously awaiting the passage of the ADA, which had stalled due to issues around transportation. Public transit companies fought against the strict regulations for accessibility, and their lobbying efforts slowed the entire process. In response, a group of individuals with disabilities headed for the Capitol. They tossed aside their wheelchairs, walkers, and crutches and ascended the steps. This event has since become known as the "Capitol Crawl. In so doing, they highlighted the need for accessibility. Iconic images of this event spread across the country. The ADA and other civil rights legislation have transformed opportunities for people with disabilities. However, over 25 years later, there is still much work to be done. Article by Perri Meldon. The series focuses on telling selected stories through historic places. It offers a glimpse into the rich and varied history of Americans with disabilities. Disability Militancy - the s ; Fountain House. The Origin of Fountain House. Disabling Domesticity Palgrave Macmillen.

Chapter 7 : Mindfulness - Wikipedia

My friend flinched at the tired new-age mantra, then reminded himself to keep an open mind. When God talks, you listen. "Whenever you feel anxious about your future or your past, just breathe.

The Six Core Processes of ACT Submitted by Steven Hayes Printer-friendly version The Psychological Flexibility Model The general goal of ACT is to increase psychological flexibility â€" the ability to contact the present moment more fully as a conscious human being, and to change or persist in behavior when doing so serves valued ends. Psychological flexibility is established through six core ACT processes. Each of these areas are conceptualized as a positive psychological skill, not merely a method of avoiding psychopathology. Acceptance Acceptance is taught as an alternative to experiential avoidance. For example, anxiety patients are taught to feel anxiety, as a feeling, fully and without defense; pain patients are given methods that encourage them to let go of a struggle with pain, and so on. Acceptance and defusion in ACT is not an end in itself. Rather acceptance is fostered as a method of increasing values-based action. Cognitive Defusion Cognitive defusion techniques attempt to alter the undesirable functions of thoughts and other private events, rather than trying to alter their form, frequency or situational sensitivity. Said another way, ACT attempts to change the way one interacts with or relates to thoughts by creating contexts in which their unhelpful functions are diminished. There are scores of such techniques that have been developed for a wide variety of clinical presentations. For example, a negative thought could be watched dispassionately, repeated out loud until only its sound remains, or treated as an externally observed event by giving it a shape, size, color, speed, or form. The result of defusion is usually a decrease in believability of, or attachment to, private events rather than an immediate change in their frequency. Being Present ACT promotes ongoing non-judgmental contact with psychological and environmental events as they occur. The goal is to have clients experience the world more directly so that their behavior is more flexible and thus their actions more consistent with the values that they hold. This is accomplished by allowing workability to exert more control over behavior; and by using language more as a tool to note and describe events, not simply to predict and judge them. Self as Context As a result of relational frames such as I versus You, Now versus Then, and Here versus There, human language leads to a sense of self as a locus or perspective, and provides a transcendent, spiritual side to normal verbal humans. This idea was one of the seeds from which both ACT and RFT grew and there is now growing evidence of its importance to language functions such as empathy, theory of mind, sense of self, and the like. Self as context is fostered in ACT by mindfulness exercises, metaphors, and experiential processes. Values Values are chosen qualities of purposive action that can never be obtained as an object but can be instantiated moment by moment. ACT uses a variety of exercises to help a client choose life directions in various domains e. In ACT, acceptance, defusion, being present, and so on are not ends in themselves; rather they clear the path for a more vital, values consistent life. Committed Action Finally, ACT encourages the development of larger and larger patterns of effective action linked to chosen values. In this regard, ACT looks very much like traditional behavior therapy, and almost any behaviorally coherent behavior change method can be fitted into an ACT protocol, including exposure, skills acquisition, shaping methods, goal setting, and the like. Unlike values, which are constantly instantiated but never achieved as an object, concrete goals that are values consistent can be achieved and ACT protocols almost always involve therapy work and homework linked to short, medium, and long-term behavior change goals. Behavior change efforts in turn lead to contact with psychological barriers that are addressed through other ACT processes acceptance, defusion, and so on. Taken as a whole, each of these processes supports the other and all target psychological flexibility: The six processes can be chunked into two groupings. Mindfulness and acceptance processes involve acceptance, defusion, contact with the present moment, and self as context. Commitment and behavior change processes involve contact with the present moment, self as context, values, and committed action. Contact with the present moment and self as context occur in both groupings because all psychological activity of conscious

human beings involves the now as known. A Definition of ACT ACT is an approach to psychological intervention defined in terms of certain theoretical processes, not a specific technology. In theoretical and process terms we can define ACT as a psychological intervention based on modern behavioral psychology, including Relational Frame Theory, that applies mindfulness and acceptance processes, and commitment and behavior change processes, to the creation of psychological flexibility. This page contains attachments restricted to ACBS members. Please join or login with your ACBS account.