

Table of Contents

Part One: Stress and Anxiety – Strategies and Treatments

- 1. Exercise beats anxiety: So why not do it? A lack of time you say!**
Kathleen A. Moore & Stéphane L. Bouchoucha7
- 2. Freeze and faint: Polyvagal theory's implications for the usage of exposure in PTSD treatment**
Hadas Mor-Ofek17
- 3. Faith in therapy: Utilising the client’s Christian or Jewish faith as a strength in cognitive behavioural therapy**
Christina Comely & Maureen Miner29

Part Two: Stress and Anxiety – Maximising Children’s Opportunities

- 4. Coping strategies of primary school students - An intercultural comparison between Germany and Turkey**
Stefanie Morgenroth & Petra Buchwald39
- 5. Maltreated preschool children in out of home care: Implications for attachment-related representations, social information processing, self-esteem, and social behavior**
Ifat Weisberger & Yair Ziv51
- 6. Achievement emotions, self-regulation and ego-resilience: Implications for early childhood teacher education**
Emine Ertkin, Ozana Ural, & Fahretdin Hasan Adagideli61
- 7. Selective attention under stress: Evidence from the stroop effect**
Tamar Gur & Daniel Algom71

Part Three: Stress and Anxiety – Trauma and Adaptation

- 8. A person-centred approach to the effect of depression on posttraumatic stress and growth: A six-year study of survivors of myocardial infarction**
Aleksandra Kroemeke81
- 9. Holocaust moral attitudes among Israeli high school students**
Shay Efrat & Adriana Baban93
- 10. Mothers of detainees in Palestine: Secondary and primary trauma**
Rachel Tamar Lavi, Hikmat Alameh Stroumsa, & Emmanuel Ben Porat101