

EMOTIONALLY DUMB

An Overview of
Alexithymia



Jason Thompson

Emotionally Dumb An Overview Of Alexithymia

CL Gary



Emotionally Dumb An Overview Of Alexithymia:

Emotionally Dumb Jason Thompson, 2009 Alexithymia is an inability to identify and describe both one's own and other people's emotions. Although individuals with alexithymia display the typical physical responses associated with emotions such as tears, butterflies in the stomach or an increased heart rate, they are unable to recognize these responses in terms of the emotions they might be signifying. *Emotionally Dumb* describes the nature of alexithymia and includes therapeutic and self-help suggestions for overcoming some of the difficulties that alexithymia presents. The author discusses the possible causes and associated conditions including Asperger Syndrome and posttraumatic stress disorder. The book provides details of the diagnostic tests available and includes an informal questionnaire developed by the author for people who believe they may have alexithymia. Written in accessible language, this book is ideal both for professionals and for anyone with an interest in the subject.

Emotionally Dumb Jason Thompson, 2009-07 Alexithymia is an inability to identify and describe both one's own and other people's emotions. Although individuals with alexithymia display the typical physical responses associated with emotions such as tears, butterflies in the stomach or an increased heart rate, they are unable to recognize these responses in terms of the emotions they might be signifying. *Emotionally Dumb* describes the nature of alexithymia and includes therapeutic and self-help suggestions for overcoming some of the difficulties that alexithymia presents. The author discusses the possible causes and associated conditions including Asperger Syndrome and posttraumatic stress disorder. The book provides details of diagnostic tests available and includes an informal questionnaire developed by the author for people who believe they may have alexithymia. Written in accessible language, this book is ideal both for professionals and for anyone with an interest in the subject.

Internal Perception Sara Dellantonio, Luigi Pastore, 2017-09-19 This book investigates how bodily information contributes to categorization processes for at least some conceptual classes and thus to the individual mastery of meanings for at least some word classes. The bodily information considered is mainly that provided by the so-called proprioceptive and interoceptive systems introduced by Sherrington. The authors reconsider this in a new Gibsonian fashion, calling it more generally proprioception, which indicates the complex of all the bodily signals we are aware of and the qualitative experiences these give rise to. The book shows that proprioceptive information understood in this sense is essential for explaining, among others, how we develop broad categories such as animate vs inanimate concepts denoting bodily experiences such as hunger or pain, as well as emotions and abstract concepts such as friendship and freedom, and in accounting for how we master the meanings of the corresponding words in our language.

Connecting with Your Asperger Partner Louise Weston, 2010 Drawing on her experience of being married to a man with AS, Weston shows that the road to intimacy begins with letting go of expectations and looking after your own emotional needs. She provides strategies for connecting with your AS partner, tips for coping with hurtful words and meltdowns, and finding further sources of help and support.

The Autism Couple's Workbook, Second Edition Maxine Aston, 2020-10-21 This updated edition of Maxine Aston's

workbook is packed full of insightful helpful and easily accessible activities for couples where one or both partners is on the autism spectrum to understand and accept their differences This book expands on topics including verbal and non verbal communication sexual issues socialising and parenting with case studies from couples who have successfully worked through their issues This edition is fully updated for the DSM V and features new research into alexithymia further insights into couples counselling digital communication and sensory sensitivity with new worksheets and opportunities for collaboration and reflection Combining advice guidance and activities this book can be used independently by a couple at home or in conjunction with a therapist encouraging communication and empathy to help make a neurodiverse relationship successful

Dionysus, Silenus, and Emotional Intelligence Jason R. Thompson, Dionysus Silenus and Emotional Intelligence explores the relationship between the Greek deity Dionysus and his tutor Silenus providing an archetypal backdrop for understanding the complex relation between raw bodily emotion Dionysus and higher emotional cognition Silenus [The Asperger Couple's Workbook](#) Maxine C. Aston, 2009 Aston has created this workbook to help couples where one partner has AS With candid advice activities and worksheets she explores a variety of approaches She identifies specific issues such verbal and non verbal communication sexual issues socializing and parenting and comes up with simple and effective ways of addressing these issues **"No Words for Feelings, yet!". Exploring Alexithymia, Disorder of Affect Regulation and "Mind-Body" Connection** Domenico De Berardis, Michele Fornaro, Laura Orsolini, 2020-10-08 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office [frontiersin.org/about/contact](#) [Red Pill Psychology](#) Peter Wright, Red Pill Psychology provides a new look at men's mental health while rejecting the usual approaches of the mainstream therapeutic industry its gendered assumptions casual misandry default gynocentrism and general disregard of men's issues The authors include a critique of modern sexual relations and offer new models with positive suggestions for improving the wellbeing of men and boys [A Brief History of The Men's Rights Movement](#) Peter Wright, 2017-07-07 The Men's Rights Movement consists of groups or individuals fighting for improved human rights for men The movement is sometimes referred to as the Men's Human Rights Movement MHRM with human rights serving as a central focus that encompasses the same rights called civil liberties or civil rights but also including those rights that are not encoded in law such as compassionate and respectful behavior toward men and indeed toward all human beings The purpose of the movement has occasionally been misunderstood this partly because it has been poorly documented To correct that oversight this book attempts to provide a brief overview of both the historical beginnings and goals of the movement over the

last 150 years A historical survey reveals that the MRM is concerned with a large array of issues impacting men and boys such as alimony genital mutilation of male infants male homelessness mental illness false accusations family court bias suicide child custody low funding for male health issues educational performance and misandry in mainstream culture just to name a few The following pages provide examples of the early MRM in action focusing in Parts 1 3 on the rise of men s advocacy in the 1800s Part four provides a sample list of men s rights initiatives from the 1800s to recent times and Part five provides a few personal and co authored essays penned between the years 2012 2017 that give a taste of contemporary thinking with the concluding essay by Robert Brockway giving a general overview of concerns of the modern MRM With the publication of this material in one volume it is hoped that the historical footprint of the MRM will be set straight

Subjective Experience Morris N. Eagle,2024-03-07 Morris N Eagle explores the understanding and role of subjective experience in the disciplines of psychology psychoanalysis and philosophy of mind Elaborating how different understandings of subjective experience give rise to very different theories of the nature of the mind Eagle then explains how these shape clinical practices In particular Eagle addresses the strong tendency in the disciplines concerned with the nature of the mind to overlook the centrality of subjective experience in one s life to view it with suspicion and to reduce it to neural processes Describing examples of research in which subjective experience is a central variable Eagle provides an outline of a model in which the dichotomy of conscious and unconscious is supplemented by subjective experience as a continuum This book is essential reading for psychoanalysts psychoanalytic psychotherapists psychologists and anyone wishing to gain a deeper understanding of the importance of theories of the mind to therapeutic practice *Alexithymia* ,2022-09-19 Prakalp Prakashan *Handbook for Treatment of Attachment Problems in Children* Beverly James,2008-09-26 Attachment Disorder occurs when a child has difficulty establishing new attachments if old ones are severely disrupted and it is typically seen in victims of various types of trauma This text seeks to explain how best to treat these children so that they can love and trust again and form lasting relationships **Finished Business** Patrick Dust,2017-09-09 Ever wondered about the connection between psychological and physical illness We sense that the mind and the body don t exist in separate spheres that at some deep level they are fused and interrelate constantly in our daily lives Finished Business takes our curiosity about this reality to a new level with a passionate focus on two psychosomatic phenomena fibromyalgia syndrome and an eating disorder The roots of these conditions are examined in one person s experience of complex childhood trauma Employing the interdisciplinary lens offered by the powerful new method of Neuropsychanalysis this volume confronts head on the realities of early abuse lost love identity dysregulation and physical illness Reaching beyond it forges a means for repair a healthy autonomy and an experience of recovery The memoir of Part One opens up wounds from the past and confronts the demons of childhood Part Two describes a post therapy period in which the examined life yields the first fruits of a recovery Part Three engages some of the most exciting cutting edge knowledge of the brain available today and connects critical issues

concerning trauma and health with a nascent neuroscience of the whole person Part Four titled Afterthoughts deals with memory reconsolidation epigenetics dissociation and the creative unconscious Finished Business will appeal to those who know the rigors of mind body challenges to clinicians researchers and indeed to anyone who has pondered the enigmas of our mesmerizing body brain mind existence Mind The Blinds Becky Anyanwu,2024-10-17 Seventeen year old Elyas isn't like other students He's alexithymic emotions are like a foreign language to him All Elyas wants is to ace his final exams and escape from his abusive father Everything changes when three students Elyas fought turn up dead The same night in an act of self defense Elyas sets off a dangerous chain of events that pulls him deeper into darkness Meanwhile Detective James Afizere is on the hunt for a notorious serial killer The investigation points toward Elyas but there's no solid proof Soon the lines between victim and killer begin to blur Can Elyas find the strength to emerge from the shadows or will the past consume him A story of survival betrayal and manipulation Becky Anyanwu's MIND THE BLINDS is a gripping psychological thriller The Digitally Divided Self Ivo Quartiroli,2012-07-10 It isn't easy to find an informed and critical look at the impact of digital media practices on human lives and minds Ivo Quartiroli offers an informed critique based in both an understanding of technology and of human consciousness Howard Rheingold author of The Virtual Community and Smart Mobs Howard Rheingold Derrick de Kerckhove Arthur Kroker Eric McLuhan Michael McLuhan Douglas Rushkoff Michael Wesch Hilarie Cash Erik Davis Michael Heim Maggie Jackson Ervin Laszlo and others on the forefront of technology and media studies praised The Digitally Divided Self as a milestone in the understanding of human nature in relationship with digital technology Intersecting media studies psychology and spirituality The Digitally Divided Self exposes the nature of the malleable mind and explores the religious and philosophical influences which leave it obsessed with the incessant flow of information

Handbook for Treatment of Attachment-trauma Problems in Children Beverly James,1994 Provides a map stories and suggestions for those who are charged with the critical task of instilling a deep sense of trust and security in children so that they can begin to develop lasting normal relationships **The Courage to Raise Good Men** Olga Silverstein,Beth Rashbaum,1995-03-01 Challenging and readable will help mothers understand the implications of pushing boys out of the family before they're ready to go The Los Angeles Times Book Review The Psychology of Silicon Valley Katy Cook,2019-10-15 Misinformation Job displacement Information overload Economic inequality Digital addiction The breakdown of democracy civility and truth itself This open access book explores the conscious and unconscious norms values and characteristics that drive behaviors within the high tech capital of the world Silicon Valley and the sector it represents In an era where the reach and influence of a single industry has the potential to define the future of our world it has become apparent just how little we know about the organizations driving these changes The Psychology of Silicon Valley offers a revealing look inside the mind of world's most influential industry and how the identity culture myths and motivations of Big Tech are harming society The book argues that the bad values and lack of emotional intelligence borne in the vacuum of

Silicon Valley will have lasting consequences on everything from social equality to the future of work to our collective mental health Katy Cook expertly walks us through the psychological landscape of Silicon Valley including its leadership ethical and cultural problems and artfully explains why we cannot afford to ignore the psychology and values that are behind our technology any longer Chicago Psychoanalytic Literature Index ,1976

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