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Titolo	Hurt feelings : theory, research, and applications in intimate relationships // Luciano L'Abate [[electronic resource]]
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Descrizione fisica	1 online resource (xv, 419 pages) : digital, PDF file(s)
Disciplina	158.2
Soggetti	Intimacy (Psychology) Pain Interpersonal relations
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from publisher's bibliographic system (viewed on 05 Oct 2015).
Nota di bibliografia	Includes bibliographical references and indexes.
Nota di contenuto	The nature of hurt feelings: what is intimacy? -- Hurts: the avoided feelings -- The origins of hurt feelings -- The developmental socialization of hurt feelings -- Hurt feelings in the family -- The discovery of hurt feelings: the pioneers -- Biological processes underlying hurt feelings: with special attention to neural mechanisms -- Gender and individual differences in hurt feelings -- Cultural differences in hurt feelings -- The psychopathology of hurt feelings: influences on physical and mental health -- Sharing social support: self-help, health promotion, and prevention of mental illness -- Psychotherapy: sharing hurt feelings and fears of being hurt -- Hurt feelings: a construct in search of a theory.

Sommario/riassunto

Hurt feelings are universal and are present in human beings as well as in animals. These feelings are usually avoided by human beings and overlooked by the scientific and professional mental health communities. Yet, if unresolved and not shared with loved ones and professionals, they tend to fester in our bodies and effect our functioning. If not expressed and shared with caring others, anger, sadness and fear are at the bottom of mental illness. Developmentally, each of these feelings respectively gives rise to antisocial acts, depression and severe mental illness. This book suggests that instead of traditional one-on-one, face-to-face, conversation-based interventions, distance writing will allow mental health professionals to assign interactive practice exercises specifically focused on hurt feelings.
