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Part II, Talk by Prof
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APORETIC EMOTIONS

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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.

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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complexity--how they
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(for better or worse) in

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