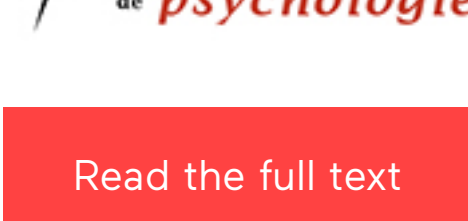


ARTICLES THÉMATIQUES

REGARDS CROISÉS SUR LA SANTÉ, LE RÉTABLISSMENT ET LE BIEN-ÊTRE : PSYCHOLOGIE POSITIVE, PSYCHOPATHOLOGIE CLINIQUE ET PSYCHOLOGIE DE LA SANTÉ



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VIEWPOINTS ON HEALTH, RECOVERY AND WELL-BEING: POSITIVE PSYCHOLOGY, CLINICAL PSYCHOPATHOLOGY AND HEALTH PSYCHOLOGY

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Résumé

Cet article vise à donner un aperçu de ce que la psychologie positive peut apporter à la psychopathologie et à la psychologie de la santé, en vue de mettre en lumière quelques-unes de leurs complémentarités. Nous montrons dans un premier temps comment la psychologie positive a contribué à revisiter les questions de santé et de rétablissement, en soulignant l'importance de promouvoir une santé positive et un rétablissement complet. Nous illustrerons notre propos en reliant quelques résultats d'études portant sur la dépression et la douleur chronique. Puis nous souleverons les bienfaits de dispositifs cliniques permettant de cultiver des émotions positives et un sentiment de bien-être, en essayant de cerner les processus de changement qu'ils mobilisent.

Mots-clés : psychologie positive, santé positive, bien-être, rétablissement, dépression, douleur

Abstract

This article aims at giving an overview of what positive psychology can provide to psychopathology and health psychology in order to highlight their complementarities. First, we will show how positive psychology has contributed to reexamine the issues of health and recovery, stressing the importance of promoting positive health and a complete recovery. We illustrate our topic by describing some results from studies on depression and chronic pain. Then we will emphasize the benefits of clinical strategies that cultivate positive emotions and a sense of well-being, by trying to identify the change processes they mobilize.

Keywords: positive psychology, positive health, well-being, recovery, depression, pain

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