

L'ALEXITHYMIE

Olivier Luminet
Nicolas Vermeulen
Delphine Grynberg

Comment le manque d'émotions
peut affecter notre santé



de boeck

Lalexithymie Comment Le Manque Deacutemotions Peut Affecter Notre Santeacute

**Olivier Luminet,Mr. Nicolas
Vermeulen,Mme Delphine Grynberg**

L'alexithymie Comment Le Manque De émotions Peut Affecter Notre Santé:

L'alexithymie Delphine Grynberg, Olivier Luminet, Nicolas VERMEULEN, 2014-05-16 Les conséquences de l'alexithymie sur les personnes qui en sont sujettes sont la fois nombreuses et handicapantes Comment reconnaître ces personnes Comment expliquer leurs réactions émotionnelles Que faire pour leur venir en aide Certaines personnes prouvent une grande difficulté d'identifier leurs émotions et les exprimer aux autres même leurs proches Si l'on ajoute ces traits de caractère une vie imaginaire peu développée et un mode de pensée très concret en situation de stress on peut alors qualifier l'alexithymie Comment reconnaître ces personnes Comment expliquer leurs réactions Quel impact pour leur santé mentale et physique Que faire pour leur venir en aide Voici quatre questions essentielles abordées dans cet expos Après un historique détaillé des travaux précurseurs menés depuis les années 1930 cet ouvrage propose une étude intégrative des modèles explicatifs de l'alexithymie ainsi qu'une analyse de ses conséquences la fois sur les plans psychologique somatique relationnel physiologique et endocrinien Une grande place est donnée à l'impact de l'alexithymie sur le traitement des émotions aussi bien aux stades initiaux encore automatiques qu'aux stades ultérieurs plus contrôlés Importantes les questions de prise en charge et de traitement ont également leur place dans un chapitre spécifique Interdisciplinaire et synthétique cet ouvrage intéressera les cliniciens et chercheurs issus de champs disciplinaires variés des sciences humaines sociales et médicales bien au-delà de la psychologie ou de la psychiatrie

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Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Lalexithymie Comment Le Manque Deacutemotions Peut Affecter Notre Santeacute**

In a world inundated with displays and the cacophony of immediate conversation, the profound power and emotional resonance of verbal artistry frequently fade in to obscurity, eclipsed by the continuous assault of sound and distractions. Yet, nestled within the lyrical pages of **Lalexithymie Comment Le Manque Deacutemotions Peut Affecter Notre Santeacute**, a charming perform of literary brilliance that pulses with organic emotions, lies an memorable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, that interesting opus instructions readers on a mental odyssey, softly revealing the latent potential and profound impact stuck within the complex web of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is main themes, dissect its charming writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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