

## Emotionally Dumb An Overview Of Alexithymia

Emotionally Dumb The Oxford Handbook of the Physiology of Interpersonal Communication Psychological Factors as Determinants of Medical Conditions, Volume II Zusammenhang zwischen Alexithymie und der emotionalen Intelligenz International Review of Mental Imagery Measures of Personality and Social Psychological Constructs Zeitschrift für Psychosomatische Medizin und Psychotherapie It's Not Just in Your Head Emotional Intelligence The Science of Emotional Intelligence Canadian Journal of Psychiatry Body Language Communication Zeitschrift für differentielle und diagnostische Psychologie American Journal of Psychotherapy Comprehensive Handbook of Psychological Assessment: Industrial and organizational assessment Psychosomatic Medicine The Scandinavian Psychoanalytic Review A General Practitioner, His Patients and Their Feelings Psychotherapy and Psychosomatics Emotional Intelligence Jason Thompson Lindsey Aloia Gabriella Martino Xenia Schell Gregory J. Boyle Susan B. Trachman, MD Daniel Goleman Gerald Matthews Derek Chadee Michel Hersen Stanley Cheren Sotiris Zalidis Ralf Schulze

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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

the oxford handbook of the physiology of interpersonal communication provides a comprehensive review of research on the interplay between communication and the body within personal relationships uses a theory based approach and research methods to examine the influence of physiology on interpersonal communication identifies key communication theories in the study of physiology and communication considers the advancement of theoretical perspectives regarding physiological research book jacket

bachelorarbeit aus dem jahr 2021 im fachbereich psychologie persönlichkeitspsychologie note 2 5 medical school hamburg sprache deutsch abstract in der vorliegenden arbeit wurde ein möglicher zusammenhang zwischen den scheinbar ähnlichen konstrukten der emotionalen intelligenz und alexithymie untersucht beide gelten als unabhängig voneinander überschneiden sich jedoch in vielen bereichen in dem was sie messen emotionale intelligenz ei ist ein breites persönlichkeitskonstrukt das die fähigkeit bezeichnet affekte in sich selbst wahrzunehmen und zu regulieren alexithymie ist ein weiteres persönlichkeitskonstrukt das schwierigkeiten beim erkennen und ausdrücken von emotionen mit einem nach außen orientierten denkstil bezeichnet obwohl sie zuvor als unabhängig angesehen wurden haben einige studien gezeigt dass sich diese konstrukte in der theorie überlappen das problem im kern zeichnet sich also dadurch ab dass die linie zwischen dem konstrukt der emotionalen intelligenz und der alexithymie nicht präzise genug gezogen werden kann um alexithymie und emotionale intelligenz zu erfassen wurden die deutsche version der toronto alexithymie skala tas 26 und die emotional intelligence scale ei4 genutzt der negative affekt wurde mit der positive affect negative affect scale panas kontrolliert durch die erhebung mittels des zusammengeführten online fragebogens ergab sich eine stichprobe von n 215 teilnehmern die auf eine endstichprobe von 194 teilnehmern um den negativen affekt bereinigt wurde

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

mind body medicine focuses on the relationship between mental and physical health this is the first book written for lay readers that demystifies medically unexplained symptoms empowering readers with answers and techniques to promote healing by recognizing the brain s power to influence bodily functions medically unexplained symptoms account for 40 percent of primary care visits in the united states yet a biological cause is discovered only 25 percent of the time leaving both patients and their providers frustrated people who experience medically unexplained symptoms often feel unheard marginalized or even dismissed by their medical providers physicians strive to help people yet the difficulty they face trying to determine the causes of symptoms that do not easily fit into neat diagnostic boxes can lead to frustration and helplessness diagnosing cases of medically unexplained symptoms can lead to an overuse of an already overburdened health system as patients are referred from one specialist to another in an attempt to find answers to their puzzling constellations of symptoms dr susan trachman a specialist in psychosomatic medicine and the writer of the immensely popular psychology today blog it s not just in your head has seen firsthand her patients frustration her book it s not just in your head goes in depth and offers answers and workable solutions by teaching readers about different types of symptoms and how to explain them divided into major illness groups including cardiac gastrointestinal infectious disease and autoimmune disorders this book will empower readers to be their own sherlock holmes by giving them the tools they need real patient stories evidence based research and valuable takeaways round out this much needed work

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

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