

***Coping & Stress Profile®
Facilitator's Manual***

***Coping & Stress Profile
Facilitator's Kit
Volume I***



This product is sold with the understanding that the publisher is not engaged in rendering legal or other professional service. If legal advice or other expert advice is advisable, the services of a competent professional should be sought at your own expense.

Product Code: B-261

ISBN 1-56774-032-4

©1995 by Inscape Publishing, Inc. All rights reserved. Copyright secured in the U.S. and foreign countries. Printed in the United States of America, May 2002. Version 3.4

This publication may not be reproduced or used in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage retrieval system, or any other means, without permission in writing from the publisher: Inscape Publishing, Inc., 6465 Wayzata Blvd., Suite 800, Minneapolis, Minnesota 55426-1725.

“Coping & Stress Profile” is a registered trademark of Life Innovations, Inc.



COPING & STRESS PROFILE[®] **FACILITATOR'S KIT**

Table of Contents

VOLUME I - FACILITATOR'S MANUAL

Section One: Introduction

Overview of <i>Coping & Stress Profile</i> [®]	1
Background	1
<i>Coping & Stress Profile</i> Introduction	3
Completing the <i>Coping & Stress Profile</i>	7
<i>Coping & Stress Profile</i> Results	8
Uses and Settings for the <i>Coping & Stress Profile</i>	9
The Business Sense of Stress Management	10
Qualifications of Seminar Facilitators	13
Advantages of Using the <i>Coping & Stress Profile</i>	15
Glossary	17

Section Two: Theoretical and Research Evaluation

The MASH Model	21
Integration of Earlier Theories	22
<i>Coping & Stress Profile</i> Scales.....	23
Stress	25
Coping Resources	26
Skill Dimensions.....	27
Problem-solving.....	28
Communication.....	29
Relationship Dimensions	30
Closeness and Flexibility	30
Satisfaction.....	33
Personal Coping Resources.....	35
Research Study Validation.....	35
Validity Outcomes	36
National Norm Base.....	37
Research References	38



Table of Contents

(Continued)

Section Three: Administering and Interpreting the <i>Coping & Stress Profile</i>[®]	
Introduction.....	41
Establish a Safe Environment.....	41
Selecting the Best Setting.....	42
Assure Minimum Requirements.....	43
Establish Purpose and Process.....	43
Give Clear Directions.....	44
Materials Needed.....	45
Facilitator Competency Checklist.....	46
Competency Checklist Answer Key.....	52
Summary of Administration Process.....	55
Introduction to the Interpretation Process.....	59
Summary of Interpretation Process.....	59
Personalizing the <i>Coping & Stress Profile</i> Information.....	68
Section Four: Common Questions about the <i>Coping & Stress Profile</i>	71
Section Five: Bibliography	77