



Emotions in the Practice of Psychotherapy: Clinical Implications of Affect Theories

By Robert Plutchik



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The circumplex model of emotions is a valuable paradigm for understanding personality, psychopathology and interpersonal relations. In this volume, the author extends his model to inform the practice of psychotherapy across all theoretical orientations and therapeutic modalities. Beginning with a description of the psychoevolutionary function of emotions, Plutchik demonstrates how the circumplex model can explain both the extremes of psychopathology, such as personality disorders, and the normal existential issues faced by everyone, such as identity crises and death anxiety. After exploring the role of emotions in symptom formation, ego defences and coping styles, he presents a compendium of therapist tactics for uncovering and encouraging the expression of emotion and for understanding and improving therapeutic communication.

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Emotions in the Practice of Psychotherapy: Clinical Implications of Affect Theories By Robert Plutchik Bibliography

- Sales Rank: #706205 in Books
- Brand: Brand: American Psychological Association
- Published on: 2000-09
- Original language: English
- Number of items: 1
- Dimensions: 9.75" h x 7.00" w x .75" l, 1.70 pounds
- Binding: Hardcover
- 229 pages

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