

Seeing Through Tears

Crying and Attachment

Judith Kay Nelson



Seeing Through Tears Crying And Attachment

Shawn Blue



Seeing Through Tears Crying And Attachment:

Seeing Through Tears Judith Kay Nelson, 2005 In this examination of crying behavior and the meaning of tears attachment theory and original research is analyzed to present a thorough look at crying through the life cycle and practical advice concerning this fundamental behaviour

Seeing Through Tears Judith Kay Nelson, 2012-12-06 Seeing Through Tears is a groundbreaking examination of crying behavior and the meaning behind our tears Drawing from attachment theory and her own original research Judith Nelson presents an exciting new view of crying as a part of our inborn equipment for establishing and maintaining emotional connections In a comprehensive look at crying through the life cycle this insightful volume presents a novel theoretical framework before offering useful and practical advice for dealing with this most fundamental of human behaviors

Weeping Britannia Thomas Dixon, 2015-09-10 There is a persistent myth about the British that we are a nation of stoics with stiff upper lips repressed emotions and inactive lachrymal glands Weeping Britannia the first history of crying in Britain comprehensively debunks this myth Far from being a persistent element in the national character the notion of the British stiff upper lip was in fact the product of a relatively brief and militaristic period of our past from about 1870 to 1945 In earlier times we were a nation of proficient sometimes virtuosic moral weepers To illustrate this perhaps surprising fact Thomas Dixon charts six centuries of weeping Britons and theories about them from the medieval mystic Margery Kempe in the early fifteenth century to Paul Gascoigne's famous tears in the semi finals of the 1990 World Cup In between the book includes the tears of some of the most influential figures in British history from Oliver Cromwell to Margaret Thatcher not forgetting George III Queen Victoria Charles Darwin and Winston Churchill along the way But the history of weeping in Britain is not simply one of famous tear stained individuals These tearful micro histories all contribute to a bigger picture of changing emotional ideas and styles over the centuries touching on many other fascinating areas of our history For instance the book also investigates the histories of painting literature theatre music and the cinema to discover how and why people have been moved to tears by the arts from the sentimental paintings and novels of the eighteenth century and the romantic music of the nineteenth to Hollywood weepies expressionist art and pop music in the twentieth century Weeping Britannia is simultaneously a museum of tears and a philosophical handbook using history to shed new light on the changing nature of Britishness over time as well as the ever shifting ways in which we express and understand our emotional lives The story that emerges is one in which a previously rich religious and cultural history of producing and interpreting tears was almost completely erased by the rise of a stoical and repressed British empire in the late nineteenth century Those forgotten philosophies of tears and feeling can now be rediscovered In the process readers might perhaps come to view their own tears in a different light as something more than mere emotional incontinence

Mapping Multimodal Performance Studies Maria Grazia Sindoni, Janina Wildfeuer, Kay O'Halloran, 2016-12-01 This book is a first attempt to map the broad context of performance studies from a multimodal perspective It collects original research

on traditional performing arts theatre dance opera live durational performance and mediated recorded performances films television shows as well as performative discursive practices on social media by adopting several theories and methodologies all dealing with the notion of multimodality As a mostly dynamic and also interactive environment for various text types and genres the context of performance studies provides many opportunities to produce meaning verbally and non verbally All chapters in this book develop frameworks for the analysis of performance related events and activities and explore empirical case studies in a range of different ages and cultures A further focus lies on the communicative strategies deployed by different communities of practice taking into account processes of production distribution and consumption of such texts in diverse spatial and temporal contexts

On the Verge of Tears Michele Byers, David Lavery, 2010-04-16 The idea for this book began with David Lavery's 2007 column for flowtv.org The Crying Game Why Television Brings Us to Tears asked us to consider that age old mystery tears The respondents to David's initial survey Michele Byers among them didn't agree on anything Some cried more over film some television some books some felt their tears to be a release others to be a manipulation They did agree however as did the readers who responded to the column that crying over stories and even things is something that is a shared and familiar cultural practice This book was born from that moment of recognition On the Verge of Tears is not the first book to think about crying Tom Lutz's Crying The Natural nor is its approach psychological sociological as is Nelson's It does not limit itself to very contemporary popular culture as does Jenkins book or material culture as does Schwenger's study What On the Verge of Tears offers are personal cultural and political ruminations on the tears we shed in our daily engagements with the world and its artifacts The essays found within are often deeply personal but also have broad implications for everyday life The authors included here contemplate how and why art music film literature theatre theory and material artifacts make us weep They consider the risks of tears in public and private spaces the way tears implicate us in tragedy comedy and horror On the Verge of Tears does not offer a unified theory of crying but instead invites us to imagine tears as a multi vocal language we can all in some manner understand

Grief and Romantic Relationship Dissolution Shawn Blue, 2017-10-18 In Grief and Romantic Relationship Dissolution Shawn Blue explores the grief and loss associated with divorce and romantic breakups Using a model of love and attachment theory Blue sets a foundation for how connection leads to loss when an attachment relationship is ended and analyzes the various consequences of grief as the result of dissolution on the individual She devotes special attention to the role of technology on romantic relationship development and makes speculations of the grief that is experienced by relationships created online when they end Finally she utilizes and applies case material to illustrate the grief process and incorporates the influence of media in the understanding of loss related to the ending of attachment relationships This book is recommended for scholars in psychology communication studies and media studies

Attachment Theory and Research in Clinical Work with Adults Joseph H. Obegi, Ety Berant, 2010-06-09 Written with the practicing psychotherapist in mind this invaluable book presents cutting edge

knowledge on adult attachment and explores the implications for day to day clinical practice Leading experts illustrate how theory and research in this dynamic area can inform assessment case formulation and clinical decision making The book puts such concepts as the secure base mentalization and attachment styles in a new light by focusing on their utility for understanding the therapeutic relationship and processes of change It offers recommendations for incorporating attachment ideas and tools into specific treatment approaches with separate chapters on psychoanalytic interpersonal cognitive behavioral and emotionally focused therapies

Cowardice Chris Walsh, 2016-12-06 A provocative look at how cowardice has been understood from ancient times to the present Coward It s a grave insult likely to provoke anger shame even violence But what exactly is cowardice When terrorists are called cowards does it mean the same as when the term is applied to soldiers And what if anything does cowardice have to do with the rest of us Bringing together sources from court martial cases to literary and film classics such as Dante s Inferno The Red Badge of Courage and The Thin Red Line Cowardice recounts the great harm that both cowards and the fear of seeming cowardly have done and traces the idea of cowardice s power to its evolutionary roots But Chris Walsh also shows that this power has faded most dramatically on the battlefield Misconduct that earlier might have been punished as cowardice has more recently often been treated medically as an adverse reaction to trauma and Walsh explores a parallel therapeutic shift that reaches beyond war into the realms of politics crime philosophy religion and love Yet as Walsh indicates the therapeutic has not altogether triumphed contempt for cowardice endures and he argues that such contempt can be a good thing Courage attracts much more of our attention but rigorously understanding cowardice may be more morally useful for it requires us to think critically about our duties and our fears and it helps us to act ethically when fear and duty conflict Richly illustrated and filled with fascinating stories and insights Cowardice is the first sustained analysis of a neglected but profound and pervasive feature of human experience

Why Only Humans Weep Ad Vingerhoets, 2013-02-28 Crying has fascinated mankind for millenia Since ancient times we have known that our ability to produce emotional tears is unique human characteristic This book is one of the first to explore this complex phenomenon Written by a leading authority in the field it will contribute significantly to a scientific understanding of this topic

Emotion Regulation Ivan Nykliček, Ad Vingerhoets, Marcel Zeelenberg, 2007-10-23 An increasing number of studies have been conducted on the role of expression and regulation of emotion in health Emotion Regulation addresses the question of these studies from diverse angles while encompassing conceptual developmental and clinical issues Central concepts discussed in this volume that are related to health include coping styles and aggression alexithymia emotional intelligence emotional expression and depression emotional expression and anxiety disorders in addition to the emotional competence in children

Restorative Embodiment and Resilience Alan Fogel, Ph.D., 2021-09-28 An expanded take on traditional Embodied Self Awareness therapy ideal for practitioners in all areas of body focused work including yoga meditation and somatic psychotherapy Embodied Self Awareness ESA is a somatic

approach to treat trauma and other mental health concerns by helping people connect directly to thoughts sensations and emotions as they arise within the body Here psychologist Alan Fogel introduces Restorative ESA an expansion of traditional ESA that incorporates three new and unique ESA states Restorative Modulated and Dysregulated Using a research backed approach Fogel explains their underlying neuroscience with concrete examples to illustrate how these states impact our personal and professional lives Fogel shows that wellness is more than the ability to moderate one s inner state by regulating and tolerating emotions By shi ing from states of doing to allowing from activation to receptivity and from thinking to felt experience we can access the expansive power of the restorative state and heal the body mind and spirit Contemporary Clinical Practice Ellen Ruderman,Carol Tosone,2012-12-09 Contemporary Clinical Practice The Holding Environment Under Assault is devoted to the examination of contemporary social problems and their impact on the clinical process State of the art psychodynamic theories will be applied to the understanding of how war terrorism politics government regulations and other environmental problems influence interactions between clinicians and their patients *Body Sense* Alan Fogel,2013-04-30 The science and practice of feeling our movements sensations and emotions When we are first born before we can speak or use language to express ourselves we use our physical sensations our body sense to guide us toward what makes us feel safe and fulfilled and away from what makes us feel bad As we develop into adults it becomes easy to lose touch with these crucial mind body communication channels but they are essential to our ability to navigate social interactions and deal with psychological stress physical injury and trauma Combining a ground up explanation of the anatomical and neurological sources of embodied self awareness with practical exercises in touch and movement Body Sense provides therapists and their clients with the tools to attain mind body equilibrium and cultivate healthy body sense throughout their lives *Attachment-Informed Grief Therapy* Phyllis S. Kosminsky,John R. Jordan,2016-04-14 Attachment Informed Grief Therapy bridges the fields of attachment studies and thanatology uniting theory research and practice to enrich our understanding of how and why people grieve and how we can help the bereaved In its pages clinicians and students will gain a new understanding of the etiology of complicated grief and its treatment and will become better equipped to formulate accurate and specific case conceptualization and treatment plans The authors also illustrate the ways in which the therapeutic relationship is a crucially important though largely unrecognized element in grief therapy and offer guidelines for an attachment informed view of the therapeutic relationship that can serve as the foundation of all grief therapy **Popular Pleasures** Paul Duncum,2021-08-26 Today s many popular aesthetic pleasures have a very long history Paul Duncum considers the historical critical discourses and socio political issues raised by aesthetic pleasures in fifteen thematic chapters Using illustrative examples from the past present and across cultures he challenges the idea of any decline of cultural standards and argues that no grounds exist for cultural pessimism Refusing to condemn popular culture on the basis of taste he reserves critique for the socio political ideologies aesthetics invariably serve Art history film cultural studies

and philosophical aesthetics are each employed to show that the sensory emotional lures of today's popular culture are mostly identical to those of premodern fine art. They include the violent the horrific the sentimental the exotic the erotic and the humorous. Some of these pleasures derive from our evolutionary biology; they are all an important part of what it means to be human and central to understanding contemporary society. Examples are wide ranging including British seaside postcards Disney films Nazi propaganda burlesque modern advertising as well as many exemplars of fine art. The book reveals fresh insights for all those studying visual culture art history aesthetics media studies and media and art education. **Adult**

Attachment in Clinical Social Work Susanne Bennett, Judith Kay Nelson, 2010-09-27 The applicability of attachment theory and research to social work and social policy relating to infants and children is well established. Yet its usefulness for enhancing the understanding of adults and their needs both individually and as a group has been less featured in the attachment literature. **Adult Attachment in Clinical Social Work Practice** is a wide ranging look at attachment theory and research its application to adults and its natural fit with the social work profession. This edited volume covers the applicability of adult attachment theory to the clinical social work profession's various domains that include human behavior practice policy research and social work education. It addresses the broad spectrum of clinical social work including practice in a variety of public and private settings and with a number of diverse populations including racial ethnic groups gays and lesbians trauma survivors and child welfare parents. The book highlights the underemphasized contribution of the social work profession to the development of attachment theory and research. The Secret Lives of Adults Allison Keating, 2018-09-14

People have been sharing their life stories with psychologist Allison Keating for the past eighteen years and the words she hears most often are I feel overwhelmed followed by I thought I'd have it figured out by now. Adulthood is tough. As we try to divide ourselves between our partner children parents siblings friends and colleagues it is no wonder we can feel overwhelmed often neglecting the most important relationship of all the one we have with ourselves. The Secret Life of Adults invites you to audit and improve your seven key relationships looking at how the experiences of your past impact on who you are today. Ask yourself Who are you in your relationships? Are they supportive nourishing and empowering or draining and filled with anxiety? Is there a big gap between your public and private self? What are your expectations of others and of yourself? Do you understand why you react to certain comments from family or friends? Do you repeat patterns of behaviour in your relationships? The Secret Life of Adults has exercises and techniques to help you get to know yourself better and understand why you behave as you do in each part of your life allowing you to unlock the secret to less stressful and more meaningful relationships. Phenomenology of the Newborn Michael van Manen, 2018-11-21

Many children spend their first days weeks and sometimes months in a neonatal intensive care unit as a consequence of prematurity congenital anomalies or birth complications. Their medical needs are thoughtfully appraised and attended to yet some questions are rarely asked. What experiences do these newborns have? What experiences are we giving them? How can we and do we understand what

their lives are like What are the interventions and actions of medical care actually like for them Michael van Manen explores the experiential life of newborn infants with particular consideration for those newborns who require medical care Drawing on contemporary research findings from physiology psychology biology and other disciplines he offers phenomenological insights and raises thought provoking questions as to how we ought to understand and care for such young children In our contemporary world it is often the experiences of inception of first contact with those who seem most distant foreign or even alien that we need to try to apprehend and understand The inceptual lives of newborn infants challenges us to explore those experiences phenomenologically to investigate the originary meanings of early life experiences Phenomenology of the Newborn is an essential text for researchers seeking to employ phenomenology for the study of neonatal life and related concerns that may seem inaccessible to other more traditional qualitative and quantitative methods

The Psychology of Sociability Joseph P. Forgas, William Crano, Klaus Fiedler, 2022-06-01 This edited volume brings together the latest research in understanding the nature origins and evolution of human sociability one of the most intriguing aspects of human psychology Sociability our sophisticated ability to interact with others imagine plan and execute interdependent behaviours lies at the heart of our evolutionary success and is the most important prerequisite for the development of increasingly elaborate civilizations With contributions from internationally renowned researchers in areas of social psychology as well as anthropology and evolutionary psychology this book demonstrates the role of social psychology in explaining how human sociability evolved how it shapes our mental and emotional lives and how it influences both large scale civilizational practices and intimate interpersonal relations Chapters cover the core psychological characteristics that shape human sociability including such phenomena as the role of information exchange affective processes social norms power relations personal relationships attachment patterns personality characteristics and evolutionary pressures Featuring a wide variety of empirical and theoretical backgrounds the book will be of interest to students and researchers in all areas of the social sciences as well as practitioners and applied professionals who deal with issues related to sociability in their daily lives

Divine Suffering Andrew J. Schmutzer, 2023-02-22 Divine Suffering is an inter disciplinary study that draws from systematics philosophy biblical theology and pastoral experience In addition to covering topics like the suffering of the Father in the Son and God s cruciform vulnerability this book also explores how divine suffering animates the Christian gospel and resonates in the ongoing persecution of believers The study of the suffering God has everything to do with Theology History and Church Mission Like exploring a cathedral from all its entrances both scholars and seekers will find ample opportunity for theological challenge biblical insight and missional hope To accomplish this both Scripture and doctrine are closely investigated Today divine suffering must face the contemporary realities of protest atheism escalating wars new studies in relational theology and dialogical personhood that presses the need to explain a Christian message about the kind of God who is not only transcendent but also personal Divine Suffering introduces us to the history of God not just

the God of history In this study we meet a God available to our pain though not diminished by it Mounting forms of grief need to be met with an equally pastoral understanding that validates suffering without valorizing it

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