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Karrie A. Shogren · Michael L. Wehmeyer  
Nirbhay N. Singh  
Editors

# Handbook of Positive Psychology in Intellectual and Developmental Disabilities

Translating Research into Practice

 Springer

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*For all those who seek the strengths in others*

Karrie A. Shogren

*For Shane*

Michael L. Wehmeyer

*For my brother Bramah for his amazing contributions to  
cardiology*

Nirbhay N. Singh

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## Preface

This handbook examines the growing movement toward applying principals of positive psychology to research and practice across the field of intellectual and developmental disabilities. The handbook explores how this movement is being spurred by several factors, from changing perceptions of disability that emphasize strengths and supports to promote involvement in typical environments to the growth in applications in positive psychology in general. Contributions to this unique volume focus on the applications of positive psychology across such fields as mental health, education, and medicine that provide services and supports to people with intellectual and developmental disabilities and their families. The handbook describes how the emphasis is shifting to one of positive psychology, focusing on harnessing each person's strengths and abilities to enhance each individual's quality of life. It explores ways in which practitioners can focus on what a person is capable of achieving, thereby leading to more effective approaches to supports.

The handbook begins with an introductory section, with chapters providing overviews of positive psychology, strength-based approaches in the intellectual disability field, the supports paradigm and emerging strength-based approaches to assessment. These chapters set the stage for the second section of the book which focuses on applications of positive psychology in the intellectual and developmental disability field. Chapters highlight existing and emerging research and practices directions in positive psychology and intellectual and developmental disabilities, including self-determination, mindfulness, positive behavior supports, supports planning, quality of life, social well-being, decision-making, physical well-being, character strengths, adaptive behavior, problem-solving, goal setting, supported decision-making, assistive technology, motivation, community living, career design, supported and customized employment, retirement and again.

Lawrence, KS, USA  
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# Contents

## Part I Introduction

- 1 Introduction to Positive Psychology** . . . . . 3  
Karrie A. Shogren, Michael L. Wehmeyer  
and Nirbhay N. Singh
- 2 Strengths-Based Approaches to Intellectual  
and Developmental Disabilities** . . . . . 13  
Michael L. Wehmeyer, Karrie A. Shogren, Nirbhay N. Singh  
and Hatice Uyanik
- 3 The Supports Paradigm and Intellectual  
and Developmental Disabilities** . . . . . 23  
James R. Thompson, Michael L. Wehmeyer, Karrie A. Shogren  
and Hyojeong Seo
- 4 Assessment in the Application of Positive Psychology  
to Intellectual and Developmental Disabilities** . . . . . 37  
Karrie A. Shogren, James R. Thompson,  
Michael L. Wehmeyer, Hyojeong Seo and Mayumi Hagiwara

## Part II Applications of Positive Psychology in Intellectual and Developmental Disabilities

- 5 Self-determination** . . . . . 49  
Karrie A. Shogren, Michael L. Wehmeyer  
and Kathryn M. Burke
- 6 Mindfulness: An Application of Positive Psychology  
in Intellectual and Developmental Disabilities** . . . . . 65  
Nirbhay N. Singh, Giulio E. Lancioni, Yoon-Suk Hwang,  
Jeffrey Chan, Karrie A. Shogren and Michael L. Wehmeyer
- 7 Building Positive, Healthy, Inclusive Communities  
with Positive Behavior Support** . . . . . 81  
Matt J. Enyart, Jennifer A. Kurth and Daniel P. Davidson
- 8 The Mindfulness-Based Individualized Support Plan** . . . . . 97  
Monica M. Jackman, Carrie L. McPherson,  
Ramasamy Manikam and Nirbhay N. Singh

<b>9</b>	<b>Translating the Quality of Life Concept into Practice</b> . . . . .	115
	Robert L. Schalock, Miguel A. Verdugo and Laura E. Gomez	
<b>10</b>	<b>Focus on Friendship: Relationships, Inclusion, and Social Well-Being</b> . . . . .	127
	Laura T. Eisenman, Brian Freedman and Marisa Kofke	
<b>11</b>	<b>The Role of Positive Psychology in Interpersonal Decision Making</b> . . . . .	145
	Ishita Khemka and Linda Hickson	
<b>12</b>	<b>Exercise, Leisure, and Physical Well-Being</b> . . . . .	173
	James K. Luiselli	
<b>13</b>	<b>Character Strengths</b> . . . . .	189
	Karrie A. Shogren, Ryan M. Niemiec, Dan Tomasulo and Sheida Khamsi	
<b>14</b>	<b>Adaptive Behavior</b> . . . . .	201
	Marc J. Tassé	
<b>15</b>	<b>Problem Solving and Self-advocacy</b> . . . . .	217
	Michael L. Wehmeyer and Karrie A. Shogren	
<b>16</b>	<b>Goal Setting and Attainment and Self-regulation</b> . . . . .	231
	Michael L. Wehmeyer and Karrie A. Shogren	
<b>17</b>	<b>Supported Decision-Making as an Alternative to Guardianship</b> . . . . .	247
	Jonathan G. Martinis, Tina M. Campanella, Peter Blanck, Michael L. Wehmeyer and Karrie A. Shogren	
<b>18</b>	<b>Assistive Technology</b> . . . . .	261
	Giulio E. Lancioni, Nirbhay N. Singh, Mark F. O'Reilly, Jeff Sigafoos, Francesca Campodonico and Gloria Alberti	
<b>19</b>	<b>Intrinsic Motivation</b> . . . . .	285
	Karrie A. Shogren, Jessica Toste, Stephanie Mahal and Michael L. Wehmeyer	
<b>20</b>	<b>Teaching Community Living Skills to People with Intellectual and Developmental Disabilities</b> . . . . .	297
	Raymond G. Miltenberger, Heather Zerger, Marissa Novotny and Rocky Haynes	
<b>21</b>	<b>Career Development and Career Design</b> . . . . .	311
	Laura Nota, Lea Ferrari, Teresa Maria Sgaramella and Salvatore Soresi	
<b>22</b>	<b>Supported and Customized Employment</b> . . . . .	329
	Wendy Parent-Johnson and Laura Owens	



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<b>23 Retirement</b> .....	339
Roger J. Stancliffe, Michelle Brotherton, Kate O’Loughlin and Nathan Wilson	
<b>24 Aging</b> .....	357
Lieke van Heumen and Tamar Heller	
<b>Index</b> .....	373

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