Clinical psychology and heart disease
(Download Only)

this edition provides an in depth analysis of the psychosocial factors surrounding coronary heart disease clinical trials have demonstrated that psychosocial intervention with patients who have coronary heart disease chd may reduce morbidity and help patients achieve better quality of life heart and mind the practice of cardiac psychology explores these findings and how they can be applied to improve the prognosis for patients with chd this is a sourcebook for a career in cardiac psychology intended for psychologists psychiatrists cardiologists internists exercise physiologists cardiac nurses and other specialists as well as by social workers and primary care physicians eduardo chapunoff m d chief of cardiology named one of america s top cardiologists by the customers research council of america 2009 author of 9 books howard paul ph d clinical psychologist master therapist medical school professor internationally renown what the professionals are saying from arnold lazarus ph d professor emeritus rutgers university sprinkled with humor the book was an enjoyable and often enlightening experience these two doctors cover interesting and important territory a few examples what lies behind human cruelty uncontrollable anger jealousy guilt stubbornness bullying co dependence and importantly self esteem from myron gessner m d associate professor of child and adolescent psychiatry dr paul shows remarkable knowledge while dr chapunoff shows wonderful insight and sensitivity this superb book is insightful informative in depth yet easy and fascinating to read it has important information for everyone from peter nathan ph d professor emeritus university of iowa a humane book written accessibly and with much kindness focusing on the heart of psychological conflicts that have challenged us all from carol goodheart ed d 2010 president of the american psychological association listen in on wide ranging conversations between two eminent healers about the mysteries of the mind on what drives people to sorrow greed and conflicts of all sorts even murder you will find understandable humane and evidence based avenues to self worth and mental health a welcome addition to every bookshelf this book describes those psychological features specifically characteristic of patients with congenital heart disease from birth to adulthood the combination of case studies descriptions of life experiences and psychological recommendations and collaboration with non profit organizations in the field ensure that it will serve as an excellent day to day learning tool technological advances in cardiology and cardiac surgery have resulted in an increase in the number of adults with congenital heart disease creating a new emergency from when they are born these patients and their relatives require extensive support for many reasons including the uncertainty and restrictions in their lives frequent hospitalizations and difficulties in the work and social spheres clinical psychology and congenital heart disease explains how psychology can contribute to healthcare treatment of patients with congenital heart disease and their families emphasis is placed on the need for a multidisciplinary approach to ensure the well being of the patient and the clinician is provided with insights and instruments that will assist greatly in the provision of appropriate support in cherishment elisabeth young bruehl and faith bethelard provide a wholly original way of thinking about familiar concepts such as love attachment and care showing how deep seated disappointments and fears of dependency keep so many of us from forming healthy relationshipscherishment narrates a journey of discovery and any reader on his or her own journey in the realm of the heart will feel
cherished by it psychology of the heart is a workbook specifically designed to help you thrive and experience the many benefits of heart centered living while productively managing all types of daily stressors combining theory with practical interactive exercises this uniquely enjoyable and highly effective workbook provides meaningful personal insight and valuable tools that enable you to experience more meaning peace happiness connection and gratitude in your life this workbook will help you to realize as we live a heart centered life rather than one dominated by the mind that our health relationships and productivity are naturally enhanced our stress levels and other negative patterns and emotions are dramatically reduced if we reflect back to the most special times in our life when we felt deeply moved grateful and connected to life it was our heart that was touched this workbook will help you build a foundation through a heart based approach that will most likely be very different than anything you have experienced before it will then become clear that opening our heart is not a thought process it is not a visual mental emotional or mindful experience our deepest knowing connections and our deepest most fulfilling experiences in life are accessed through our heart this workbook will help you to tangibly experience your heart so you can enjoy all the many and lasting benefits that living a heart centered life brings develops the psychology of the broken heart and links heart problems with fear need and aggression theologians and religious figures often draw a distinction between religion of the head and religion of the heart but few stop to ask what the terms head and heart actually denote many assume that this distinction has a scriptural basis and yet many biblical authors used the word heart as a synonym for mind in fact there isn t a strict separation of the two concepts until the modern period as in pascal s famous claim that the heart has its reasons that reason can not know since then many other philosophers and theologians have made a similar distinction the fact that this distinction has been so persistent makes it an important area of study head and heart perspectives from religion and psychology takes an inter disciplinary approach linking the thinking of theologians and philosophers with theory and research in present day psychology the tradition of using framing questions that have been developed in theology and philosophy can now be brought into dialogue with scientific approaches developed within cognitive psychology and neuroscience though these scientific approaches have not generally used the terms head and heart they have arrived at a similar distinction in other ways there is a notable convergence upon the realization that humans have two modes of cognition at their disposal that correspond to head and heart the time is therefore ripe to bring the approaches of theology and science in to dialogue an important dialogue that has been heretofore neglected head and heart draws on the unique expertise in relating theology and psychology of the university of cambridge s psychology and religion research group prrg in addition to providing historical and theoretical perspectives the contributors to this volume will also address practical issues arising from the group s applied work in deradicalisation and religious education contributors include geoff dumbreck nicholas j s gibson malcolm guite liz gulliford russell re manning glendon l moriarty sally myers sara savage carissa a sharp fraser watts harris wiseman and bonnie poon zahl heart disease is the leading cause of death in the united states and those who experience cardiac events suffer a wide range of psychological sequelae yet few books show psychotherapy practitioners how they can modify their techniques to accommodate the unique needs of this population the author an experienced hospital based psychologist provides an orientation to this specialization and drawing on a variety of therapy models describes empirically supported intervention strategies after providing an overview of the cardiovascular system she discusses lifestyle and psychological risk factors for heart disease subsequent chapters cover practical techniques for helping
patients overcome depression anxiety and hostility all factors that complicate recovery a final group of chapters addresses factors that affect treatment effectiveness such as substance abuse problems obesity and sex differences case illustrations are provided throughout cover psycinfo database record c 2008 apa all rights reserved written in a personal story telling style odyssey weaves excerpts of actual relationships with current and classic research to provide a better perspective on our own experiences in light of the principles of relationships highlights of its comprehensive coverage include the classic research on personal attraction dating and meeting others for closeness and the maintenance and dissolution of relationships recommendations for growth provides an opportunity for readers to directly apply current research and theory to their own relationships features new to this edition include the latest research and therapeutic techniques on maintaining and enhancing relationships a new chapter on the family with recent demographic changes and a look at the ongoing debates about the impact of cohabitation divorce and blended families and new chapters on same sex relationships and the dark side of relationships including why women stay in abusive relationships odyssey of the heart serves as a text for courses on close and or interpersonal relationships its accessibility and inclusion of many actual experiences will engage the general reader first published in 1985 routledge is an imprint of taylor francis an informa company research on the roles played by hostility and anger in the etiology and course of coronary heart disease chd has mushroomed moreover there has been considerable progress in the knowledge of neurohormonal correlates of anger and hostility that could conceivably play a role in the pathogenesis of chd the editors of this volume believe that this is the appropriate time in the history of coronary prone behavior research to take stock to identify the basic questions that need further elucidation and to provide future direction although there is a surprising consensus among the contributors about the nature of the critical issues they each offer a somewhat different perspective this book will provide a variety of perspectives on what is known and what still needs to be known a useful source for promising research hypotheses in speaking from the heart professor shields uses examples from everyday life contemporary culture and the latest research to illustrate how culturally shared beliefs about emotion are used to shape our identities as women and men and exposes the historically shifting and tacit assumptions these beliefs are based on this fascinating exploration of gender and emotion covers everything from nineteenth century ideals of womanhood to baseball and the new man and is a must read for anyone interested in the way emotion effects our everyday lives updating the classic first edition of the heart and soul of change editors duncan miller wampold and hubble have created a new and enriched volume that presents the most recent research on what works in therapeutic practice a thorough analysis of this research and practical guidance on how a therapist can truly deliver what works in therapy this volume examines the common factors underlying effective psychotherapy and brings the psychotherapist and the client therapist relationship back into focus as key determinants of psychotherapy outcome the second edition of the heart and soul of change also demonstrates the power of systematic client feedback to improve effectiveness and efficiency and legitimize psychotherapy services to third party payers in this way psychotherapy is implemented one person at a time based on that unique individuals perceptions of the progress and fit of the therapy and therapist readers familiar with the first edition will encounter the same pragmatic focus but with a larger breadth of coverage this edition adds chapters on both youth psychotherapy and substance abuse treatment through reading the heart and soul of change second edition delivering what works in therapy clinicians of varied levels of experience will improve their understanding of what is
truly therapeutic in the diverse forms of psychotherapy practiced today psychology emotion and intuition in work relationships the head heart and gut professional highlights the increasing importance of human relations in professional life in modern society all those who work with or provide services to others are increasingly called upon to be not just technical experts but also head heart and gut professionals who can work and relate to others with their head heart and gut the book explains and synthesises these elements in an accessible way based on a sound theoretical perspective combined with practical guidance the authors address how to manage client expectations how to deal with risk uncertainty and imperfection as well as how to improve communication and interpersonal skills attention is also given to the central role of empathy and rapport in professional relationships while recognising the need for proper professional boundaries psychology emotion and intuition in work relationships will be a valuable guide for all modern practising and training professionals in a broad range of fields including mental health law social and healthcare teaching and academia technology financial and other services indeed for anyone who provides services and has working relationships of any kind working from the heart advocates for a deeper understanding that the therapist’s expressions of non sexual non romantic love are a core ingredient in effective psychotherapy from a heart centered perspective it provides therapists with ways of helping their patients forgive themselves remove their blocks to receiving love and engaging the realms of their emotional hearts and higher self in order to solve complex life dilemmas positions emotion in the social world by arguing that its central function is to align relations between people for the past half century harvard trained psychiatrists who learned their art and skill from a genius have quoted his observations about life in their work with patients and in teaching others the practice of psychotherapy here is the unique and heralded collection of remarks by this extraordinary teacher dr elvin semrad originally recorded by susan rako and harvey mazer during residency training at harvard’s massachusetts mental health center in the 1960 s the book brings the reader a sense of closeness to the personal informal aspects of this man who combined knowledge gentleness and strength in a most unusual way otto will m d discusses conceptual models and research findings into how affect influences non conscious processing divided into two sections the book discusses affect and perception and affect and attention rooted in positive psychology focusing on cardiac prevention and recovery the good heart 101 ways to live a positively long happy life helps readers replace depression stress and anger with self confidence generosity and optimism the book with its 101 one to two page tips written in easy to understand language by a well respected expert in her field targets the millions throughout the world who suffer from some form of diagnosed cardiovascular disease as well as those dedicated to disease prevention this formula for providing succinct up to date research based tips helps readers quickly absorb information on how to behave feel and think approaching heart health in a new way emphasizing more than exercise and diet with changed attitude as the key to prevention and recovery combining information gathered from 30 years experience in cardiac psychology hundreds of cardiac studies and the most recent findings of both cognitive and positive psychology literature the good heart will change lives a great book that will give you practical easy to use pieces of daily wisdom to give balance and meaning to your life robert l Leahy ph d director of the american institute for cognitive therapy author of the worry cure dr austen hayes helps others think more positively and in doing so lowers their chances of suffering a heart attack or other life threatening disease a highly original study addressed to those who must grapple with uncertainties and fears created by life threatening disorders this very practical book is recommended sara paddison’s life changed when she began to
listen to really listen to the intelligence of her own heart as this new awareness unfolded she became more secure vibrant compassionate and balanced she was transformed by an awesome invisible force the hidden power of the heart this is her story and a story about the heartmath system an inspiring story of self discovery and inner exploration full of tools and techniques designed to help people to develop their own heart's intelligence psychotherapist artist survival instructor and author rob jacoby draws upon all four areas of his life and experience to offer us the map to love how to navigate the art of the heart a life giving perspective on love fulfillment healing and successfully navigating the complex human emotional landscape his twenty year career helping people from all walks of life especially young people suffering from extreme emotional problems gives this book its lived in authority his passion for creation particularly music and painting drives the spontaneity and rhythm of its prose and presentation in collaboration with world renowned artist brian macgregor the result is a visually and intellectually stunning masterpiece on the topic of love this is that work if you have read other books about love that have fallen short read this book mapping the terrain of the heart is an eloquent guide through love's diverse landscapes that provides a whole new way to think about love relationships both descriptive and prescriptive it is a book for anyone looking to experience a committed relationship full of passion and tenderness in the labyrinth of love every one of us has his or her own inner map psychologists goldbart and wallin lead us along the metaphorical superhighways on the map of love by charting six easily grasped skills the six capacities of love that are all necessary to a long term stable love relationship the capacities for erotic involvement for merging for idealization for integration for refinding and for self transcendence the authors demonstrate in a very practical hands on way how individuals and couples can use these capacities to work on breaking down their usual defenses and grow toward a deeper understanding and connection in defending ourselves against disappointment in love we frequently and often unknowingly throw up obstacles create roadblocks and take detours around these six capacities we think such detours will take us where we want to go in a relationship but too often they do not goldbart and wallin's sophisticated but accessible approach using case studies and practical pointers throughout based on solid psycho analytic theory while creating a completely new model for love relationships that also makes intuitive sense mapping the terrain of the heart offers a comprehensive psychology of love that maps out the paths to a successful relationship and shows how both individuals and couples can progress toward that ever elusive goal of lasting and passionate love psychotherapist artist survival instructor 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removal is part of a wider adjustment involving both the spouse and other individuals the book offers as one of its main contributions a social psychological approach to the study of illness in general it sets out a new methodology which might be applied in a number of illness contexts using both qualitative and quantitative analyses prospects of heart surgery describes differences between smooth and problematic approaches to surgery as well as variations in the experience of rehabilitation afterwards using stories and images the authors blend the best of spirituality and psychology to help the reader live in peace with self others and god while most of us have moments of loving freely and openly it is often hard to sustain this where it matters most in our intimate relationships why if love is so great and powerful are human relationships so challenging and difficult if love is the source of happiness and joy why is it so hard to open to it fully and let it govern our lives in this book john welwood addresses these questions and shows us how to overcome the most fundamental obstacle that keeps us from experiencing love’s full flowering in our lives perfect love imperfect relationships begins by showing how all our relational problems arise out of a universal core wounding around love that affects not only our personal relationships but the quality of life in our world as a whole this wounding shows up as a pervasive mood of unlove a deep sense that we are not intrinsically lovable just as we are and this shuts down our capacity to trust so that even though we may hunger for love we have difficulty opening to it and letting it circulate freely through us this book takes the reader on a powerful journey of healing and transformation that involves learning to embrace our humanness and appreciate the imperfections of our relationships as trail markers along the path to great love it sets forth a process for releasing deep seated grievances we hold against others for not loving us better and against ourselves for not being better loved and it shows how our longing to be loved can magnetize the great love that will free us from looking to others to find ourselves written with penetrating realism and a fresh lyrical style that honors the subtlety and richness of our relationship to love itself this revolutionary book offers profound and practical guidance for healing our lives as well as our embattled world listening from the heart of silence nondual wisdom and psychotherapy volume 2 is a companion volume to the sacred mirror the title listening from the heart of silence refers to a quality of listening that originates prior to the duality of the one who listens and the one who is heard it is a listening that is global spacious and paradoxically to the mind at least extremely intimate it comes from and points to our homeground in silent lucid openness what some have called the heart when we listen from this heart of silence we invite healing on the deepest level welcoming everything just as it is this is as true in our ordinary relationships as it is in the specialized relationship between therapist and client once the heart of silence is fully recognized our lives begin to move from the inside out with greater honesty love spontaneity and power radiating out like concentric circles on the surface of a pond our lives increasingly embody our deepest truth all psychological suffering is ultimately rooted in the misunderstanding of who we really are the vital current of nondual wisdom implicit in the world’s great spiritual traditions directly addresses the origins of the profound sense of lack and separation that are the basis of human suffering is all human behavior based on self interest many social and biological theories would argue so but such a perspective does not explain the many truly heroic acts committed by people willing to risk their lives to help others in the heart of altruism kristen renwick monroe boldly lays the groundwork for a social theory receptive to altruism by examining the experiences described by altruists themselves from otto a german businessman who rescued over a hundred jews in nazi germany to lucille a newspaper poetry
editor who armed with her cane saved a young girl who was being raped monroe s honest and moving interviews with these little known heroes enable her to explore the causes of altruism and the differences between altruists and other people by delineating an overarching perspective of humanity shared by altruists monroe demonstrates how social theories may begin to account for altruism and debunks the notions of scientific inevitability that stem from an overemphasis on self interest as monroe has discovered the financial and religious backgrounds of altruists vary greatly as do their views on issues such as welfare civil rights and morality altruists do however share a certain way of looking at the world where the rest of us see a stranger altruists see a fellow human being it is this perspective that many social theories overlook monroe restores altruism to a general theory of ethical political behavior she argues that to understand what makes one person act out of concern for others and not the self we need to ask how that individual s perspective sets the range of options he or she finds available this the latest book from the school of psychotherapy and counselling series of regent s college is an intriguing book which explores complex areas and is recommended for the more experienced practitioner counsellingbooks com this book focuses in depth on how attention and the heart are involved in relating to others the author draws in both west and west to illuminate this often neglected aspect of psychotherapeutic work sufic and yogic approaches to heart consciousness are given as well as those from contemporary scientific studies which are discovering the heart s intelligence also drawing on contemporary contribution from cognitive psychology neuroscience rosalind pearmain describes the moment by moment process of relational contract in terms of an arc of attunement amplification and reverberation and offers practical exercises to develop our heart s capacities to respond to others intriguing extraordinary skillfull counselling news using developmental psychological theory from lawrence kohlberg s theory of moral development norma hann s emphasis on the role of emotion and defense mechanisms in self perceptions related to morality and carol gilligan s theory of sexual differences in ethics as well as martin hoffman s theory of empathic development shelton constructs a moral theory rooted in the human capacity for empathy he considers how empathy is developed how emotions may be developed and how persons become blind to their own immorality ending with a brief caution about the limits of empathy recommended for all libraries but especially for public and seminary libraries the acclaimed social psychologist and new york times bestselling author of the art of loving discusses the nature of evil and humanity s capacity for it originally published in 1964 the heart of man was influenced by turbulent times average americans were suffering from different forms of evil including a rise in juvenile delinquency on a grander scale the threat of nuclear war loomed over the nation and president john f kennedy had been assassinated what could drive humanity to do things such as these in the heart of man renowned humanist philosopher and psychoanalyst erich fromm investigates man s capacity to destroy his narcissism and his incestuous fixation he expands upon ideas he presented in escape from freedom man for himself and the art of loving and examines the essence of evil as well as the choice between good and evil he also explores man s ability to destroy and further considers freedom aggression destructiveness and violence the heart of man questions human nature itself from the forms of violence that plague it to individual and social narcissism to how the positive value of love of life can potentially outweigh the destructive syndrome of decay caused by the love of death and other harmful tendencies of thought midwest book review
Heart and Mind 2012 this edition provides an in depth analysis of the psychosocial factors surrounding coronary heart disease. Clinical trials have demonstrated that psychosocial intervention with patients who have coronary heart disease (CHD) may reduce morbidity and help patients achieve better quality of life. Heart and Mind explores these findings and how they can be applied to improve the prognosis for patients with CHD.

This is a sourcebook for a career in cardiac psychology intended for psychologists, psychiatrists, cardiologists, internists, exercise physiologists, cardiac nurses, and other specialists as well as by social workers and primary care physicians.

The Heart of Psychology 2012-02-15 Eduardo Chapunoff M.D. Chief of Cardiology named one of America's top cardiologists by the customers research council of America 2009 author of 9 books Howard Paul Ph.D. clinical psychologist master therapist medical school professor internationally renown what the professionals are saying from Arnold Lazarus Ph.D. professor emeritus Rutgers university sprinkled with humor the book was an enjoyable and often enlightening experience these two doctors cover interesting and important territory a few examples what lies behind human cruelty uncontrollable anger jealousy guilt stubbornness bullying co dependence and importantly self esteem from Myron Gessner M.D. associate professor of child and adolescent psychiatry Dr. Paul shows remarkable knowledge while Dr. Chapunoff shows wonderful insight and sensitivity this superb book is insightful informative in depth yet easy and fascinating to read it has important information for everyone from Peter Nathan Ph.D. professor emeritus University of Iowa a humane book written accessibly and with much kindness focusing on the heart of psychological conflicts that have challenged us all from Carol Goodheart Ed.D. 2010 president of the American Psychological Association listen in on wide ranging conversations between two eminent healers about the mysteries of the mind on what drives people to sorrow greed and conflicts of all sorts even murder you will find understandable humane and evidence based avenues to self worth and mental health a welcome addition to every bookshelf.

Clinical Psychology and Congenital Heart Disease 2014-11-24 is this book describes those psychological features specifically characteristic of patients with congenital heart disease from birth to adulthood the combination of case studies descriptions of life experiences and psychological recommendations and collaboration with non profit organizations in the field ensure that it will serve as an excellent day to day learning tool technological advances in cardiology and cardiac surgery have resulted in an increase in the number of adults with congenital heart disease creating a new emergency from when they are born these patients and their relatives require extensive support for many reasons including the uncertainty and restrictions in their lives frequent hospitalizations and difficulties in the work and social spheres clinical psychology and congenital heart disease explains how psychology can contribute to healthcare treatment of patients with congenital heart disease and their families emphasis is placed on the need for a multidisciplinary approach to ensure the well being of the patient and the clinician is provided with insights and instruments that will assist greatly in the provision of appropriate support.

Cherishment 2002-04-29 in cherishment Elisabeth Young Bruehl and Faith Bethelard provide a wholly original way of thinking about familiar concepts such as love attachment and care showing how deep seated disappointments and fears of dependency keep so many of us from forming healthy relationships Cherishment narrates a journey of discovery and any reader on his or her own journey in the realm of the heart will feel cherished by it.

The Heart of Social Psychology 1986 psychology of the heart is a workbook specifically
designed to help you thrive and experience the many benefits of heart centered living while productively managing all types of daily stressors combining theory with practical interactive exercises this uniquely enjoyable and highly effective workbook provides meaningful personal insight and valuable tools that enable you to experience more meaning peace happiness connection and gratitude in your life this workbook will help you to realize as we live a heart centered life rather than one dominated by the mind that our health relationships and productivity are naturally enhanced our stress levels and other negative patterns and emotions are dramatically reduced if we reflect back to the most special times in our life when we felt deeply moved grateful and connected to life it was our heart that was touched this workbook will help you build a foundation through a heart based approach that will most likely be very different than anything you have experienced before it will then become clear that opening our heart is not a thought process it is not a visual mental emotional or mindful experience our deepest knowing connections and our deepest most fulfilling experiences in life are accessed through our heart this workbook will help you to tangibly experience your heart so you can enjoy all the many and lasting benefits that living a heart centered life brings

Psychology of the Heart 2015-01-03 develops the psychology of the broken heart and links heart problems with fear need and aggression
Heart-Aches 1996-01-01 theologians and religious figures often draw a distinction between religion of the head and religion of the heart but few stop to ask what the terms head and heart actually denote many assume that this distinction has a scriptural basis and yet many biblical authors used the word heart as a synonym for mind in fact there isn t a strict separation of the two concepts until the modern period as in pascal s famous claim that the heart has its reasons that reason can not know since then many other philosophers and theologians have made a similar distinction the fact that this distinction has been so persistent makes it an important area of study head and heart perspectives from religion and psychology takes an inter disciplinary approach linking the thinking of theologians and philosophers with theory and research in present day psychology the tradition of using framing questions that have been developed in theology and philosophy can now be brought into dialogue with scientific approaches developed within cognitive psychology and neuroscience though these scientific approaches have not generally used the terms head and heart they have arrived at a similar distinction in other ways there is a notable convergence upon the realization that humans have two modes of cognition at their disposal that correspond to head and heart the time is therefore ripe to bring the approaches of theology and science in to dialogue an important dialogue that has been heretofore neglected head and heart draws on the unique expertise in relating theology and psychology of the university of cambridge s psychology and religion research group prrg in addition to providing historical and theoretical perspectives the contributors to this volume will also address practical issues arising from the group s applied work in deradicalisation and religious education contributors include geoff dumbreck nicholas j s gibson malcolm guite liz gulliford russell re manning glendon l moriarty sally myers sara savage carissa a sharp fraser watts harris wiseman and bonnie poon zahl

Head and Heart 2013-08-26 heart disease is the leading cause of death in the united states and those who experience cardiac events suffer a wide range of psychological sequelae yet few books show psychotherapy practitioners how they can modify their techniques to accommodate the unique needs of this population the author an experienced hospital based psychologist provides an orientation to this specialization and drawing on a variety of therapy
models describes empirically supported intervention strategies after providing an overview of the cardiovascular system she discusses lifestyle and psychological risk factors for heart disease subsequent chapters cover practical techniques for helping patients overcome depression anxiety and hostility all factors that complicate recovery a final group of chapters addresses factors that affect treatment effectiveness such as substance abuse problems obesity and sex differences case illustrations are provided throughout cover psycinfo

**Psychotherapy with Cardiac Patients** 2008 written in a personal story telling style odyssey weaves excerpts of actual relationships with current and classic research to provide a better perspective on our own experiences in light of the principles of relationships highlights of its comprehensive coverage include the classic research on personal attraction dating and meeting others for closeness and the maintenance and dissolution of relationships recommendations for growth provides an opportunity for readers to directly apply current research and theory to their own relationships features new to this edition include the latest research and therapeutic techniques on maintaining and enhancing relationships a new chapter on the family with recent demographic changes and a look at the ongoing debates about the impact of cohabitation divorce and blended families and new chapters on same sex relationships and the dark side of relationships including why women stay in abusive relationships odyssey of the heart serves as a text for courses on close and or interpersonal relationships its accessibility and inclusion of many actual experiences will engage the general reader

**Odyssey of the Heart** 2001-11-01 first published in 1985 routledge is an imprint of taylor francis an informa company

**Forms of Feeling** 1985 research on the roles played by hostility and anger in the etiology and course of coronary heart disease chd has mushroomed moreover there has been considerable progress in the knowledge of neurohormonal correlates of anger and hostility that could conceivably play a role in the pathogenesis of chd the editors of this volume believe that this is the appropriate time in the history of coronary prone behavior research to take stock to identify the basic questions that need further elucidation and to provide future direction although there is a surprising consensus among the contributors about the nature of the critical issues they each offer a somewhat different perspective this book will provide a variety of perspectives on what is known and what still needs to be known a useful source for promising research hypotheses

**Anger, Hostility, and the Heart** 1994 in speaking from the heart professor shields uses examples from everyday life contemporary culture and the latest research to illustrate how culturally shared beliefs about emotion are used to shape our identities as women and men and exposes the historically shifting and tacit assumptions these beliefs are based on this fascinating exploration of gender and emotion covers everything from nineteenth century ideals of womanhood to baseball and the new man and is a must read for anyone interested in the way emotion effects our everyday lives

**Speaking from the Heart** 2002-06-06 updating the classic first edition of the heart and soul of change editors duncan miller wampold and hubble have created a new and enriched volume that presents the most recent research on what works in therapeutic practice a thorough analysis of this research and practical guidance on how a therapist can truly deliver what works in therapy this volume examines the common factors underlying effective psychotherapy and brings the psychotherapist and the client therapist relationship back into focus as key determinants of psychotherapy outcome the second edition of the heart and
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Social Psychology 2000-07-01 psychology emotion and intuition in work relationships the head heart and gut professional highlights the increasing importance of human relations in professional life in modern society all those who work with or provide services to others are increasingly called upon to be not just technical experts but also head heart and gut professionals who can work and relate to others with their head heart and gut the book explains and synthesises these elements in an accessible way based on a sound theoretical perspective combined with practical guidance the authors address how to manage client expectations how to deal with risk uncertainty and imperfection as well as how to improve communication and interpersonal skills attention is also given to the central role of empathy and rapport in professional relationships while recognising the need for proper professional boundaries psychology emotion and intuition in work relationships will be a valuable guide for all modern practising and training professionals in a broad range of fields including mental health law social and healthcare teaching and academia technology financial and other services indeed for anyone who provides services and has working relationships of any kind

The Heart & Soul of Change 2010 working from the heart advocates for a deeper understanding that the therapist s expressions of non sexual non romantic love are a core ingredient in effective psychotherapy from a heart centered perspective it provides therapists with ways of helping their patients forgive themselves remove their blocks to receiving love and engaging the realms of their emotional hearts and higher self in order to solve complex life dilemmas

Psychology, Emotion and Intuition in Work Relationships 2018-03-05 positions emotion in the social world by arguing that its central function is to align relations between people

Working from the Heart 2011 for the past half century harvard trained psychiatrists who learned their art and skill from a genius have quoted his observations about life in their work with patients and in teaching others the practice of psychotherapy here is the unique and heralded collection of remarks by this extraordinary teacher dr elvin semrad originally recorded by susan rako and harvey mazer during residency training at harvard s massachusetts mental health center in the 1960 s the book brings the reader a sense of closeness to the personal informal aspects of this man who combined knowledge gentleness and strength in a most unusual way otto will m d

Social Psychology 1997-03-01 discusses conceptual models and research findings into how affect influences non conscious processing divided into two sections the book discusses affect and perception and affect and attention

Heart to Heart 2019-11-07 rooted in positive psychology focusing on cardiac prevention and recovery the good heart 101 ways to live a positively long happy life helps readers replace depression stress and anger with self confidence generosity and optimism the book with its 101 one to two page tips written in easy to understand language by a well respected
expert in her field targets the millions throughout the world who suffer from some form of
diagnosed cardiovascular disease as well as those dedicated to disease prevention this
formula for providing succinct up to date research based tips helps readers quickly absorb
information on how to behave feel and think approaching heart health in a new way
emphasizing more than exercise and diet with changed attitude as the key to prevention and
recovery combining information gathered from 30 years experience in cardiac psychology
hundreds of cardiac studies and the most recent findings of both cognitive and positive
psychology literature the good heart will change lives a great book that will give you practical
easy to use pieces of daily wisdom to give balance and meaning to your life robert l leahy ph
same director of the american institute for cognitive therapy author of the worry cure dr austen
hayes helps others think more positively and in doing so lowers their chances of suffering a
heart attack or other life threatening disease

Semrad 2003-12 a highly original study addressed to those who must grapple with
uncertainties and fears created by life threatening disorders this very practical book is
recommended

The Heart Knows 2021-04-11 sara paddison s life changed when she began to listen to really
listen to the intelligence of her own heart as this new awareness unfolded she became more
secure vibrant compassionate and balanced she was transformed by an awesome invisible
force the hidden power of the heart this is her story and a story about the heartmath system
an inspiring story of self discovery and inner exploration full of tools and techniques designed
to help people to develop their own heart s intelligence

The Heart's Eye 1994 psychotherapist artist survival instructor and author rob jacoby draws
upon all four areas of his life and experience to offer us the map to love how to navigate the
art of the heart a life giving perspective on love fulfillment healing and successfully
navigating the complex human emotional landscape his twenty year career helping people
from all walks of life especially young people suffering from extreme emotional problems
gives this book its lived in authority his passion for creation particularly music and painting
drives the spontaneity and rhythm of its prose and presentation in collaboration with world
renowned artist brian macgregor the result is a visually and intellectually stunning
masterpiece on the topic of love if you plan on purchasing only one book on self help love
and positive psychology for the rest of your life this is that work

The Good Heart 2012-09-28 if you have read other books about love that have fallen short
read this book mapping the terrain of the heart is an eloquent guide through love s diverse
landscapes that provides a whole new way to think about love relationships both descriptive
and prescriptive it is a book for anyone looking to experience a committed relationship full of
passion and tenderness in the labyrinth of love every one of us has his or her own inner map
psychologists goldbart and wallin lead us along the metaphorical superhighways on the map
of love by charting six easily grasped skills the six capacities of love that are all necessary to
a long term stable love relationship the capacities for erotic involvement for merging for
idealization for integration for refinding and for self transcendence the authors demonstrate
in a very practical hands on way how individuals and couples can use these capacities to
work on breaking down their usual defenses and grow toward a deeper understanding and
connection in defending ourselves against disappointment in love we frequently and often
unknowingly throw up obstacles create roadblocks and take detours around these six
capacities we think such detours will take us where we want to go in a relationship but too
often they do not goldbart and wallin s sophisticated but accessible approach using case
studies and practical pointers throughout based on solid psycho analytic theory while
creating a completely new model for love relationships that also makes intuitive sense mapping the terrain of the heart offers a comprehensive psychology of love that maps out the paths to a successful relationship and shows how both individuals and couples can progress toward that ever elusive goal of lasting and passionate love

Heart to Heart 1997-12 psychotherapist artist survival instructor and author rob jacob draws upon all four areas of his life and experience to offer us the map to love how to navigate the art of the heart a life giving perspective on love fulfillment healing and successfully navigating the complex human emotional landscape his twenty year career helping people from all walks of life especially young people suffering from extreme emotional problems gives this book its lived in authority his passion for creation particularly music and painting drives the spontaneity and rhythm of its prose and presentation in collaboration with world renowned artist brian macgregor the result is a visually and intellectually stunning masterpiece on the topic of love if you plan on purchasing only one book on self help love and positive psychology for the rest of your life well then this is that work

The Hidden Power of the Heart 1998 prospects of heart surgery psychological adjustment to coronary bypass grafting reports on a study of how patients and their spouses adjusted to the prospect and then to the outcome of coronary graft surgery the focus upon patients social relationships rather than upon individuals reveals that the way people bear their illness and adapt to symptom removal is part of a wider adjustment involving both the spouse and other individuals the book offers as one of its main contributions a social psychological approach to the study of illness in general it sets out a new methodology which might be applied in a number of illness contexts using both qualitative and quantitative analyses prospects of heart surgery describes differences between smooth and problematic approaches to surgery as well as variations in the experience of rehabilitation afterwards

Open Heart Therapy 1984 using stories and images the authors blend the best of spirituality and psychology to help the reader live in peace with self others and god

Mind the Heart - Psychosocial Risk Factors and Cognitive Functioning in Cardiovascular Disease 2021-06-29 while most of us have moments of loving freely and openly it is often hard to sustain this where it matters most in our intimate relationships why if love is so great and powerful are human relationships so challenging and difficult if love is the source of happiness and joy why is it so hard to open to it fully and let it govern our lives in this book john welwood addresses these questions and shows us how to overcome the most fundamental obstacle that keeps us from experiencing love s full flowering in our lives perfect love imperfect relationships begins by showing how all our relational problems arise out of a universal core wounding around love that affects not only our personal relationships but the quality of life in our world as a whole this wounding shows up as a pervasive mood of unlove a deep sense that we are not intrinsically lovable just as we are and this shuts down our capacity to trust so that even though we may hunger for love we have difficulty opening to it and letting it circulate freely through us this book takes the reader on a powerful journey of healing and transformation that involves learning to embrace our humanness and appreciate the imperfections of our relationships as trail markers along the path to great love it sets forth a process for releasing deep seated grievances we hold against others for not loving us better and against ourselves for not being better loved and it shows how our longing to be loved can magnetize the great love that will free us from looking to others to find ourselves written with penetrating realism and a fresh lyrical style that honors the subtlety and richness of our relationship to love itself this revolutionary book offers profound and practical guidance for healing our lives as well as our embattled world
The Map To Love 2016-03-23 listening from the heart of silence nondual wisdom and psychotherapy volume 2 is a companion volume to the sacred mirror it expands and deepens the groundbreaking dialogue begun in the sacred mirror the title listening from the heart of silence refers to a quality of listening that originates prior to the duality of the one who listens and the one who is heard it is a listening that is global spacious and paradoxically to the mind at least extremely intimate it comes from and points to our homeground in silent lucid openness what some have called the heart when we listen from this heart of silence we invite healing on the deepest level welcoming everything just as it is this is as true in our ordinary relationships as it is in the specialized relationship between therapist and client once the heart of silence is fully recognized our lives begin to move from the inside out with greater honesty love spontaneity and power radiating out like concentric circles on the surface of a pond our lives increasingly embody our deepest truth all psychological suffering is ultimately rooted in the misunderstanding of who we really are the vital current of nondual wisdom implicit in the world’s great spiritual traditions directly addresses the origins of the profound sense of lack and separation that are the basis of human suffering

Mapping the Terrain of the Heart 1997-03-01 is all human behavior based on self interest many social and biological theories would argue so but such a perspective does not explain the many truly heroic acts committed by people willing to risk their lives to help others in the heart of altruism kristen renwick monroe boldly lays the groundwork for a social theory receptive to altruism by examining the experiences described by altruists themselves from otto a german businessman who rescued over a hundred jews in nazi germany to lucille a newspaper poetry editor who armed with her cane saved a young girl who was being raped monroe s honest and moving interviews with these little known heroes enable her to explore the causes of altruism and the differences between altruists and other people by delineating an overarching perspective of humanity shared by altruists monroe demonstrates how social theories may begin to account for altruism and debunks the notions of scientific inevitability that stem from an overemphasis on self interest as monroe has discovered the financial and religious backgrounds of altruists vary greatly as do their views on issues such as welfare civil rights and morality altruists do however share a certain way of looking at the world where the rest of us see a stranger altruists see a fellow human being it is this perspective that many social theories overlook monroe restores altruism to a general theory of ethical political behavior she argues that to understand what makes one person act out of concern for others and not the self we need to ask how that individual s perspective sets the range of options he or she finds available

The Map to Love 2010-05-01 this the latest book from the school of psychotherapy and counselling series of regent s college is an intriguing book which explores complex areas and is recommended for the more experienced practitioner counsellingbooks com this book focuses in depth on how attention and the heart are involved in relating to others the author draws in both west and west to illuminate this often neglected aspect of psychotherapeutic work sufic and yogic approaches to heart consciousness are given as well as those from contemporary scientific studies which are discovering the heart s intelligence also drawing on contemporary contribution from cognitive psychology neuroscience rosalind pearmain describes the moment by moment process of relational contract in terms of an arc of attunement amplification and reverberation and offers practical exercises to develop our heart s capacities to respond to others intriguing extraordinary skillfull counselling news Social Psychology 1997-09 using developmental psychological theory from lawrence kohlberg s theory of moral development norma hann s emphasis on the role of emotion and defense
mechanisms in self perceptions related to morality and carol gilligan s theory of sexual differences in ethics as well as martin hoffman s theory of empathic development shelton constructs a moral theory rooted in the human capacity for empathy he considers how empathy is developed how emotions may be developed and how persons become blind to their own immorality ending with a brief caution about the limits of empathy recommended for all libraries but especially for public and seminary libraries

**Prospects of Heart Surgery** 2012-12-06 the acclaimed social psychologist and new york times bestselling author of the art of loving discusses the nature of evil and humanity s capacity for it originally published in 1964 the heart of man was influenced by turbulent times average americans were suffering from different forms of evil including a rise in juvenile delinquency on a grander scale the threat of nuclear war loomed over the nation and president john f kennedy had been assassinated what could drive humanity to do things such as these in the heart of man renowned humanist philosopher and psychoanalyst erich fromm investigates man s capacity to destroy his narcissism and his incestuous fixation he expands upon ideas he presented in escape from freedom man for himself and the art of loving and examines the essence of evil as well as the choice between good and evil he also explores man s ability to destroy and further considers freedom aggression destructiveness and violence the heart of man questions human nature itself from the forms of violence that plague it to individual and social narcissism to how the positive value of love of life can potentially outweigh the destructive syndrome of decay caused by the love of death and other harmful tendencies of thought midwest book review

**Urgings of the Heart** 1995

**Perfect Love, Imperfect Relationships** 2005-12-27

**Listening from the Heart of Silence** 2007-06-01

**The Heart of Altruism** 1998-07-01

**The Heart of Listening** 2003-08-23

**Morality of the Heart** 1997

**The Heart of Man** 2023-02-28

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