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Self (Book Review) Author : Fonagy, Peter , György Gergely,  
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Jurist is the coauthor of *Affect Regulation, Mentalization, and the Development of the Self* and co-editor of *Mind to Mind*:

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Infant Research, Neuroscience, and Psychoanalysis. He is also the editor of the Guilford book series Psychoanalysis and Psychological Science and the editor of Psychoanalytic Psychology, the journal of Division 39 (Psychoanalysis) of the American Psychological Association.

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Affect Regulation, Mentalization and the Development of the Self book. Edited By Peter Fonagy, Gyorgy Gergely, Elliot L. Jurist. Edition 1st Edition. First Published 2002. eBook Published 24 April 2018. Pub. location London. Imprint Routledge. DOI <https://doi.org/10.4324/9780429471643>. Pages 592 pages.



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Affect regulation, or emotion regulation, is the ability of an individual to modulate their emotional state in order to adaptively meet the demands of their environment.

Individuals with a broad range of affect regulation strategies will be able to flexibly adapt to a range of stressful situations.

Individuals who struggle with emotional regulation may fall back upon a more limited range of stereotyped strategies that are not as successful in meeting their needs, or which come with more ...

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Arguing for the importance of attachment and emotionality in the developing human consciousness, four prominent

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analysts explore and refine the concepts of mentalization and affect regulation. Their bold, energetic, and encouraging vision for psychoanalytic treatment combines elements of developmental psychology, attachment theory, and psychoanalytic technique.

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We shall see that the ability to mentalize is vital for self-organization and affect regulation. The ability to infer and represent other people's mental states may be uniquely human.

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Affect Regulation, Mentalization, and the Development of the Self. 4.43 (93 ratings by Goodreads) Paperback. English. By (author) Peter Fonagy , By (author) György Gergely , By (author) Elliot Jurist , By (author) Mary Target. Share. Winner of the 2003 Gradiva Award and the 2003 Goethe Award for Psychoanalytic Scholarship Arguing for the importance of attachment and emotionality in the developing human consciousness, four prominent analysts explore and refine the concepts of mentalization ...

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the royal court in Paris-Versailles from the sixteenth to the eighteenth century.

In a brilliant examination of the frontiers of human emotion and cognition, four prominent psychoanalysts combine the perspectives of developmental psychology, attachment theory and psychoanalytic technique. The result of this marriage of disciplines is a bold, energetic and ultimately encouraging vision for the psychoanalytic treatment.

This book focuses on the crucial importance of developmental work to psychotherapy and psychopathology. It offers an

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account of psychotherapy to integrate scientific knowledge of psychological development and represents psychological states in the minds of infants, children, adolescents, and adults.

The rich, complex theory of affect regulation boiled down into a clinically useful guide. Affect regulation theory—the science of how humans regulate their emotions—is at the root of all psychotherapies. Drawing on attachment, developmental trauma, implicit processes, and neurobiology, major theorists from Allan Schore to Daniel Stern have argued how and why regulated affect is key to our optimal functioning. This book translates the intricacies of the theory into a cogent clinical synthesis. With clarity and practicality, Hill decodes the



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massive body of contemporary research on affect regulation, offering a comprehensible and ready-to-implement model for conducting affect regulation therapy. The book is organized around the four domains of a clinical model: (1) a theory of bodymind; (2) a theory of optimal development of affect regulation in secure attachment relationships; (3) a theory of pathogenesis, in which disordered affect regulation originates in relational trauma and insecure attachment relationships; and (4) a theory of therapeutic actions targeted to repair the affect regulating systems. The key themes of Hill's affect-focused approach include: how and why different patterns of affect regulation develop; how regulatory patterns are transmitted from caretakers to the infants; what adaptive and maladaptive regulatory patterns look like neurobiologically,

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psychologically, and relationally; how deficits in affect regulation manifest as psychiatric symptoms and personality disorders; and ultimately, the means by which regulatory deficits can be repaired. Specific chapters explore such subjects as self states, mentalization, classical and modern attachment theory, relational trauma (and its manifestations in chronic dissociation, personality disorders, and pervasive dissociated shame), supporting self-development in therapy, patient–therapist attunement, implicit and explicit therapeutic actions, and many more.

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

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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. Elliot Jurist integrates cognitive science research and psychoanalytic theory to break down "mentalized affectivity" into discrete processes that therapists can cultivate in session. The book interweaves clinical vignettes with discussions of memoirs by comedian Sarah Silverman, poet Tracy Smith, filmmaker Ingmar Bergman, and neurologist Oliver Sacks. A reproducible assessment instrument (the Mentalized Affectivity Scale) can be downloaded and printed in a convenient 8 1/2" x 11" size.

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This timely and ambitious book helps clarify the meaning and clinical applications of the mentalization construct. The authors propose that mentalizing is the central corrective process of all psychotherapies.

Social cognition refers to the capacity to think about others' thoughts, intentions, feelings, attitudes and perspectives. It has been shown that many children with psychiatric disorders have problems in social cognition. In this book, leaders in the fields of developmental psychopathology examine social cognition across a wide range of disorders.

What is 'mentalization'? How can this concept be applied to clinical work with children, young people and families? What

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will help therapists working with children and families to 'keep the mind in mind'? Why does it matter if a parent can 'see themselves from the outside, and their child from the inside'? *Minding the Child* considers the implications of the concept of mentalization for a range of therapeutic interventions with children and families. Mentalization, and the empirical research which has supported it, now plays a significant role in a range of psychotherapies for adults. In this book we see how these rich ideas about the development of the self and interpersonal relatedness can help to foster the emotional well-being of children and young people in clinical practice and a range of other settings. With contributions from a range of international experts, the three main sections of the book explore:

- the concept of mentalization from a theoretical and

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research perspective • the value of mentalization-based interventions within child mental health services • the application of mentalizing ideas to work in community settings. *Minding the Child* will be of particular interest to clinicians and those working therapeutically with children and families, but it will also be of interest to academics and students interested in child and adolescent mental health, developmental psychology and the study of social cognition.

Mentalization is the capacity to perceive and interpret behavior in terms of intentional mental states, to imagine what others are thinking and feeling, and is a concept that has taken the psychological and psychoanalytic worlds by storm. This collection of papers, carefully edited by Fredric Busch,

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clarifies its import as an essential perspective for understanding the human psyche and interpersonal relationships. The book is divided into theoretical, research and clinical papers, reflecting how the investigators thoughtfully and purposefully pursued each of these goals. Those involved in identifying mentalization have also made consistent efforts to measure and research the concept. Thus, in addition to expanding the theoretical bases and implications of mentalization and identifying clinically useful applications, the authors describe research that scientifically grounds the concept. Mentalization addresses and expands upon a number of implications of mentalization. These include: What are the broader implications for mentalization with regard to social and evolutionary development? How

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does mentalization interdigitate with other psychoanalytic models? How is mentalization systematically assessed? What clinical correlates have been found? How do we understand variations in the capacity for mentalization, even within a given individual? What are the applications of mentalization in the clinical arena, including specific disorders? Readers of this volume will find their clinical work to be more productive and their view of the human psyche broadened.

This new edition of Handbook of Mentalizing in Mental Health Practice reflects a vibrant field undergoing development along a number of dimensions important for mental health. As evidenced by the number of experts contributing chapters that focus on specialized approaches to mentalization-based



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treatment (MBT), the range of mental disorders for which this therapy has proved helpful has substantially increased, and now includes psychosis. Second, the range of contexts within which the approach has been shown to be of value has grown. MBT has been found to be useful in outpatient and community settings, and, more broadly, with children, adolescents, couples, and families, and the social contexts where they are found, such as in schools and even prisons. Finally, the framework has been shown to be generalizable to an understanding of the social context of mental health. The model advanced in this book goes beyond an understanding of the development of mentalizing and aims to provide an understanding of its role in a range of social processes. Key concepts, themes, and approaches clearly articulated

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throughout the book include the following: Mentalizing is a transdiagnostic concept applicable to a range of mental health conditions, including trauma, personality disorders, eating disorders, depression, substance use disorder, and psychosis. The chapters devoted to these disorders emphasize MBT skills acquisition and techniques for introducing mentalizing into psychotherapy. Mentalizing plays an important role in understanding how teams, systems, and services interact to facilitate or undermine interventions and service delivery. Chapters on mentalizing in teams and wider systems are included to help clinicians reduce negative impacts on clinical care and support reliable and responsive pathways to treatment. In an effort to encourage clinicians to integrate mentalizing into their clinical practice, empirical

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research on the developmental origins of mentalizing and how a focus on mentalizing can improve outcomes for patients is incorporated throughout the volume. Improved mentalizing increases resilience to adversity, perhaps protecting individuals from relapse, and improves therapeutic outcomes. The relevant research, as well as proven techniques for promoting resilience and trust, are discussed at length in the book. Finally, as an established component of the literature on neurobiology and higher-order cognition, mentalizing benefits from a number of different strands of research, ranging from neurobiology through child development to adult psychopathology. The book fully explores these relationships and their ramifications. Authoritative, comprehensive, and cutting-edge, the

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Handbook of Mentalizing in Mental Health Practice is the single most important resource for clinicians and trainees learning about -- and incorporating -- MBT into their therapeutic repertoire.

Borderline Personality disorder is a severe personality dysfunction characterized by behavioural features such as impulsivity, identity disturbance, suicidal behaviour, emptiness, and intense and unstable relationships. Approximately 2% of the population are thought to meet the criteria for BPD. The authors of this volume - Anthony Bateman and Peter Fonagy - have developed a psychoanalytically oriented treatment to BPD known as mentalization treatment. With randomised controlled

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trialshaving shown this method to be effective, this book presents the first account of mentalization treatment for BPD. The first section gives an overview of BPD, including discussion of nosology, epidemiology, natural history, and psychosocial aetiology. It additionally summarises the present state of our research knowledge about effective psychotherapeutic treatments and use of medication. The second section outlines the authors' theoretical approach and contrasts it with other well known methods, including DBT, CAT, and CBT. In the extensive final section, the authors outline their clinical approach starting with how treatment is organised. A detailed account of the transferable features of the model is provided along with the main strategies and techniques of treatment. Numerous clinical examples are

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given to illustrate the core techniques and detailed information provided about how to apply aspects of the mentalization based treatment approach in everyday practice. Aimed at mental health professionals, along with counsellors, psychotherapists, and psychoanalysts, the book will be a valuable tool, providing an effective means of treating those suffering from Borderline Personality Disorder.

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