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Elliot Jurist, "Minding Emotions: Cultivating ...

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In his new book — **Minding Emotions: Cultivating Mentalization in Psychotherapy** — Elliot Jurist reviews and reconceptualizes mentalization in psychotherapy, focusing on how to help patients understand and reflect on their emotional experiences. The book interweaves clinical vignettes with discussions of memoirs by comedian Sarah Silverman, poet Tracy Smith, filmmaker Ingmar Bergman, and neurologist Oliver Sacks.

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Minding Emotions : Cultivating Mentalization in Psychotherapy, Hardcover by Jurist, Elliot, ISBN 1462534996, ISBN-13 9781462534999, Brand New, Free shipping in the US 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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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. 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.

Minding Emotions : Cultivating Mentalization in ...

This book, **Minding Emotions: Cultivating Mentalization in Psychotherapy** (The Guilford Press, 2018), comes along 15 years later and "corrects" some aspects of the previous book as well as elaborates upon the emotional component of the mentalizing process. What does mentalization have to do with Psychoanalysis?

Psychotherapy, Emotions, Communication and The Search For ...

Buy the Hardcover Book **Minding Emotions: Cultivating Mentalization In Psychotherapy** by Elliot Jurist at Indigo.ca, Canada's largest bookstore. + Get Free Shipping on books over \$25! Mentalization--the effort to make sense of our own and others' actions, behavior, and internal states--is something we all do.

Minding emotions : cultivating mentalization in ...

experience emotions, in my view, not all aporetic emotions are proto-emotions; the former is a larger category of which the latter is a part. My understanding of aporetic emotions corresponds to the subjective aspect of what Damasio (2010) has termed "primordial feelings" in his neuroscientific account of the evolution of the self.

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Minding Emotions: Cultivating Mentalization in Psychotherapy 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 resilient and flexible we tend to be.

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Books — Elliot Jurist, Ph.D., Ph.D.

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His research focuses on mentalization and the role of emotions in psychotherapy. Dr. Jurist is the coauthor of Affect Regulation, Mentalization, and the Development of the Self and coeditor of Mind to Mind: Infant Research, Neuroscience, and Psychoanalysis.

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