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## BOOK OF ABSTRACTS



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## COGNITIONS, RESILIENCE AND COPING IN ADULTS

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**ABSTRACT:** The present study chiefly investigates the relationship between cognitions, cognitive schemas and resilience in Romanian adults. The main arguments support the idea that cognitive schemas play a major role in both anxiety and resilience: individuals with fewer maladaptive cognitions or cognitive schemas tend to show greater resilience. Furthermore, individuals with higher resilience exhibit lower levels of anxious cognitions (and anxiety), while those with more anxious cognitions report stronger physical, psychosomatic symptoms associated with anxiety. The study also reveals several additional findings, including the observation that participants who are psychology students display lower levels of anxiety compared to those who are not psychology students. The sample of 99 participants includes adult men and women aged between 20 and 50, who responded anonymously to questionnaires and psychological scales administered online.

**Keywords:** cognitions, cognitive schemas, resilience, coping, anxiety, psychosomatics.

## **BODY DYSMORPHIA IN WOMEN WITH TOTAL HYSTERECTOMY**

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**ABSTRACT:** For women the female genital organs are very important in determining female sexual identity. It is known that the uterus is the symbol of femininity, fertility, sexuality and also motherhood for those who decide to give birth. Hysterectomy surgery is commonly performed in gynecology for women with uterine pathology and involves removing the uterus along with the ovaries, fallopian tubes, cervix, and other nearby tissues and it can cause physical, anatomical and biologic effects such as disruption of body integrity and loss of femininity and fertility. Most women which decide to give birth perceive the uterus as a home to carry babies and believe that it is the main symbol of their fertility. That is the reason why many women believe that their social, couple and sexual life will come to an end following hysterectomy and view the surgery as the loss of their youth, femininity and health.

**Keywords:** body, sexual, hysterectomy, femininity, fertility

## **BODY IMAGE: A REVIEW OF THE IMPACT OF SOCIAL PLATFORMS ON IDEAL BEAUTY STANDARDS**

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**ABSTRACT:** Social platforms establish what the quality standards are regarding relaxation activities, travel destinations, as well as beauty standards. Thus, the ideal beauty standards of this era are associated with thin, carefully crafted body images in the gym, supported by messages posted on social platforms that promote a lifestyle based on eating behaviors favorable to them (Chang FC, 2013, Alberga A.S., 2018). The images that present thin and toned bodies become landmarks for the younger generations, adolescents and young people internalize the image of apparently perfect bodies, which subsequently leads to the deformation of the image of their own body.

**Keywords:** body image, ideal beauty standards, social platforms, social comparison.

## **TWO PARADOXICAL TYPES OF COMPLICATED GRIEF AND A SHORT INTERVENTION PROTOCOL: THE UNLIVED LIFE HERITAGE AND THE UNSPOKEN PROMISE**

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**ABSTRACT:** The purpose of this paper is to define and discuss two paradoxical types of complicated grief, which can help in counseling persons with difficult bereavement processes, and to describe a short intervention protocol with modifications operated upon the classical timeline counseling work applied in the field of trauma as described by dr. Franz Ruppert. The <impossible promise> type of grief is often found in people who unconsciously make a promise about the a toxic relationship's future – usually to their own children – because they could not fulfill it in the present. The mourning of the unlived life is caused by people who do not seem to live their lives to the full extent of their possibilities, so, when they die, the mourning of those close to them is more for their unlived life than for their actual demise. The beginning of the protocol proposed here consists of merely 2 questions, out of which the first one is mainly meant to introduce the second one: Where is your beloved now?, and Where else are they?

**Keywords:** bereavement counseling, complicated grief, unspoken promise, impossible promise, unlived life