

# Seeing Through Tears

Crying and Attachment

Judith Kay Nelson



# Seeing Through Tears Crying And Attachment

**Susanne Bennett, Judith Kay Nelson**



## **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,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,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

**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

**Cue Tears** DANIEL. SACK,2024-07-02 Lively essays on the meanings and methods of tears in performance

*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 *Everyday Beliefs about Emotion: Their Role in Subjective Experience, Emotion as an Interpersonal Process, and Emotion Theory* Stephanie A. Shields, Eric A. Wall, Yochi Cohen-Charash, 2020-12-30 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office [frontiersin.org](mailto:frontiersin.org) about contact **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 **Weeping Britannia** Thomas M. Dixon, 2015 The history of six centuries of weeping Britons A comprehensive debunking of the myth of the British stiff upper lip from medieval mystics to Margaret Thatcher [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

Cowardice Chris Walsh, 2016-12-06 A provocative look at how cowardice has been understood from ancient times to the present Cowardice is 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

*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      **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      **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      **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      **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      **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

**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

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