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APORETIC EMOTIONS Alexithymia
is a useful and promising
personality trait that correlates
with diagnoses, but it should be
supplemented by a term that
denotes This is a chapter excerpt
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Minding Emotions: Cultivating
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Minding Emotions: Cultivating
Mentalization in Psychotherapy

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Mentalization--the effort to make sense of our own and others' actions, behavior, and internal states--is something we all do.

And it is a capacity that all psychotherapies aim to improve: the better we are at mentalizing, the more

Minding Emotions Cultivating Mentalization In ...

"Minding Emotions is not only a lucid, highly intelligent, and compassionate explication of what it means to identify and mentalize emotions in clinical practice, it is that rare work that deftly integrates research from neurobiology and empirical psychology with philosophy, psychoanalytic theory, case histories, and memoir. Rather

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than isolating science from the therapeutic dyad and the art of narrative, Jurist makes an astute argument for their unification in this important book."--Siri ...

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to become a better version of
ourselves our just to get some

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Mentalization--the effort to make
sense of our own and others'

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actions, behavior, and internal states--is something we all do. And it is a capacity that all psychotherapies aim to improve: the better we are at mentalizing, the more resilient and flexible we tend to be.

Books — Elliot Jurist, Ph.D., Ph.D.

This concise, engaging book offers a brief overview of mentalization in psychotherapy, focusing on how to help patients understand and reflect on their emotional experiences. Elliot Jurist integrates cognitive science research and psychoanalytic theory to break down "mentalized affectivity" into discrete processes that therapists can cultivate in session.

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Psychoanalysis and Psychological
Science RC489 Jurist welcomes
emotions in all of their
complexity--how they manifest
themselves (for better or worse)
in everyday life, and especially in
psychotherapy, and how people
might cultivate their use without
overstimulating their ability to
fathom them.

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