

Free download Advances in relational competence theory with special attention to alexithymia psychology of emotions motivations and actions (Download Only)

Emotional Processing Deficits and Happiness Emotionally Dumb Alexithymia Alexithymia, A World Without Emotions Current Developments in Alexithymia Alexithymia: State of the Art and Controversies. Clinical and Neuroscientific Evidence The (non)expression of Emotions in Health and Disease Disorders of Affect Regulation Alexithymia CURRENT DEVELOPMENTS IN ALEXITHYMIA - A COGNITIVE AND AFFECTIVE DEFICIT. Integration and Self Healing Psychological Distress The Oxford Handbook of Personality Disorders Somatoform and Other Psychosomatic Disorders Advances in Relational Competence Theory The Gift of Intensity Emotional Expression and Health Emotion Regulation Theory and Treatment of Alexithymia The Psychology of Emotion Emotions in Psychopathology A Guide to Functional Analytic Psychotherapy Dealing with Emotions and Health Men's Health and Illness "No Words for Feelings, yet!". Exploring Alexithymia, Disorder of Affect Regulation and "Mind-Body" Connection Disorders of Emotion in Neurologic Disease Emotions of Animals and Humans This Is How I Feel Fact and Value in Emotion Relational Frame Theory Making a Difference Measures of Personality and Social Psychological Constructs The Cognitive Neuropsychiatry of Emotion and Emotional Disorders Emotion Regulation A New Psychology of Men Short-term Psychotherapy and Emotional Crisis The Relationship Between Alexithymic Traits in Primary Caregivers and a Diagnosis of Attention-deficit/hyperactivity Disorder Psychological Mindedness Cognitive Behavioral Therapies for Trauma Negative Life Experiences, Alexithymia and Physical Symptoms

Emotional Processing Deficits and Happiness

2013-07-26

this brief reviews the literature on alexithymia with a particular focus on the relation between positive well being and alexithymia it starts by exploring the definition history and etiology of the construct the brief then discusses the importance of research and presents new research which sheds light on why alexithymia is characterized by poor well being the research strongly suggests that people who score high in alexithymia are low in aspects of positive well being such as happiness life satisfaction and positive affect and high in aspects of negative well being such as depression and negative affect next the book examines the correlates of alexithymia and the latter's relation with personality and subjective well being although there has been an increased interest in human flourishing and even though research in positive psychology has included personality there has been little application of positive psychology to people with deficits in emotional processing including people with alexithymia this brief fills that gap

Emotionally Dumb

2009

alexithymia is an inability to identify and describe both one's own and other people's emotions although individuals with alexithymia display the typical physical responses associated with emotions such as tears butterflies in the stomach or an increased heart rate they are unable to recognize these responses in terms of the emotions they might be signifying emotionally dumb describes the nature of alexithymia and includes therapeutic and self help suggestions for overcoming some of the difficulties that alexithymia presents the author discusses the possible causes and associated conditions including asperger syndrome and posttraumatic stress disorder the book provides details of the diagnostic tests available and includes an informal questionnaire developed by the author for people who believe they may have alexithymia written in accessible language this book is ideal both for professionals and for anyone with an interest in the subject

Alexithymia

2018-09-27

in response to clinical need this important new book covers in depth the research theory and clinical issues surrounding alexithymia

Alexithymia, A World Without Emotions

2018-11-01

2023-01-15

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learn how to overcome the problem of not understanding your own emotions and those of others how do you say i love and not die trying surely you know someone or maybe this happens to you that sometimes you have difficulty expressing your emotions especially when it comes to declaring your love to someone by saying i love you but there s also people who don t actually know what they feel for other people and what s most troubling they re unable to understand the feelings that others have towards them this is what s called alexithymia and it s more widely spread than we think it s estimated to affect one in every ten people worldwide discover all the keys in this book what is it who does it affect can it be treated can alexithymia be prevented boys don t cry has been a tagline for little ones for a long time causing them not to know how to express their emotions in a healthy manner which has led to a society with emotional illiteracy words of daniel goleman the father of emotional intelligence discover how the government of canary islands corrects these errors educating the little ones to understand and appropriately express their own emotions while learning to understand and accept the emotions of others did you know that having high levels of alexithymia is associated with problems related to the psychology field if you thought that suffering alexithymia didn t have bigger consequences than losing someone you love romantically for not declaring your love them you have to know that not knowing how to express your emotions whether they re positive or negative is associated with addictions eating disorders or psychopathic personality disorders learn what this relationship is and how you can try to overcome it

Current Developments in Alexithymia

2018

the non expression of emotions in health disease contains the texts of contributions to the international conference on the non expression of emotions in health and disease held at tilburg university on august 28 30 1996 emotions are important for people in daily life their relevance is linked to their communicational aspects and their function to motivate fuel and guide our efforts to cope with the world around us but emotions can also seriously interfere with people s ability to function adequately and can thus impede adaptation in addition both quasi experimental and correlational studies have yielded support for the hypothesis that the nonexpression of emotions may be an important factor for health status however it is not entirely clear how the different constructs and findings obtained with different methodologies relate to one another also little is known about possible aetiological factors associated with nonexpression why are some individuals more expressive than others what are the basic functions of emotional expressiveness and why and how could nonexpressiveness be associated with poor health status topics like alexi thymia emotions and disease and the clinical aspects are addressed in this publication finally there are contributions focusing on adult crying the book is intended for both researchers and clinicians in the behavioral sciences and in medicine

Alexithymia: State of the Art and Controversies. Clinical

and Neuroscientific Evidence

2019-10-16

a stimulating and practical reference offering new perspectives on the role of emotions in mental and physical health

The (non)expression of Emotions in Health and Disease

1997

first published in 1993 routledge is an imprint of taylor francis an informa company

Disorders of Affect Regulation

1999-10-07

this monograph comprises nine chapters each providing a different point of view concerning the problem of psychological distress chapter one describes alexithymia a personality trait characterized by a person s inability to identify and describe emotions experienced by themselves or others and how this trait connects with psychological defense mechanisms chapter 2 also examines alexithymia this time in the context of how artistic creativity can connect to psychological well being or insanity chapter 3 examines some of the biological developmental and situational factors that appear to influence the formation and maintenance of one s attachment style which affects his or her capacity to form and maintain nurturing interpersonal relationships chapter 4 reports on the challenges that health professionals encounter when treating mental health problems associated with the stress of being diagnosed with cancer and undergoing treatment chapter 5 studies the connection between a mindfulness based program for elite soccer athletes and these athletes self compassion self criticism flow and perceived performance chapter 6 studies the link between mental health literacy fears of compassion psychological flexibility and psychopathological symptoms in adolescent students chapter 7 explores the impact of school violence against teachers on teachers health well being and job attitudes and how emotional intelligence can mediate some of the negative impacts of school violence chapter 8 highlights the role of different strategies such as social support self efficacy and cognitive coping in reducing psychological distress in pakistani infertile women finally chapter 9 collates available evidence and recommendations for supporting the mental health of healthcare workers specifically in the context of additional workplace stress connected to the covid 19 pandemic

Alexithymia

2001

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this text provides a summary of what is currently known about the diagnosis assessment construct validity etiology pathology and treatment of personality disorders it also provides extensive coverage of the many controversial changes for the dsm 5 including chapters by proponents and opponents to these changes

CURRENT DEVELOPMENTS IN ALEXITHYMIA - A COGNITIVE AND AFFECTIVE DEFICIT.

2018

this intriguing volume presents the most contemporary views on the conceptualization and treatment of somatoform disorders and related conditions from experts in psychodynamic and cognitive behavioral approaches it does so with respect to both perspectives without advocating for either approach by presenting expert views from diverse perspectives the book raises what is a central point in most of the chapters that emotion its processing and regulation is a cornerstone of these disorders the volume also highlights the role of pathogenic coping or defense mechanisms like dysfunctional avoidance from a cbt perspective and conversion from the psychodynamic perspective in the maintenance of psychosomatic symptoms the volume s contents include detailed literature reviews on the most common and most treatment resistant mind body conditions including chronic pain responses to trauma alexithymia and the spectrum of health anxiety disorders noted experts distinguish between types of medically unexplained symptoms discuss their complex processes and provide models for intervention where cognitive behavioral or psychodynamic approaches may be appropriate or effective and a fascinating case study of a patient presenting multiple trauma related disorders explores therapist resourcefulness over a course of shifting symptoms and frustrating setbacks among the topics covered maintaining mechanisms of health anxiety current state of knowledge negative affect and medically unexplained symptoms alexithymia as a core trait in psychosomatic and other psychological disorders trauma and its consequences for body and mind embodied memories a new pathway to the unconscious psychotherapy among hiv patients a look at a psychoimmunological research study after 20 years health anxiety a cognitive behavioral framework the wealth of options discussed in somatoform and psychosomatic disorders offers health psychologists psychiatrists psychotherapists counselors and psychoanalysts bold new ideas for case formulation treatment planning and intervention with some of their most intractable cases

Integration and Self Healing

2015-12-22

this book updates and expands on relational competence theory developed originally by dr luciano l abate since 1976 over the years this theory has received various updates and expansions especially after being produced according to a hierarchical flowchart as common in most complex human organisations the present book concentrates particularly on a condition

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called alexithymia similar but not the same as the asperger syndrome the inability to experience feelings and to express them as emotions most chapters in this book expand on the first model of rct about how feelings are experienced and expressed using an expanded revision of the relational answers questionnaire self presentation was evaluated with a new scale and selfhood was expanded with a widely revised and expanded self other profile chart

Psychological Distress

2021

this is a book about being successful fulfilled and happy in a world in which you don t always feel you fit in many people are emotionally sensitive and intense and while these characteristics need not limit us they often hold us back from expressing ourselves being heard and taking charge of our life love and work this book is a complete guide which shows sensitive and intense people how to navigate successfully and predictably the fundamental relationships that make up their lives demonstrating along the way that intense feelings are a gift not a curse grounded in the author s extensive clinical and personal experience the book advises readers on challenges such as low self esteem family conflicts loneliness complex work challenges and times of emotional crisis readers are given actionable steps to change their lives

The Oxford Handbook of Personality Disorders

2012-09-13

emotional expression and health covers the major themes that are important for gaining insight into the role emotional expression and inhibition may play in staying healthy or falling ill

Somatoform and Other Psychosomatic Disorders

2018-07-23

an increasing number of studies have been conducted on the role of expression and regulation of emotion in health emotion regulation addresses the question of these studies from diverse angles while encompassing conceptual developmental and clinical issues central concepts discussed in this volume that are related to health include coping styles and aggression alexithymia emotional intelligence emotional expression and depression emotional expression and anxiety disorders in addition to the emotional competence in children the book is unique in describing up to date theories and empirical research in the area of emotional expression and health

Advances in Relational Competence Theory

2012

the multi disciplinary approach taken should appeal to those investigating emotion in the fields of philosophy and the social sciences as well as to psychology students and lecturers those studying or teaching emotion should find this book a valuable resource

The Gift of Intensity

2021-06-24

bringing together current perspectives of eminent figures in the field this volume examines the relationship between emotions and psychopathology in the context of major psychological disorders

Emotional Expression and Health

2004-03

for more than two decades functional analytic psychotherapy has brought new meaning and new meaningfulness to client therapist relationships and clients with disorders as varied as depression ptsd and fibromyalgia have benefited from its nuanced curative power in a guide to functional analytic psychotherapy originators robert kohlenberg and mavis tsai join with other fap practitioners to present a clinical framework addressing points of convergence and divergence with other behavior therapies tracing fap s emerging evidence base it takes readers through the deep complexities and possibilities of the therapeutic bond and the attention to mindfulness and the self makes maximum clinical use of the uniqueness of every client and every therapist

Emotion Regulation

2007-10-23

gift to king s university college library from the london grief resource centre 2006

Theory and Treatment of Alexithymia

2002

this ebook is a collection of articles from a frontiers research topic frontiers research topics are very popular trademarks of the frontiers journals series they are collections of at least ten articles all centered on a particular subject with their unique mix of varied contributions

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The Psychology of Emotion

2003-11-21

disorders of emotion in neurologic disease volume 183 in the handbook of clinical neurology series informs clinicians on which neurologic diseases are likely to have a secondary effect on emotion what to look for in diagnosis and best practices for treatment the book begins with an understanding of the neurological basis for emotions in order to better understand what goes awry in neurological disease it then discusses specific neurologic diseases and disorders affecting emotion reviews the neurology of emotions specifies neurologic diseases that affect emotional expression informs clinicians on how to diagnose along with best practices for treatment includes coverage of stroke dementia epilepsy huntington s parkinson s tbi and more

Emotions in Psychopathology

1998

this book takes a multidisciplinary approach to emotion with contributions from biologists psychologists neuroscientists robot engineers and artists a wide range of emotional phenomena is discussed including the notion that humans sophisticated sensibility as evidenced by our aesthetic appreciation of the arts is based at least in part on a basic emotional sensibility that is found in young children and perhaps even some non human animal species as a result this book comprises a unique comparative perspective on the study of emotion a number of chapters consider emotions in a variety of animal groups including fish birds and mammals other chapters expand the scope of the book to humans and robots specific topics covered in these chapters run the gamut from lower level emotional activity such as emotional expression to higher level emotional activity such as altruism love and aesthetics taken as a whole the book presents manifold perspectives on emotion and provides a solid foundation for future multidisciplinary research on the nature of emotions

A Guide to Functional Analytic Psychotherapy

2008-10-25

autobiographical view into alexithymia the inability to verbalize one s emotions the story is of a young woman s struggle with suicidality following a traumatic event as she describes what it is like to not be able to tell how she feels through therapeutic relationships and the linking of past memories from her life to specific emotions the narrator gives the reader a journey through

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fear anger surprise disgust contempt sadness and joy the book is not only a rare insight into alexithymia but is a powerful experience that celebrates the beautiful gift of emotions

Dealing with Emotions and Health

1993

there is a large amount of scientific work on emotion in psychology neuroscience biology physiology and psychiatry which assumes that it is possible to study emotions and other affective states objectively emotion science of this sort is concerned primarily with facts and not values with description not prescription the assumption behind this vision of emotion science is that it is possible to distinguish factual from evaluative aspects of affectivity and emotion and study one without the other but what really is the basis for distinguishing fact and value in emotion and affectivity and can the distinction withstand careful scientific and philosophical scrutiny the essays in this collection all suggest that the problems behind this vision of emotion science may be more complex than is commonly supposed

Men's Health and Illness

1995-08-30

this volume goes beyond theory and gives the empirical and conceptual tools to conduct an experimental analysis of virtually every substantive topic in human language and cognition both basic and applied it challenges behavioral psychology to abandon many of the specific theoretical formulations of its most prominent historical leader in the domain of complex human behavior especially in human language and cognition and approach the field from a new direction it will be of interest to behavior theorists cognitive psychologists therapists and educators

"No Words for Feelings, yet!". Exploring Alexithymia, Disorder of Affect Regulation and "Mind-Body" Connection

2020-10-08

drawing on postmodernist scepticism about what we know and how we know it and on recent developments in the philosophy of science and feminist theory this book offers a new perspective on the meaning of gender one that is not determined by the traditional focus on male female differences

Disorders of Emotion in Neurologic Disease

2021-08-11

measures of personality and social psychological constructs assists researchers and practitioners by identifying and reviewing the best scales measures for a variety of constructs each chapter discusses test validity reliability and utility authors have focused on the most often used and cited scales measures with a particular emphasis on those published in recent years each scale is identified and described the sample on which it was developed is summarized and reliability and validity data are presented followed by presentation of the scale in full or in part where such permission has been obtained measures fall into five broad groups the emotional disposition section reviews measures of general affective tendencies and or cognitive dispositions closely linked to emotion these measures include hope and optimism anger and hostility life satisfaction self esteem confidence and affect dimensions emotion regulation scales go beyond general dispositions to measure factors that may contribute to understanding and managing emotions these measures include alexithymia empathy resiliency coping sensation seeking and ability and trait emotional intelligence the interpersonal styles section introduces some traditional social psychological themes in the context of personality assessment these measures include adult attachment concerns with public image and social evaluation and forgiveness the vices and virtues section reflects adherence to moral standards as an individual characteristic shaped by sociocultural influences and personality these measures include values and moral personality religiosity dark personalities machiavellianism narcissism and subclinical psychopathy and perfectionism the sociocultural interaction and conflict section addresses relationships between different groups and associated attitudes these measures include cross cultural values personality and beliefs intergroup contact stereotyping and prejudice attitudes towards sexual orientation and personality across cultures encompasses 25 different areas of psychology research each scale has validity reliability info on test bias etc multiple scales discussed for each construct discussion of which scales are appropriate in which circumstances and to what populations examples of scales included

Emotions of Animals and Humans

2012-08-31

recent years have shown an increased interest in the cognitive and neural basis of emotion in psychiatric and neurological disorders indeed various methods of behavioural and neural measurement of emotional processes are continually being developed and refined which has led to an explosion of research in this area this special issue of cognitive neuropsychiatry brings together timely reviews and new empirical papers regarding the cognitive and neural basis of emotional processing in health and disease written by renowned researchers in the field clinical conditions that are addressed include amygdala damage bipolar disorder schizophrenia social phobia psychopathy and alexithymia

This Is How I Feel

2015-03-13

an increasing number of studies have been conducted on the role of expression and regulation of emotion in health emotion regulation addresses the question of these studies from diverse angles while encompassing conceptual developmental and clinical issues central concepts discussed in this volume that are related to health include coping styles and aggression alexithymia emotional intelligence emotional expression and depression emotional expression and anxiety disorders in addition to the emotional competence in children the book is unique in describing up to date theories and empirical research in the area of emotional expression and health

Fact and Value in Emotion

2008-03-06

inspired by feminist scholars who revolutionized our understanding of women s gender roles the contributors to this pioneering book describe how men s proscribed roles are neither biological nor social givens but rather psychological and social constructions questioning the traditional norms of the male role such as the emphasis on aggression competition status and emotional stoicism they show how some male problems such as violence homophobia devaluation of women detached fathering and neglect of health needs are unfortunate by products of the current process by which males are socialized by synthesizing the latest research clinical experience and major theoretical perspectives on men and by figuring in cultural class and sexual orientation differences the authors brilliantly illuminate the many variations of male behavior this book will be a valuable resource not just for students of gender psychology in any discipline but also for clinicians and researchers who need to account for the relationship between men s behavior and the contradictory and inconsistent gender roles imposed on men this new understanding of men s psychology is sure to enhance the work of clinical professionals including psychologists psychiatrists social workers counselors and psychiatric nurses in helping men reconstruct a sense of masculinity along healthier and more socially just lines

Relational Frame Theory

2007-05-08

peter sifneos describes a type of active and brief psychotherapeutic intervention which he believes is tremendously useful for selected patients with circumscribed emotional difficulties the therapist assists the patient in defining the conflict underlying his dilemma and helps him learn to solve his emotional problems as a result of this novel educational experience the patient is able to use these newly acquired techniques to deal with other areas of his life

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after the end of treatment indeed the author maintains the treatment is similar to an immunization procedure that enables certain individuals to prevent the development of emotional difficulties in the future dr sifneos describes two forms of this short term therapy crisis intervention and anxiety provoking with emphasis on the latter and presents in detail the theoretical background criteria for selection of appropriate patients technique and illustrative case material

Making a Difference

1990-01-01

psychodynamically oriented clinicians have long emphasized the relevance of psychological mindedness to effective therapy but what does the term mean that has been a difficult question to answer there have been a variety of definitions and measures not only of psychological mindedness but of related constructs such as alexithymia private self consciousness self focused attention social perspective taking and personal intelligence over the past decade mccallum and piper have developed their own definition and measure of psychological mindedness and have examined the extent to which it predicts patient response to psychodynamic psychotherapy this book is both a collection of both their own efforts and those of their fellow researchers in this broad field it attempts to increase mental health practitioners understanding of psychological mindedness and its importance to patient assessment and treatment it also provides practical methods for assessing psychological mindedness and addresses its relevance to interpersonal contexts outside the mental health field this book will facilitate clinicians efforts to select the most appropriate patients for their particular approaches to therapy which will in turn reduce client dropout rates and maximize therapeutic processes and outcomes

Measures of Personality and Social Psychological Constructs

2014-09-04

this volume brings together leading clinicians and researchers to present cognitive behavioural approaches to treating ptsd and other trauma related symptoms and disorders

The Cognitive Neuropsychiatry of Emotion and Emotional Disorders

2006

Emotion Regulation

2008-01-24

A New Psychology of Men

2003

Short-term Psychotherapy and Emotional Crisis

1972

The Relationship Between Alexithymic Traits in Primary Caregivers and a Diagnosis of Attention-deficit/hyperactivity Disorder

2001

Psychological Mindedness

1997-01

Cognitive Behavioral Therapies for Trauma

2006

Negative Life Experiences, Alexithymia and Physical Symptoms

2016

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