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compassionate explication of what it means to identify and mentalize emotions in clinical practice, it is that rare work that deftly integrates research from neurobiology and empirical psychology with philosophy, psychoanalytic theory, case histories, and memoir. Rather than isolating science from the therapeutic dyad and the art of narrative, Jurist makes an astute argument for their unification in this important book."--Siri ...

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Mentalization--the effort to make sense of our own and others' actions, behavior, and internal states--is something we all do. And it is a capacity that all psychotherapies aim to improve: the better we are at mentalizing, the more resilient and flexible we tend to be.

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Books — Elliot Jurist, Ph.D., Ph.D.

This concise, engaging book offers a brief overview of mentalization in psychotherapy, focusing on how to help patients understand and reflect on their emotional experiences. Elliot Jurist integrates cognitive science research and psychoanalytic theory to break down "mentalized affectivity" into discrete processes that therapists can cultivate in session.

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Psychoanalysis and Psychological Science RC489 Jurist welcomes emotions in all of their complexity--how they manifest themselves (for better or worse) in everyday life, and especially in psychotherapy, and how people might cultivate their use without

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