



Self-Esteem and Adjusting With Blindness: The Process of Responding to Life's Demands

Dean W. Tuttle, Naomi R. Tuttle

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This new and expanded Third Edition analyzes blindness within the context of two overlapping theoretical constructs: the development of self-esteem and the process of adjusting to social and/or physical trauma. The book is divided into four sections. The first section provides an overview of blindness and the essential background for subsequent discussions. Section II explores the general theoretical model for the development of self-esteem common to all persons and analyzes the impact that blindness imposes upon this model. Section III explores the process of coping with social and physical traumas or crises. Section IV is addressed primarily to members of the blind person's support team and provides suggestions for creating a climate for optimum development. Factors that may influence the adjustment process, descriptions of external and internal sources of self-esteem, activities for stimulating affective growth, and guidelines for professionals who work with the blind are included. Personal impacts and psychosocial implications of blindness are discussed in-depth and illustrated with biographical and autobiographical statements by more than 50 blind men and women. This book will serve as an excellent review and refresher for experienced practitioners and administrators working in the field of blindness. Professionals in education, social work, vocational counseling, rehabilitation, recreation therapy, ophthalmology, and optometry will find this comprehensive resource to be an invaluable addition to their libraries.

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