



Understanding Human Development: A multidimensional approach

Louise Harms

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Understanding Human Development introduces students to the core theories of human behaviour drawing on developmental research, as well as literature from more adversity-focused areas such as trauma, grief and stress. Rather than working within one particular theoretical framework, the book advocates a multidimensional approach to understanding the complexities of human behaviour and development across the lifespan. The multidimensional approach encompasses themes about an individual's inner and outer worlds, time, human experience, adaptation and coping, and human services responses.

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