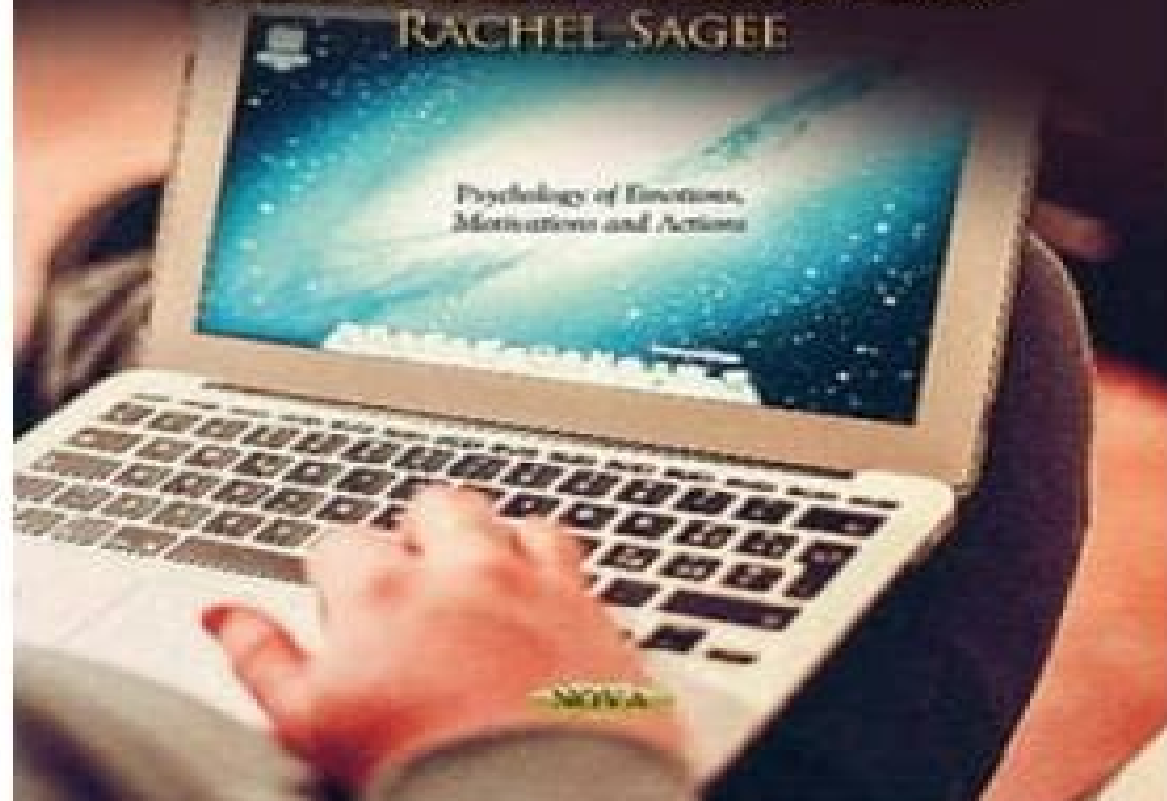


# EMOTIONAL FIRST AID ON THE INTERNET

THEORY AND RESEARCH

ITZHAK GILAT \* HANNA EZER  
RACHEL SAGEE



# Emotional First Aid On The Internet Theory And Research

**Supatmi,Chlara Yunita Prabawati,Diah  
Priyantini,Septian Galuh Winata,Erfan  
Rofiqi,Dzakiyatul Fahmi Mumtaz,Ken  
Siwi**

## **Emotional First Aid On The Internet Theory And Research:**

**Emotional First Aid on the Internet** Itzhak Gilat,Hana Ezer,Rachel Sagee,2014 Many individuals who suffer from acute distress avoid seeking psychological assistance due to barriers such as shame stigma and lack of availability of sources These barriers are reduced in the on line environment as a result of its unique features particularly anonymity textual communication and the ability to overcome the limits of time and space Providing psychological assistance on the internet has become increasingly widespread over the last three decades by means of various channels such as personal chats email and online support groups The emotional first aid provided by trained volunteers constitutes a unique context of online counselling that emerged from the well known community mental health services known as hotlines The present book presents the various applications and illuminates the potential advantages of emotional first aid via the online environment

Emotional Regulation - Theory and Application Across Clinical Settings Maliha Ibrahim,2025-02-19 Emotional regulation refers to recognising managing and responding to emotional experiences in a healthy and constructive way It involves adjusting one's emotional responses whether by suppressing amplifying or changing how emotions are expressed depending on the context and situation Emotional regulation is crucial for mental health because it helps individuals cope with stress prevent emotional overwhelm and maintain emotional stability Effective regulation can improve relationships decision making and overall well being reducing the risk of mental health issues like anxiety depression and emotional dysregulation disorders Poor emotional regulation on the other hand can lead to impulsive behaviours emotional outbursts or withdrawal which may contribute to mental health challenges These aspects apply to individuals relational interactions and responses to social cues the environment and interpersonal behaviours Mastering emotional regulation is essential for emotional resilience fostering positive social interactions and maintaining psychological balance This book will capture emotional regulation across various theoretical and application based contexts in therapy Emotional regulation in therapy involves collaborating with clients on effectively managing and responding to their emotions particularly in situations that might otherwise trigger distress or impulsive reactions Therapeutic approaches for emotional regulation help clients develop the skills to identify understand and modulate their emotional responses thereby promoting healthier coping mechanisms and enhancing mental well being The chapters in this book will review how to develop a fuller awareness and labelling of emotions cognitive aspects of emotional regulation healthy expression versus suppression distress tolerance for self and relationships as well as application to unique populations mental health concerns and in response to our surrounding environmental changes Recent developments in problem solving strategies innovations in various interventions and therapeutic formats will be discussed and suggestions for effective coping strategies will be provided

**Textbook of Disaster Psychiatry** Robert J. Ursano,Carol S. Fullerton,Lars Weisaeth,Beverley Raphael,2017-05-23 This book presents a decade of advances in the psychological biological and social responses to disasters helping medics and leaders prepare and

react     *The Dark Net* Jamie Bartlett, 2015-06-02 An NPR Best Book of the Year Included in The Washington Post's Notable Nonfiction of the Year An Independent and New Statesman Book of the Year Beyond the familiar online world that most of us inhabit a world of Google Facebook and Twitter lies a vast and often hidden network of sites communities and cultures where freedom is pushed to its limits and where people can be anyone or do anything they want This is the world of Bitcoin 4chan and Silk Road of radicalism crime and pornography This is the Dark Net In this important and revealing book Jamie Bartlett takes us deep into the digital underworld and presents an extraordinary look at the internet we don't know Beginning with the rise of the internet and the conflicts and battles that defined its early years Bartlett reports on trolls pornographers drug dealers hackers political extremists Bitcoin programmers and vigilantes and puts a human face on those who have many reasons to stay anonymous Rich with historical research and revelatory reporting *The Dark Net* is an unprecedented eye opening look at a world that doesn't want to be known     **The American Psychiatric Publishing Textbook of Suicide**

**Assessment and Management** Robert I. Simon, Robert E. Hales, 2012 This new edition of Textbook of Suicide Assessment and Management follows the natural sequence of events in evaluating and treating patients assessment major mental disorders treatment treatment settings special populations special topics prevention and the aftermath of suicide

**Devastating Losses** William Feigelman, 2012-06-20 Print CourseSmart     **Encyclopedia of Trauma** Charles R. Figley, 2012-09-17 This timely and authoritative two volume set includes hundreds of signed entries by experts in the field of traumatology exploring traditional subjects as well as emerging ideas as well as providing further resources for study and exploration     *The Handbook of Salutogenesis* Maurice B. Mittelmark, Georg F. Bauer, Lenneke Vaandrager, Jürgen M. Pelikan, Shifra Sagy, Monica Eriksson, Bengt Lindström, Claudia Meier Magistretti, 2022-01-01 This open access book is a thorough update and expansion of the 2017 edition of The Handbook of Salutogenesis responding to the rapidly growing salutogenesis research and application arena Revised and updated from the first edition are background and historical chapters that trace the development of the salutogenic model of health and flesh out the central concepts most notably generalized resistance resources and the sense of coherence that differentiate salutogenesis from pathogenesis From there experts describe a range of real world applications within and outside health contexts Many new chapters emphasize intervention research findings Readers will find numerous practical examples of how to implement salutogenesis to enhance the health and well being of families infants and young children adolescents unemployed young people pre retirement adults and older people A dedicated section addresses how salutogenesis helps tackle vulnerability with chapters on at risk children migrants prisoners emergency workers and disaster stricken communities Wide ranging coverage includes new topics beyond health like intergroup conflict politics and policy making and architecture The book also focuses on applying salutogenesis in birth and neonatal care clinics hospitals and primary care schools and universities workplaces and towns and cities A special section focuses on developments in salutogenesis methods and theory With its comprehensive coverage

The Handbook of Salutogenesis 2nd Edition is the standard reference for researchers practitioners and health policy makers who wish to have a thorough grounding in the topic It is also written to support post graduate education courses and self study in public health nursing psychology medicine and social sciences     Introducing Emotional Freedom Techniques Christine Moran,2017-07-05 Emotional Freedom Techniques EFT is an energy therapy that is rapidly gaining recognition as a simple yet very effective way to aid emotional and physical wellbeing This title provides an exploration of how EFT can be successfully applied to a wide range of social emotional behavioural and health issues     *An Integrated Approach to Communication Theory and Research* Don W. Stacks,Michael B. Salwen,2014-04-08 This volume provides an overview of communication study offering theoretical coverage of the broad scope of communication study as well as integrating theory with research To explicate the integration process the chapter contributors experts in their respective areas offer samples in the form of hypothetical studies published studies or unpublished research showing how theory and research are integrated in their particular fields The book will appeal to graduate students and faculty members who want a thorough overview of not only the field but also sample research stemming from its various component parts     **Clinical Interviewing, with Video Resource Center** John Sommers-Flanagan,Rita Sommers-Flanagan,2015-06-29 Clinical Interviewing Fifth Edition blends a personal and easy to read style with a unique emphasis on both the scientific basis and interpersonal aspects of mental health interviewing It guides clinicians through elementary listening and counseling skills onward to more advanced complex clinical assessment processes such as intake interviewing mental status examination and suicide assessment Fully revised the fifth edition shines a brighter spotlight on the development of a multicultural orientation the three principles of multicultural competency collaborative goal setting the nature and process of working in crisis situations and other key topics that will prepare you to enter your field with confidence competence and sensitivity     **Understanding Suicide** Philippe Courtet,2016-03-05 In this book international experts address a range of key current issues relating to suicide The opening chapters discuss nosology definitions clinical determinants and conceptual models of the suicide process and consider the evidence regarding potential biomarkers of suicide risk based on neuroscientific research Adopting a neo Durkheimian perspective the role of various social factors in the genesis of suicidal behavior is then explored in depth Practical user friendly tools that facilitate risk assessment by clinicians are provided and detailed consideration is given to efficient and innovative strategies for the prevention of suicide and the treatment of suicidal behavior such as psychotherapy psychopharmacological approaches and effective organization of care including surveillance and the use of online tools The final part of the book focuses on the need for and development of a personalized approach within the field of suicide prevention     **Mental Health in the Digital Age** Elias Aboujaoude,Vladan Starcevic,2015 Mental Health in the Digital Age written by distinguished international experts comprehensively examines the intersection between digital technology and mental health It provides a state of the art evidence based and well balanced review and is a valuable guide to an area often

shrouded in controversy      **Mental Health Intervention and Treatment of First Responders and Emergency Workers** Bowers, Clint A., Beidel, Deborah C., Marks, Madeline R., 2019-08-30 The stress that comes with being a first responder has been known to lead to depression anxiety substance abuse and suicide However few clinicians are informed about these health concerns and how to adequately treat them in this population Therefore there is an urgent need for practitioners to understand the latest information regarding treatments that will be useful to this specific population Mental Health Intervention and Treatment of First Responders and Emergency Workers is an essential reference source that focuses on the latest research for diagnosing and treating mental health issues experienced by emergency personnel and seeks to generate awareness and inform clinicians about the unique circumstances encountered by these professionals While highlighting topics including anxiety disorders and stress management this book is ideally designed for clinicians therapists psychologists psychiatrists practitioners medical professionals EMTs law enforcement fire departments military academicians researchers policymakers and students seeking current research on psychological therapy methods regarding first responders      **Clinical Interviewing** John Sommers-Flanagan, Rita Sommers-Flanagan, 2016-11-15 Fully updated guide to proven practical strategies for conducting effective interviews including access code to online videos Clinical Interviewing is the essential guide to conducting initial interviews suicide assessment mental status examinations and psychotherapy skill development The Sixth Edition includes Updates focusing on latest trends in clinical interviewing research and practice Updated information on technology based interviewing Access to over 70 videos that show the authors discussing and demonstrating crucial interviewing techniques Online instructor s manual and resources to facilitate teaching Fresh case examples to help apply interviewing skills and concepts New coverage of special populations and multicultural considerations Expanded skills coverage to help facilitate client insight and action This new edition also includes a Registration Access Card with a unique one time code to access the Wiley Interactive E Text Powered by VitalSource enhanced with dynamic content including instructional videos and practice questions to further enrich student learning It provides uninterrupted mobile access anywhere anytime      Research Anthology on Mental Health Stigma, Education, and Treatment Management Association, Information Resources, 2021-02-05 In times of uncertainty and crisis the mental health of individuals become a concern as added stressors and pressures can cause depression anxiety and stress Today especially with more people than ever experiencing these effects due to the Covid 19 epidemic and all that comes along with it discourse around mental health has gained heightened urgency While there have always been stigmas surrounding mental health the continued display of these biases can add to an already distressing situation for struggling individuals Despite the experience of mental health issues becoming normalized it remains important for these issues to be addressed along with adequate education about mental health so that it becomes normalized and discussed in ways that are beneficial for society and those affected Along with raising awareness of mental health in general there should be a continued focus on treatment options methods and

modes for healthcare delivery The Research Anthology on Mental Health Stigma Education and Treatment explores the latest research on the newest advancements in mental health best practices and new research on treatment and the need for education and awareness to mitigate the stigma that surrounds discussions on mental health The chapters will cover new technologies that are impacting delivery modes for treatment the latest methods and models for treatment options how education on mental health is delivered and developed and how mental health is viewed and discussed It is a comprehensive view of mental health from both a societal and medical standpoint and examines mental health issues in children and adults from all ethnicities and socio economic backgrounds and in a variety of professions including healthcare emergency services and the military This book is ideal for psychologists therapists psychiatrists counsellors religious leaders mental health support agencies and organizations medical professionals teachers researchers students academicians mental health practitioners and more **The Johns Hopkins Guide to Psychological First Aid** George S. Everly Jr.,George S.

Everly,Jeffrey M. Lating,2022-08-02 Psychological first aid PFA is designed to mitigate the effects of acute stress and trauma and assist those in crisis to cope effectively with adversity The second edition of this essential guide describes the principles and practices underpinning the evidence informed and evidence based Johns Hopkins RAPID PFA model in an easy to follow prescriptive and practical manner **The Vision Zero Handbook** Karin Edvardsson Björnberg,Sven Ove

Hansson,Matts-Åke Belin,Claes Tingvall,2022-11-30 This open access handbook provides a comprehensive treatment of Vision Zero an innovative policy on public road safety developed in Sweden Covering all the major topics of the subject the book starts out with a thorough examination of the philosophy ideas and principles behind Vision Zero It looks at conditions for the effectiveness of the policy principles of safety and responsibility as well as critique on the policy Next the handbook focuses on how the Vision Zero ideas have been received and implemented in various legislations and countries worldwide It takes into account the way Vision Zero is looked at in the context of international organizations such as the WHO the UN and the OECD This allows for a comparison of systems models and effects The third part of the handbook discusses the management and leadership aspects including ISO standards equity issues other goals for traffic and transportation and opportunities for the car industry Part four delves into tools technologies and organizational measures that contribute to the implementation of Vision Zero in road traffic Examples of specific elements discussed are urban and rural road designs human factor designs and avoiding drunk and distracted driving The final part of the handbook offers perspectives on the transfer of Vision Zero policy to other areas ranging from air traffic to suicide prevention and nuclear energy Vision Zero is a public road safety policy including both a long term goal that no one shall be killed or seriously injured as a consequence of accidents in road traffic and a safety principle stating that the design and function of the road transport system shall be adapted to meet the requirements that follow from that goal It is a new road safety paradigm which has resulted in new types of responsibilities among stakeholders technological innovations and new strategies and organizational measures to achieve

a safe system The road safety work based on Vision Zero has shown promising results and although Sweden has not yet reached a safe system the number of fatalities and severe injuries has decreased substantially This is an open access book

Proceedings of the 2nd International Conference of Health Innovation and Technology (ICHIT 2022) Supatmi, Chlara Yunita Prabawati, Diah Priyantini, Septian Galuh Winata, Erfan Rofiqi, Dzakiyatul Fahmi Mumtaz, Ken Siwi, 2023-06-23 This is an open access book The rapid development of technology today is a challenge in the health sector Technological developments in the health sector will make it easier for patients to get health services Health workers as innovators are required to combine technological and health components in providing a service In the future the focus of technological developments is directed at the ease of patient access to health services The 2nd International Conference of Health Innovation and Technology presented with the theme the use of technology in the health sector as one of the main strengths and keys to the quality and satisfaction of health services both at the individual and community level *The School Psychology Licensure Exam Guide, Second Edition* Peter Thompson, 2013-05-06 This guide is direct and practical You will find out exactly where you are weakest in knowledge so that your studying can be most directed I exceeded the NASP passing score AND the national average on my first try at the praxis 400 exam using this book as my Bible and I am only a Specialist level sch psych I used this book and passed with a 720 It's straightforward and the practice test was useful recognized several questions on the actual exam from the practice test This book was very helpful in preparing for the Praxis II School Psychology Test It not only gave general studying guidelines but also went through bullet points of all of the most important information to study for each section of the test Fully updated this concise and easy to use guide gives students preparing to take the Praxis™ Test in School Psychology required for licensure by most US states and the National Association of School Psychologists an accessible content review with two complete sample exams The guide encompasses all of the content areas appearing on the exam Data Based Decision Making Research Based Academic Practices Research Based Behavioral and Mental Health Practices Consultation and Collaboration Applied Psychological Foundations and Legal Ethical and Professional Foundations Review content is presented concisely and efficiently allowing students to focus on the most relevant information Written by a practicing school psychologist and field tested with school psychology students the guide describes the test in a conversational and accessible style and offers helpful tips on how best to study for and take the exam This Second Edition has been expanded and updated to include New legal considerations that directly impact the practice of school psychology Coverage of Response to Intervention RTI New assessment procedures Current developments in school neuropsychology issues New intervention practices Updated practice exams with new questions that reflect recent exam changes An in depth answer key providing rationales for correct and incorrect answers New sidebars with insider tips and pointers



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