

# Seeing Through Tears

Crying and Attachment

Judith Kay Nelson



# Seeing Through Tears Crying And Attachment

**Ad Vingerhoets**



## **Seeing Through Tears Crying And Attachment:**

**Seeing Through Tears** Judith Kay Nelson, 2005-03-02 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

**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

Attachment Volume 1 Number 3 Joseph Schwartz, Kate White, 2007-11-30 Attachment New Directions in Psychotherapy and Relational Psychoanalysis is a leading edge journal for clinicians working relationally with their clients It is a professional journal featuring cultural articles politics reviews and poetry relevant to attachment and relational issues an inclusive journal welcoming contributions from clinicians of all orientations seeking to make a contribution to attachment approaches to clinical work an international journal open to ideas and practices from all countries and cultures and a cutting edge journal with up to date briefings on latest developments in neuroscience relevant to psychotherapy and counselling

Articles Being Disabled Psychotherapy with a Man with Cerebral Palsy and a Learning Disability by Mark Linington The Internal Oppressor The Veiled Companion of Racial Oppression by Aileen Alleyne Discussion of The Internal Oppressor The Veiled Companion of Racial Oppression by Lennox Thomas Crying is a Two Person Behaviour A Relational Perspective Based on Attachment Theory by Judith Kay Nelson Subjectivity or Intimacy The Chicken or the Egg What Comes First by G lcan Sutton Purser Infanticidal Attachment Symbolic and Concrete by Adah Sachs Discussion of Infanticidal Attachment Symbolic and Concrete The Infanticidal Attachment in Schizophrenia and Dissociative Identity Disorder by Brett Kahr Trauma at the Threshold An Eight Year Old Goes to Boarding School by Simon Partridge Discussion of Trauma at the Threshold The Impact of Boarding School on Attachment in Young Children by Annie Power

**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

**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

**Emotion Regulation** Ivan Nyklíček,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

**Attachment Film, Emotion, and Cognition** Mette Kramer,2024-12-12 Attachment Film Emotion and Cognition is a bold intervention that seeks to center the bodily and affective dimensions of film traditionally regarded as feminine The author uses attachment theory in an interdisciplinary framework with an emphasis on biology and a species based understanding of pro social behavior to approach films about attachment motivations By blending affective and cognitive neuroscience research with tendencies deeply embedded in the humanities this book makes a major contribution to the field of cognitive film theory The focus on attachment theory also makes a meta generic address via its focus on romance and melodrama that makes it useful for other narratives that overlap affective and generic boundaries The book presents a model of attachment film experiences with its inbuilt shifts in affective and cognitive regulative processes and makes an ambitious case for how engagement with attachment film viewing can be understood from both a universal and an individual perspective

**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 **Why Only**

**Humans Weep** Ad Vingerhoets, 2013-02-28 Crying has fascinated mankind for millenia Since ancient times we have known that emotional tears are a unique human characteristic Unsurprisingly over hundreds of years scholars from different backgrounds have speculated about the origin and functions of human tears According to Charles Darwin tears fulfilled no adaptive function And yet this seems in sharp contrast to statements in the popular media about the significance of crying Crying is thought to bring relief and is considered healthy and withholding tears unhealthy In addition tears have been said to inhibit aggression in assaulters and to promote social bonding Perhaps that could explain why tears have been so important in our evolution Ad Vingerhoets is one of the few scientists in the world to have studied crying He examines in **Why only humans weep** which claims about crying are scientifically tenable which are fact and which are fiction Though a psychologist he doesn't just restrict himself to the current psychological literature but also explores work in evolutionary biology neurosciences theology art history and anthropology to provide an integrated perspective on this complex phenomenon Written throughout in an academically accessible style this book is groundbreaking in contributing to a modern scientific understanding of crying It will have broad appeal to psychologists psychiatrists philosophers biologists and anthropologists **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 shifting 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

*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

**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

**What Made Freud Laugh** Judith Kay Nelson, 2012-08-21 In her characteristically engaging style Nelson explores a topic that has fascinated and frustrated scholars for centuries Initially drawn to the meaning of laughter through her decades of work studying crying from an attachment perspective Nelson argues that laughter is based in the attachment system which explains much about its

confusing and apparently contradictory qualities. Laughter may represent connection or detachment. It can invite closeness or be a barrier to it. Some laughter helps us cope with stress; other laughter may serve as a defense and represent resistance to growth and change. Nelson resolves these paradoxes and complexities by linking attachment-based laughter with the exploratory play system in infancy and the social affiliative system, the conflict appeasement, sexual mating, and fear wariness systems of later life. An attachment perspective also helps to explain the source of different patterns and uses of laughter, suggests how and why they may vary according to attachment style, and explain the multiple meanings of laughter in the context of the therapeutic relationship. As she discovers, attachment has much to teach us about laughter, and laughter has much to teach us about attachment. This lively book sheds light on the ways in which we connect, grow, and transform, and how, through shared humor, play, and delight, we have fun doing so.

**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; each is 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.

**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      **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

**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

## **Seeing Through Tears Crying And Attachment** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Seeing Through Tears Crying And Attachment**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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