

1. Record Nr.	UNINA9910786995903321
Autore	Knafo Danielle
Titolo	Unconscious fantasies and the relational world / / Danielle Knafo and Kenneth Feiner
Pubbl/distr/stampa	Hillsdale, N.J. : , : Analytic Press, , 2006
ISBN	1-134-91301-X 0-88163-204-X 0-203-78062-0 1-134-91294-3
Descrizione fisica	1 online resource (232 p.)
Collana	Relational perspectives book series ; ; v. 31
Altri autori (Persone)	FeinerKenneth
Disciplina	154.3
Soggetti	Fantasy Psychoanalysis Imagination
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 203-215) and index.
Nota di contenuto	pt. 1. Primal scene fantasies -- pt. 2. Family romance fantasies -- pt. 3. Castration fantasies.
Sommario/riassunto	What is the role of unconscious fantasies in psychological development, in psychopathology, and in the arts? In Unconscious Fantasies and the Relational World, Danielle Knafo and Kenneth Feiner return to these interlinked questions with a specific goal in mind: a contemporary appreciation of fantasy in its multiform relational contexts. To this end, they provide detailed examinations of primal scene, family romance, and castration fantasies, respectively. Each category of fantasy is pushed beyond its "'classical"' psychoanalytic meaning by attending to the child's ubiquitous c

2. Record Nr.	UNINA9910830925503321
Autore	Khwaja Mahrukh
Titolo	Resilience and well-being for dental professionals / / Mahrukh Khwaja
Pubbl/distr/stampa	Hoboken, New Jersey : , : John Wiley & Sons, , [2023] ©2023
ISBN	1-119-81453-7 1-119-81451-0
Descrizione fisica	1 online resource (301 pages)
Disciplina	617.6001/9
Soggetti	Dentists - Supply and demand Dentists - psychology Resilience, Psychological Burnout, Professional - prevention & control
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Title Page -- Copyright Page -- Contents -- Foreword -- Preface -- About the Author -- Navigating Each Chapter -- About the Companion Website -- Acknowledgments -- Chapter 1 Mental Health in Dentistry -- Understanding the Mental Health Continuum -- Understanding the Stressors in Dentistry -- Stress, Evolution, and the Chimp -- Taking Back Control -- Chronic Stress: A Recipe for a Frazzled Brain -- Burnout and Compassion Fatigue -- A Mental Health Crisis -- Breaking the Burnout Cycle -- Spectrum of Interventions for Mental Health -- References -- Chapter 2 Applying the Science of Well-being -- The Two Types of Well-being -- Languishing versus Flourishing -- Building Blocks of Thriving -- Additional Theories of Well-being -- Barriers to Well-being -- Brain Training -- Giving Thanks -- Developing Your Coping Strategies -- Cultivating Optimism -- Nurturing Social Relationships -- Forgiving Others -- References -- Chapter 3 Rising with Resilience -- Resilience Myths Debunked -- Myth 1: Resilience Is Something You Either Have or Do Not -- Myth 2: Resilient People Do Not Have Problems or Stress -- Myth 3: Resilient People Do Not Need Help -- Training the Brain for Greater Resilience -- Well-being Interventions -- You 2.0 -- Resilience Protective Factors --

PERLE Resilience Model for Dental Professionals -- Understanding Each Pillar -- Resilience Seesaw for Dental Professionals -- References -- Chapter 4 Purpose: Honing the Practice of Making Meaning in Dentistry -- Using Our Core Values at Work -- Practising Acts of Kindness -- References -- Chapter 5 Developing Emotional Intelligence -- EI Benefits in Dentistry -- What are Emotions? -- Taking Off the Mask -- The Broadening Effect of Positive Emotions -- Personality and Emotion -- EI and Well-being -- The Roadmap to EI -- Lifting the Mask of Self-Doubt: Managing Imposter Syndrome -- References.

Chapter 6 Emotional Intelligence - Using Mindfulness -- A Self-Awareness Exercise: What's My Internal Weather? -- Myth versus Fact -- Myth 1: Mindfulness Is a Religious Practice -- Myth 2: Mindfulness Involves Not Having Thoughts -- Myth 3: Mindfulness Is the Same as Meditation -- Myth 4: Mindfulness Can Only Be Practised in a Quiet Space -- A Superpower in Dentistry -- Neuroscience of Mindfulness -- Managing Our Energy and Emotions -- Inner Critic versus Mindful Observer -- Using Mindfulness to Understand Our Inner Dialogue -- The Mindfulness Meditation Process -- Mind Wandering and the Brain during Mindfulness -- Putting It into Practice -- Mindfulness in the Clinic -- Body Scan -- Letting Go of Worries -- Mindful Photography -- Mindfulness Outdoors -- References -- Chapter 7 Emotional Intelligence - Fostering Self-compassion -- A Radical Way of Relating to Ourselves -- Understanding the Perfectionism Trap: A Barrier to Self-compassion -- Perfectionism-Procrastination Loop -- Perfectly Imperfect -- Delving into the Detail -- Debunking the Myths -- Scientific Benefits of Self-compassion -- How to Practise Self-compassion -- Developing a Kinder Inner Voice -- Loving-Kindness Meditation -- Benefits of Ikm -- Soothing Our Bodies Using Self-compassion -- References -- Chapter 8 Resilient Mindset -- The Board of Directors That Lives in Our Head -- Types of Thinking Traps -- Understanding Our Triggers -- Cognitive-Behavioural Therapy -- Applying Your ABCs -- Catch It, Check It, and Change It -- Optimistic Mindset -- Glass Half Full or Half Empty? -- Three Ps of Optimism -- Compassionate Mindset -- Growth Mindset -- Fixed versus Growth Mindset -- Nurturing a Growth Mindset -- References -- Chapter 9 Lifestyle -- Nourish by Eating Well -- Gut Health and Well-Being -- Mindful Eating -- Replenish with Exercise -- Mindful Walking -- Mindful Running -- Yoga.

Restore with Sleep -- Lessons from Blue Zones -- References -- Chapter 10 Positive Work Environments -- High-Quality Connections -- Neuroscience of Connection -- Pathways for Building HQCs in Dentistry -- Mindful Listening -- Team Gratitude -- Positive Communication -- Mentoring and Coaching -- Engagement at Work -- What are Character Strengths? -- Strengths amongst Medical Professionals -- Using Strengths in Dentistry -- Discovering Optimal Use of Strengths -- Achieving Flow -- References -- Chapter 11 Work-Life Harmony -- Psychology of Time -- Our Time Perspective -- The Optimal Time Perspective -- Time Perspective and Paths to Happiness -- Time for Change -- Well-Being, Play, and Dentistry -- Digital Well-Being -- Caring Technology -- References -- Chapter 12 Designing Habits That Stick -- Motivation -- Tapping into Self-Confidence -- Understanding Behaviour Change -- Mindset and Behaviour Change -- Goal-Setting 101 -- Developing Grit -- GROW Model -- Pro Tips to Designing Habits That Stick -- References -- Chapter 13 The Road Ahead -- Recommendations for Change -- A Final Word -- Reference -- Index -- EULA.

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