

Minding Emotions Cultivating Mentalization In Psychotherapy Psychoanalysis And Psychological Science

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emotions and are receptive to the challenge of identifying, modulating, and expressing them In this chapter, I look closely at vicissitudes and complexities around the task of identifying emotions Sample Chapter: Minding Emotions: Cultivating Mentalization in Psychotherapy

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of Philosophy, The Graduate Center of CUNY, author of *Minding Emotions: Cultivating Mentalization in Psychotherapy* (Guilford, 2018) and co-author of *Affect Regulation, Mentalization and the Self* (Other, 2002), and former editor of *Psychoanalytic Psychology* A Division 39 Webinar with Elliot Jurist *Minding Emotions*

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Minding Emotions: Cultivating Mentalization in Psychotherapy ELLIOT JURIST 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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