

## Emotionally Dumb An Overview Of Alexithymia

Emotionally Dumb Alexithymia The ^ AOxford Handbook of the Physiology of Interpersonal Communication International Review of Mental Imagery Measures of Personality and Social Psychological Constructs Emotional Intelligence The Science of Emotional Intelligence Alexithymic Features of Eating Disorder Patients Canadian Journal of Psychiatry Body Language Communication Comprehensive Handbook of Psychological Assessment: Industrial and organizational assessment American Journal of Psychotherapy Psychosomatic Medicine A General Practitioner, His Patients and Their Feelings The Relationship Between Alexithymic Traits in Primary Caregivers and a Diagnosis of Attention-deficit/hyperactivity Disorder The Scandinavian Psychoanalytic Review Emotional Intelligence Introduction and overview Imagery in Psychology The (non)expression of Emotions in Health and Disease Jason Thompson Olivier Luminet Lindsey Aloia Gregory J. Boyle Daniel Goleman Gerald Matthews Lorraine Leavery Gray Derek Chadee Michel Hersen Stanley Cheren Sotiris Zalidis James Denison Jones Ralf Schulze National Institute on Alcohol Abuse and Alcoholism (U.S.) Jon Roewecklein A. J. J. M. Vingerhoets

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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

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

the oxford handbook of the physiology of interpersonal communication offers a comprehensive review of the research investigating both the physiological outcomes of interpersonal communication and the effects of physiology on interpersonal interactions

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

a new york times best seller draws on the latest research in psychology and neuroscience to show how the rational and the emotional faculties of the mind work together to shape the fate of each individual

during the past decade emotional intelligence has been subjected to both scientific and public scrutiny numerous articles have been published on the topic in both academic journals and the popular press testifying to the potential usefulness of emotional intelligence in psychology business education the home and the workplace however until now there has been no systematic synthesis that grounds emotional intelligence in contemporary theory while simultaneously sorting scientific approaches from popular fads and pseudoscience bringing together leading international experts from a variety of sub disciplines this volume aims to integrate recent research on emotional intelligence the contributors address a set of focused questions concerning theory measures and applications how does emotional intelligence relate to personality what is the optimal approach to testing emotional intelligence how can emotional intelligence be trained in the final section of the book the volume editors distill and synthesize the main points made by these experts and set forth an agenda for building a science of emotional intelligence in the future science of emotional intelligence will be an invaluable resource for researchers and professionals in psychology education the health sciences and business

this book explores a number of important themes within body language discourse the authors analyse the role of hands touch facial expression misconceptions and fallacious arguments in body language training other issues addressed include body language between humans and machines lie detection reactance and body language and thermography of the face the authors work to determine various potentials of body language and assess some areas of body language and role of body language in everyday life they also discuss new perspectives and future directions in body language studies

in one volume the leading researchers in industrial organizational assessment interpret the range of issues related to industrial organizational tests including test development and psychometrics clinical applications ethical and legal concerns use with diverse populations computerization and the latest research clinicians and researchers who use these instruments will find this volume invaluable as it contains the most comprehensive and up to date information available on this important aspect of

practice

Cheren psychiatry Boston U School of Medicine presents a detailed compilation of the latest thinking on a subject that crosses many disciplines represented are psychodynamic psychiatry psychophysiology behavioral psychiatry and psychology all of the work is original none has been presented elsewhere in another form these are the first numbers in a new series acidic paper annotation copyrighted by Book News Inc Portland Or

this title provides an introduction to psychosomatics for counsellors and psychotherapists who want to learn about the psychologically informed management of their patients physical symptoms

the concept of emotional intelligence ei the ability to perceive express understand and regulate emotions is still the subject of scientific debate despite its intuitive appeal and widespread popular interest in areas such as human resources education and organizational psychology this book brings together leading experts from around the world to present their perspectives on the current status of ei it covers theories of ei and assessment approaches in depth as well as theoretical concepts and research findings on the antecedents and consequences of ei in occupational educational and clinical settings the contributions provide an overview of the empirical evidence that supports as well as contradicts many common assumptions about ei and its relation to other forms of intelligence the book thus reflects the diverse approaches to finding solutions for the still unresolved conceptual and empirical problems and offers a critical appraisal of the current status of ei

provides a current and comprehensive review of the literature on imagery in psychology and traces the evolution of the topic from ancient to modern times

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 alexithymia 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

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