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Advances in Relational Competence Theory : With Special Attention to Alexithymia, Hardcover by Cusinato, Mario (EDT); L'Abate, Luciano (EDT), ISBN 1621005992, ISBN-13 9781621005995, Like New Used, Free shipping in the US

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The ambitious volume *Relational Competence Theory: Research and Mental Health Applications* opens out the RCT literature with emphasis on its applicability to interventions, and updates the state of research on RCT, examining what is robust and verifiable both in the lab and the clinic. The authors begin with the conceptual and empirical bases for the theory, and sixteen models demonstrate the range of RCT concerns and their clinical relevance, including:

Relational Competence Theory - Research and Mental Health ...

In this book, L'Abate shows how relational competence theory complements other theories that place an individual's personality and functioning into the complete context of the family. Prior to his death he was involved in full-time writing and research and lectured internationally, most recently in Tokyo, Japan in August 2013.

Luciano L'Abate - Wikipedia

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This book updates and expands on Relational Competence Theory developed originally by Dr. Luciano L'Abate since 1976. Over the years, this theory has received various updates and expansions, especially after being produced according to a hierarchical flowchart, as common in most complex human organisations. The present book concentrates particularly on a condition called Alexithymia, similar but not the same as the Asperger Syndrome, the inability to experience feelings and to express them as emotions. Most chapters in this book expand on the first model of RCT about how feelings are experienced and expressed using an expanded revision of the Relational Answers Questionnaire. Self-presentation was evaluated with a new scale, and Selfhood was expanded with a widely revised and expanded Self-Other Profile Chart.

Relational competence—the set of traits that allow people to interact with each other effectively—enjoys a long history of being recorded, studied, and analyzed. Accordingly, Relational Competence Theory (RCT) complements theories that treat individuals' personality and functioning individually by placing the individual into full family

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and social context. The ambitious volume *Relational Competence Theory: Research and Mental Health Applications* opens out the RCT literature with emphasis on its applicability to interventions, and updates the state of research on RCT, examining what is robust and verifiable both in the lab and the clinic. The authors begin with the conceptual and empirical bases for the theory, and sixteen models demonstrate the range of RCT concerns and their clinical relevance, including: - Socialization settings for relational competence. - The ability to control and regulate the self. - Relationship styles. - Intimacy and negotiation. - The use of practice exercises in prevention and treatment of pathology. - Appendices featuring the Relational Answers Questionnaire and other helpful tools. *Relational Competence Theory* both challenges and confirms much of what we know about the range of human relationships, and is important reading for researchers, scholars, and students in personality and social psychology, psychotherapy, and couple and family counseling.

This provocative volume updates L' Abate's signature ideas, focusing in particular on the concepts of concreteness and specificity as basic tenets of evaluation and therapy. Noting society's growing familiarity with technology, current concerns about treatment accessibility, and widespread interest in wellness promotion, he argues for remote-writing exercises targeted to specific client issues and monitored by the clinician instead of relying on traditional talk-based therapy. This attention to concreteness and specificity in baseline evaluation, post-treatment evaluation, and follow-up, the author asserts, is central to making treatment replicable, less subject to impasses or missteps, and more professional, with the potential of changing how therapy is conducted as well as how clinicians are trained and practice. The book's framework includes rationales, models, empirical data, and examples of prescriptive remote-writing exercises. Featured in the coverage: Online interventions: here to stay and to grow. Verifiability in clinical psychology practices. Present status and future perspectives for personality and family assessment. Practice without theory/combining theory with practice. Toward a unifying framework of human relationships PIPES: Programmed Interactive Practice Exercise and Prescriptions. Concreteness and Specificity in Clinical Psychology will bring a new level of discussion and debate among clinical psychology practitioners and practicing psychotherapists in private practice and the public sector.

This book demonstrates how clinical psychology and psychotherapy practices may reach a scientific level provided they change the three basic paradigms that have controlled those practices in the last century. These three, now outdated, paradigms, are: (1) one-on-one (2) personal contacts (3) through talk. These paradigms have served well in the past but they are no less helpful in the current digitally focused world.

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This book explores current relational models of psychopathology that undergird a great many conflicts and destructive outcomes in family and intimate relationships. These models have similar features and can be considered as a group. They are all: (1) generational; (2) relational; and (3) fundamentally reactive processes stemming from existing psychopathology.

Within the field of psychology there is a proliferation of paradigms, theories, models, and dimensions without an underlying conceptual framework or theory. This conclusion has been reached by representatives of many different psychological specialties. In response to this inconsistency this book presents a hierarchical framework about important theoretical issues that are present in psychological thinking. These issues concern definitions of three major theoretical concepts in theory and practice: (a) paradigms, (b) theories, and (c) models. It focuses on defining, comparing, and contrasting these three conceptual terms. This framework clarifies differences among paradigms, theories, and models, terms which have become increasingly confused in the psychological literature. Paradigms are usually confused with theories or with models while theories are confused with models. Examples of misuses of these terms suggest the need for a hierarchical structure that views paradigms as conceptual constructions overseeing a variety of psychological theories and verifiable models.

This multidisciplinary volume provides a unique and truly global collection of research on the nature of dating, mating, and coupling, as they occur across a variety of cultures in dynamically shifting societies.

"This book provides insights to better enhance the understanding of technology's widespread intertwinement with human identity within an advancing technological society"--Provided by publisher.

Self-help is big business, but alas not a scientific business. The estimated 10 billion—that's with a "b"—spent each year on self-help in the United States is rarely guided by research or monitored by mental health professionals. Instead, marketing and metaphysics triumph. The more outrageous the "miraculous cure" and the "revolutionary secret," the better the sales. Of the 3,000 plus self-help books published each year, only a dozen contain controlled research documenting their effectiveness as stand-alone self-help. Of the 20,000 plus psychological and relationship web sites available on the Internet, only a couple hundred meet professional standards for accuracy and balance. Most, in fact, sell a commercial product. Pity the layperson, or for that matter, the practitioner, trying to navigate the self-help morass. We are bombarded with thousands of potential resources and contradictory advice. Should we seek wisdom in a self-help book, an online site, a 12-step group, an engaging autobiography, a treatment manual, an inspiring movie, or distance

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writing? Should we just do it, or just say no? Work toward change or accept what is? Love your inner child or grow out of your Peter Pan? I become confused and discouraged just contemplating the choices.

This book examines a seemingly simple and absolutely essential topic: learning how to enjoy every aspect of your life on a daily basis. • A great variety of references, ranging from The New Yorker to The Economist • Exercises within some chapters and at the end of every chapter guide readers towards greater understanding • Five tables provide valuable supplemental information • Bibliographic notes are supplied with every chapter

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