



# EMOTION, DISCLOSURE, & HEALTH

JAMES W. PENNEBAKER, EDITOR

# Emotion Disclosure And Health

**Ivan Nyklíček, Ad Vingerhoets, Marcel  
Zeelenberg**



## **Emotion Disclosure And Health:**

Emotion, Disclosure, and Health James W. Pennebaker, 2002 Emotion Disclosure and Health addresses some of the basic issues of psychology and psychotherapy how people respond to emotional upheavals why they respond the way they do and why translating emotional events into language increases physical and mental health Drawing on work in clinical social personality and health psychology as well as medical anthropology the authors address these issues drawing some stimulating conclusions about how an understanding of disclosure and health may be applied in clinically useful ways

Handbook of Cognition and Emotion Tim Dalgleish, Mick Power, 2000-11-21 Edited by leading figures in the field this handbook gives an overview of the current status of cognition and emotion research by giving the historical background to the debate and the philosophical arguments before moving on to outline the general aspects of the various research traditions This handbook reflects the latest work being carried out by the key people in the field *The Emotional Toolkit* Darlene Mininni, 2006-01-24 Have you ever been stuck in a bad mood Are you often helpless to stop your mind's negative thinking Can you find peace when you're feeling overwhelmed Imagine what life would be like if you had an emotional toolkit When confused or upset you'd have powerful tools at your fingertips to help you understand your emotions and master your troubling feelings With The Emotional Toolkit help has arrived Meticulously researched The Emotional Toolkit is a remarkable guide based on a highly successful course Dr Darlene Mininni developed and taught to undergraduate women at UCLA Now she's offering this essential information to women of all ages Written with warmth and intelligence Dr Mininni teaches you the messages your emotions are trying to send you She offers seven concrete easy to follow power tools scientifically proven to boost your emotional well being With an emotional toolkit you will harness the power of your mind and body to reduce your distress Scientists confirm that women using the strategies from The Emotional Toolkit have less anxiety and sadness and are happier and more optimistic than before And you can be too Filled with helpful tips quizzes resources and insightful case studies The Emotional Toolkit is an inspiring lesson on how to take charge of your emotions and create more happiness in your life Finally here is the emotional education you never received *Expressing Emotion* Eileen Kennedy-Moore, Jeanne C. Watson, 2001-03-01 This volume examines expressions of such feelings as love anger and sadness and highlights the individual and interpersonal processes that shape emotional behavior It offers a lively and comprehensive discussion of the role of emotional expression and nonexpression in individual adaptation social interaction and therapeutic process Drawing upon extensive theory and research the authors provide coherent guidelines to help clinicians researchers and students identify conceptualize and treat problems in emotional behavior This guide is an important resource for teachers students and researchers of clinical counseling social personality and health psychology as well as practicing counselors and psychotherapists It will also serve as a text in advanced undergraduate and graduate level courses on emotion and interpersonal communication and in graduate level counseling and psychotherapy seminars The Oxford

Handbook of Health Psychology Howard S. Friedman, 2014-02 The Oxford Handbook of Health Psychology brings together preeminent experts to provide a comprehensive view of key concepts tools and findings of this rapidly expanding core discipline

*Communicating Emotion* Sally Planalp, 1999-08-13 The modern world is forcing us to understand emotion in order to cope with new problems such as road rage and epidemic levels of depression as well as age old problems such as homicide genocide and racial tension At the same time scholarly research is leading us to appreciate how emotion helps us to understand and transcend our selfish interests to connect with others to feel what is just and moral and not just think it and to construct societies and cultures that govern our joint efforts This book draws upon scholarly research to address explain and legitimize the role that emotion plays in everyday interaction and in many of the pressing social moral and cultural issues that we face today

**Evidence-Based Adjunctive Treatments** William O'Donohue, Nicholas A. Cummings, 2011-04-28 Adjunctive treatments in which patients are provided additional modalities that can assist in their behavior change or the maintenance of their behavior change i e telehealth psychoeducation consumer driven treatment planning have a useful role in addressing problems that can't be solved by face to face meetings The adjunctive therapies covered in this book are all based on improving patient's self management of their problems or the factors that exacerbate their problems The book is broadly organized into two sections The first gives a broad overview of the major adjunctive modalities and the second concentrates on a systematic description of their role in the treatment of a number of special populations while providing practical suggestions for the timing and coordination for the use of the adjunctive therapies discussed in the book

Emotion Regulation Ivan Nyklíček, Ad Vingerhoets, Marcel Zeelenberg, 2007-10-23 An increasing number of studies have been conducted on the role of expression and regulation of emotion in health Emotion Regulation addresses the question of these studies from diverse angles while encompassing conceptual developmental and clinical issues Central concepts discussed in this volume that are related to health include coping styles and aggression alexithymia emotional intelligence emotional expression and depression emotional expression and anxiety disorders in addition to the emotional competence in children

**Translation and Emotion** Séverine Hubscher-Davidson, 2017-10-31 This volume tackles one of the most promising and interdisciplinary developments in modern Translation Studies the psychology of translation It applies the scientific study of emotion to the study of translation and translators in order to shed light on how emotions can impact decision making and problem solving when translating The book offers a new critical approach to the study of emotion in translation by analysing translators accounts of their experiences as well as drawing on a case study of emotional intelligence involving 155 professional translators The author identifies three distinctive areas where emotions influence translators emotional material contained in source texts their own emotions and the emotions of source and target readers In order to explore the relevance and influence of emotions in translation each chapter focuses on a different emotion trait emotion perception emotion regulation and emotion expression

*Culture and Emotion* Agneta Fischer, A. S. R. Manstead, 2002 The

papers in this special issue on culture and emotion outline a new approach to the relationship between culture and emotion which extends beyond the universalism relativism debate *Emotional Expression and Health* Ivan Nyklícek, Lydia Temoshok, 2004-03 this book is timely given the growing scientific interest in the issue of the role of emotional expression in health and disease contributors are authoritative leaders of their field eg James Pennebaker Dept of Psychology University of Texas Guilford author draws on attachment theory currently a hot topic Handbook of Affective Sciences Richard J Davidson, Klaus R Sherer, H. Hill Goldsmith, 2009-05-21 One hundred stereotype maps glazed with the most exquisite human prejudice especially collected for you by Yanko Tsvetkov author of the viral Mapping Stereotypes project Satire and cartography rarely come in a single package but in the Atlas of Prejudice they successfully blend in a work of art that is both funny and thought provoking The book is based on Mapping Stereotypes Yanko Tsvetkov's critically acclaimed project that became a viral Internet sensation in 2009 A reliable weapon against bigots of all kinds it serves as an inexhaustible source of much needed argumentation and occasionally as a nice slab of paper that can be used to smack them across the face whenever reasoning becomes utterly impossible The Complete Collection version of the Atlas contains all maps from the previously published two volumes and adds twenty five new ones wrapping the best selling series in a single extended edition

**The Routledge Handbook of Family Communication** Anita L. Vangelisti, 2003 The Routledge Handbook of Family Communication offers a comprehensive exploration and discussion of current research and theory on family interaction Integrating the varying perspectives and issues addressed by family researchers theorists and practitioners this volume offers a unique and timely view of family interaction and family relationships With a synthesis of research on issues key to understanding family interaction as well as an analysis of many theoretical and methodological choices made by researchers studying family communication Family Communication serves to advance the field Handbook of Positive Emotions Michele M. Tugade, Michelle N. Shiota, Leslie D. Kirby, 2016-02-12 This authoritative handbook reviews the breadth of current knowledge about positive emotions their nature functions and consequences for individuals and society Specific emotions are analyzed in depth including happiness pride romantic love compassion gratitude awe challenge and hope Major theoretical perspectives are presented and cutting edge research methods explained The volume addresses neurobiological and physiological aspects of positive emotions as well as their social and intrapersonal contexts Implications for physical health coping and psychopathology are explored as are connections to organizational functioning and consumer behavior

Handbook of Emotions, Third Edition Michael Lewis, Jeannette M. Haviland-Jones, Lisa Feldman Barrett, 2008-04-17 Widely regarded as the standard reference in the field this handbook comprehensively examines all aspects of emotion and its role in human behavior The editors and contributors are foremost authorities who describe major theories findings methods and applications The volume addresses the interface of emotional processes with biology child development social behavior personality cognition and physical and mental health Also presented are state of the science perspectives on fear

anger shame disgust positive emotions sadness and other distinct emotions Illustrations include seven color plates

*Emotional Intelligence and Cognitive Abilities* Pablo Fernández-Berrocal, Purificación Checa, 2016-09-07 Nowadays not only psychologists are interested in the study of Emotional Intelligence EI Teachers educator managers employers and people in general pay attention to EI For example teachers would like to know how EI could affect student s academic results and managers are concerned about how EI influences their employees performance The concept of EI has been widely used in recent years to the extent that people start to applying it in daily life EI is broadly defined as the capacity to process and use emotional information More specifically according to Mayer and Salovey EI is the ability to 1 accurate perception appraise and expression of emotion 2 access and or generation of feelings when they facilitate thought 3 understand emotions and emotional knowledge and 4 regulate emotions to promote emotional and intellectual growth Mayer and Salovey 1997 p 10 When new information arises into one specific area of knowledge the work of the scientists is to investigate the relation between this new information and other established concepts In this sense EI could be considered as a new framework to explain human behaviour As a young concept in Psychology EI could be used to elucidate the performance in the activities of everyday life Over the past two decades studies of EI have tried to delimitate how EI is linked to other competences A vast number of studies have reported a relation between EI and a large list of competences such as academic and work success life satisfaction attendee to emotions assertiveness emotional expression emotional based decision making impulsive control stress management among others Moreover recent researches have shown that EI plays an important role in the prediction of behaviour besides personality and cognitive factors However it is not until quite recently that studies on EI have considered the importance of individual differences in EI and their interaction with cognitive abilities The general issue of this Research Topic was to expose the role of individual differences on EI in the development of a large number of competencies that support a more efficient performance in people s everyday life The present Research Topic provide an extensive review that may give light to the better understanding of how individual differences in EI affect human behaviour We have considered studies that analyse 1 how EI contributes to emotional cognitive and social process beyond the well known contribution of IQ and personality traits as well as the brain system that supports the EI 2 how EI contributes to relationships among emotions and health and well being 3 the roles of EI during early development and the evaluation in different populations 4 how implicit beliefs about emotions and EI influence emotional abilities

### **Human**

**Psychoneuroimmunology** Kavita Vedhara, Michael Irwin, 2005 Mind body interactions have been the subject of debate for many generations However it is only in recent years that these interactions have become the subject of rigorous scientific enquiry Advances in our understanding of the stress process the endocrine and immune systems and the methodologies used to investigate these phenomena have resulted in an explosion of research activity in the field known as

Psychoneuroimmunology      Emotions Monica Greco, Paul Stenner, 2013-10-31 Are emotions becoming more conspicuous in

contemporary life Are the social sciences undergoing an an affective turn This Reader gathers influential and contemporary work in the study of emotion and affective life from across the range of the social sciences Drawing on both theoretical and empirical research the collection offers a sense of the diversity of perspectives that have emerged over the last thirty years from a variety of intellectual traditions Its wide span and trans disciplinary character is designed to capture the increasing significance of the study of affect and emotion for the social sciences and to give a sense of how this is played out in the context of specific areas of interest The volume is divided into four main parts universals and particulars of affect embodying affect political economies of affect affect power and justice Each main part comprises three sections dedicated to substantive themes including emotions history and civilization emotions and culture emotions selfhood and identity emotions and the media emotions and politics emotions space and place with a final section dedicated to themes of compassion hate and terror Each of the twelve sections begins with an editorial introduction that contextualizes the readings and highlights points of comparison across the volume Cross national in content the collection provides an introduction to the key debates concepts and modes of approach that have been developed by social scientist for the study of emotion and affective life

**Emotional Intelligence** Mourad Ali Eissa,2008 This edited volume brings together work from leading scholars and new voices in the field of emotional intelligence It examines emotional intelligence from the perspectives of educational psychology and positive psychology with integrations across the two disciplines Viewing emotional intelligence through these frameworks allows and illuminates the exploration of its positive potential and of emotional processing in contexts such as schools and workplaces Readers will find leading empirical and theoretical views on emotional intelligence presented in this comprehensive collection as well as inspiration for future research

**Handbook of Emotion Regulation, Second Edition** James J. Gross,2015-02-19 Subject Areas Keywords clinical cognition cognitive developmental disorders dysregulation emotion regulation emotional emotions neurobiology neuroscience personality psychology psychopathology research self regulation social Description Reviewing the state of the science in a dynamic thriving field this influential handbook integrates knowledge from multiple psychological subdisciplines Foremost experts address the neurobiological and cognitive bases of emotion regulation and examine how individuals develop and use regulatory strategies across the lifespan The social context of emotion regulation is explored as are personality processes and individual differences Critical implications are discussed for psychopathology psychosocial interventions and health Including helpful cross referencing among chapters the volume describes cutting edge methods and identifies promising directions for future investigation

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