

Download Meta Emotion How Families Communicate Emotionally

Basic Concepts of Emotion Focused Therapy for Couples. Emotion and attachment have received little recognition in previous treatment models compared to rational cognitions and logical behaviors. The Heart of Parenting: Raising and Emotionally Intelligent Child, John Gottman. Here are my notes from when I read the book in 1997. Mostly they are quotes from the book, with a few of my own ideas, thoughts and comments sprinkled here and there. Background. Surveys conducted from 1950 to 1970, when treatment prospects for cancer were bleak, revealed that most physicians considered it inhumane and damaging to the patient to disclose the bad news about the diagnosis [1, 2]. Ironically, while treatment advances have changed the course of cancer so that it is much easier now to offer patients hope at the time of diagnosis, they have also ... Emotional intelligence (EI) is a set of abilities that pertain to emotions and emotional information. EI has attracted considerable attention among organizational scholars, and research has clarified the definition of EI and illuminated its role in organizations. Here, I define EI and describe the abilities that constitute it. I evaluate two approaches to measuring EI: the performance-based ...