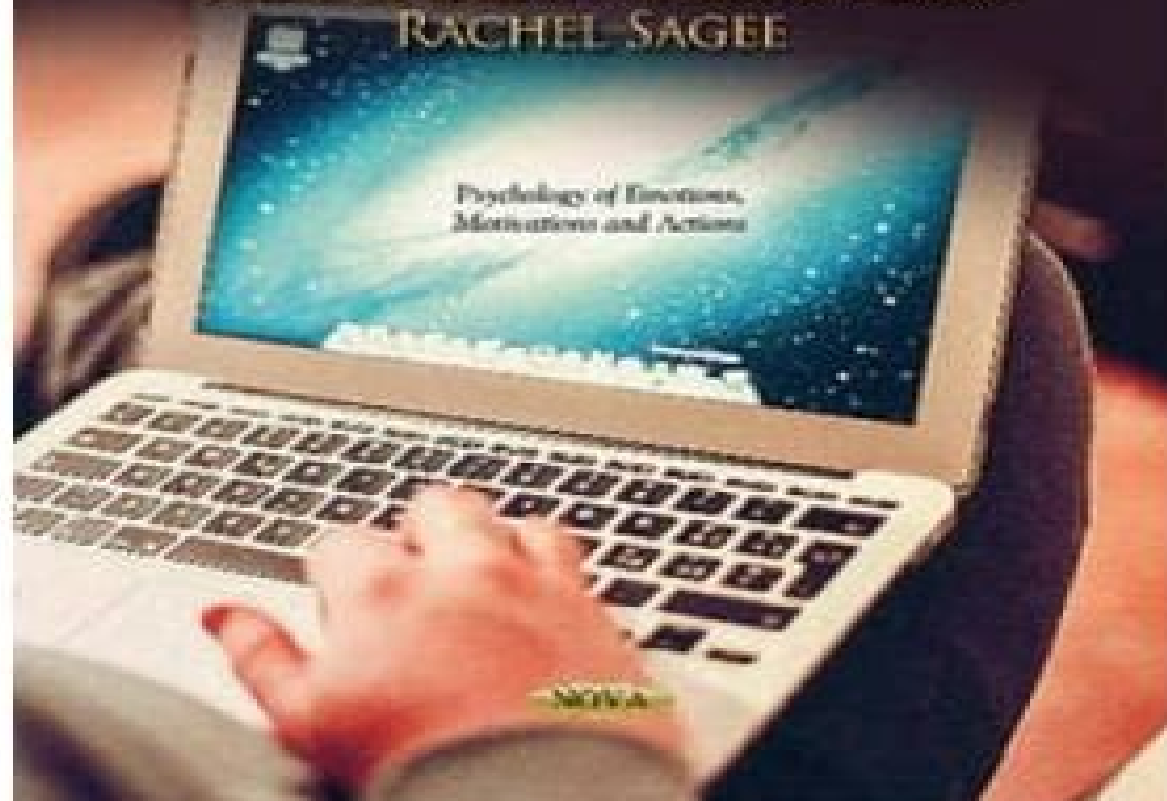


EMOTIONAL FIRST AID ON THE INTERNET

THEORY AND RESEARCH

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RACHEL SAGEE



Emotional First Aid On The Internet Theory And Research

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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 Devastating Losses William Feigelman,2012-06-20 Print CourseSmart **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 *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 *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 **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

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

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

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