



## The Oxford Handbook of Positive Psychology and Disability (Oxford Library of Psychology)

*From Oxford University Press*

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### **The Oxford Handbook of Positive Psychology and Disability (Oxford Library of Psychology)** From Oxford University Press

Roughly 54 million people with disabilities live in the U.S., and there are many more millions of people with disabilities around the world. Not surprisingly, differences among people with disabilities are often as notable as differences between people with and without disabilities. And, while the lack of homogeneity among people with disabilities makes creating a valid taxonomy under this term difficult if not impossible, there is commonality among people with disabilities that justifies an authoritative resource on positive psychology and disability; that is, they have experienced discrimination and marginalization as a function of their disability.

This volume assembles chapters by leading scholars in disability and positive psychology to provide a comprehensive synthesis of the state of the field. Chapters are organized into thematic sections, beginning with an introductory section on overarching themes in positive psychology and disability. The second section highlights the application of positive psychological constructs to disability. These constructs includes quality of life, self-determination, adaptive behavior, optimism, hope, problem solving, forgiveness, gratitude, and spirituality. The following section addresses systemic issues in disability that impact on positive psychology, again turning to disciplines beyond psychology (special education, rehabilitation sciences, and family and disability policy) to address areas in which positive psychology can be applied. A fourth section examines positive psychology in populations with specific disabilities, including physical disabilities, cognitive and developmental disabilities, severe multiple disabilities, emotional and behavioral disabilities, and autism spectrum disorders.

Disability has always been associated with "differentness" and, consequently, people with disabilities have throughout time been treated as such. As the first handbook to consider disability from a strengths-based perspective, this volume provides a catalyst to accelerate the application of positive psychology to how disability is understood.

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## **Editorial Review**

### Review

"Using positive psychology as a basis, this book explores disabilities in terms of strengths and discusses how to provide support to disabled individuals to help them increase their quality of life. This book covers the topic of the integration of positive psychology and disability quite well.

The importance of seeing disability in terms of strengths and not simply limitations cannot be underestimated. This is a refreshing look at how to assist the disabled in reaching their goals."

--Gary B Kaniuk, Psy.D., Doody's Health Sciences Book Review

"The Oxford Handbook of Positive Psychology and Disability, edited by Michael Wehmeyer, provides an in-depth exploration of research on people with intellectual and/or developmental disabilities. [...] This collection of original research benefits from the credibility of authorities in the fields of disability and positive psychology. [...] The Oxford Handbook of Positive Psychology and Disability is a valuable addition to the library of any professional or student interested in increasing overall cultural competence in working with individuals with disabilities. It challenges professionals to embrace their responsibility to advocate for and with people with disabilities in recognition that basic provision of rights is meaningless if individuals cannot access the freedoms and opportunities that these rights are intended to afford."

--Kara Ayers and Stephanie Weber, PsycCRITIQUES

### About the Author

**Michael L. Wehmeyer, Ph.D.**, is Professor in the Department of Special Education, University of Kansas; Director of the Kansas University Center on Developmental Disabilities; and Senior Scientist at the Beach Center on Disability, University of Kansas. His research and intervention efforts focus on promoting the self-determination of children, youth, and adults with and without disabilities.

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