

LECTURE

“Stress and coping in couples: contexts, strategies and narratives”

Thursday, March 12, 2020
19.00

Université du Luxembourg, Campus Belval,
Maison du Savoir, Auditorium 3.520

ABSTRACT

In the last decade, theories of stress and coping discovered close relationships. Dyadic coping, the process by which couples cope with stressful events, has become one of the signature themes in research and applications. We will discuss general findings of the field: results that confirm how positive and negative dyadic coping strategies contribute to the well-being and relationship thriving of couples. We also present our contextual approach. Dyadic coping is embedded in personal project pursuits of the couples who are actively involved in stressful situations while they also try to cope with them. Couples also use the space of their family home in their joint coping with daily challenges: interviews on emotional processes in the home may reveal otherwise hidden environmental aspects of dyadic coping. We will discuss how dyadic aspects of stress and coping may be used in research and counseling.



SPEAKERS

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