

1. Record Nr.	UNINA9910821929503321
Autore	Mollon Phil
Titolo	The Disintegrating Self : Psychotherapy of Adult ADHD, Autistic Spectrum, and Somato-psychic Disorders // Phil Mollon
Pubbl/distr/stampa	London : , : Taylor and Francis, , 2018
ISBN	0-429-92049-0 0-367-32771-6 0-429-90626-9 0-429-48149-7
Edizione	[First edition.]
Descrizione fisica	1 online resource (337 pages)
Disciplina	618.92858906
Soggetti	Attention-deficit hyperactivity disorder - Alternative treatment Attention-deficit hyperactivity disorder - Diet therapy
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 and index.
Nota di contenuto	COVER; CONTENTS; ABOUT THE AUTHOR; INTRODUCTION Notes to the reader; CHAPTER ONE Why this book was written-and why ADHD and autistic spectrum conditions are of interest to a psychotherapist; CHAPTER TWO Some features of ADHD; CHAPTER THREE Experiencing ADHD; CHAPTER FOUR Some helpful and less helpful ways of viewing people with ADHD and autistic spectrum conditions; CHAPTER FIVE What is going on in the brain in ADHD?; CHAPTER SIX Principles of psychotherapy with ADHD; CHAPTER SEVEN The porous personality (and the "apparently normal" persona) CHAPTER EIGHT The psychology and neurobiology of the autistic spectrum CHAPTER NINE Psychotherapy with people on the autistic spectrum; CHAPTER TEN Subtle energetic aspects of ADHD: reversed and scrambled energy fields and yin-yang imbalance; CHAPTER ELEVEN Somato-psychic fragility syndromes; Concluding comments; APPENDIX I Notes on medication for ADHD; APPENDIX IIA ssesments for ADHD and autistic spectrum (Asperger's) conditions; APPENDIX III Energy psychology methods for ADHD; NOTES; REFERENCES; INDEX
Sommario/riassunto	"Many psychotherapy clients have (undiagnosed) traits within the ADHD and autistic spectrums - two constellations of the "mistuned brain" that

often overlap. The essence of ADHD is emotional dysregulation, and the sufferer displays enhanced needs for egosupportive responses from others, as he or she struggles with storms of affect, especially rage and anxiety, impulsivity, deficits in executive functioning, and attentional problems. It is often a hidden core within what is otherwise perceived as borderline or emotionally unstable personality disorder. This is a brain-based disorder - which certainly gives rise to psychodynamics but is not caused by psychodynamics. Autistic spectrum traits, which often coexist with ADHD, are similarly brain-based, associated with intense but unintegrated experience, inflexibility, and a range of efforts to cope with potentially overwhelming emotions and anxieties. Phil Mollon, a psychoanalyst and psychotherapist with forty years clinical experience, presents a wide-ranging discussion of these disorders, exploring psychoanalytic, neurobiological and psycho-energetic perspectives. He describes how the classical Freudian model, combined with Kohut's self-psychology, provides a sound basis for effective therapy with clients whose self is under continual threat of disintegration."--Provided by publisher.

---