

BEYOND THE FRUSTRATED SELF

OVERCOMING AVOIDANT PATTERNS
AND OPENING TO LIFE



BARBARA DOWDS

Beyond The Frustrated Self Overcoming Avoidant Patterns And Opening To Life

Barbara Dowds



Beyond The Frustrated Self Overcoming Avoidant Patterns And Opening To Life:

Beyond the Frustrated Self Barbara Dowds, 2018-05-11 This book foregrounds the life struggles of an individual Brenda in such a way that argument and theoretical exploration arise organically out of experience The frustration of the title is traced to avoidant attachment pretending not to need others In Brenda this is associated with a body energy pattern that is both over charged and over contained generating a self frustrating process Such a repressive defence works against her so that she experiences her life as dry soulless and uncreative A variety of existential difficulties are traced to how such core developmental issues interact with our socio cultural environment A way forward is outlined play and finding meaning are identified as transformational hubs that bring wellbeing into Brenda s life and restore her capacity for experiencing

Depression and the Erosion of the Self in Late Modernity Barbara Dowds, 2018-04-19 Depression is not a disease of the brain a genetic disability or even a mood disorder Rather shutdown numbness or sadness are non pathological adaptations to adverse childhood and adult environments This challenging book thus understands depression as a wise response to an unliveable situation It can teach us what is wrong with our lives and what we must learn in order to go beyond symptom relief and reconnect to our most fundamental needs relational existential and spiritual Because moods shape how we engage with our outer and inner worlds they underlie all human behaviour If the sociocultural world is toxic or frustrates our core needs we will withdraw to protect ourselves Those who have encountered a non facilitating environment in childhood will be even more sensitive to adult stresses since their self organisation is fragile and non resilient As depression is so complex understanding it demands an integrative approach

Depression Barbara Dowds, 2021-04-19 This book attempts to do justice to the depth and complexity of depression as to its causes and its treatment in psychotherapy It challenges the reductive medical view of depression as a serotonin deficiency resulting in a collection of undesirable symptoms to be dispatched with antidepressants or CBT exercises Rather it locates the origins of depression in childhood adversity primarily caused by unattuned cold critical hostile or abusive caregiving Insecure attachment interacts with other elements of a stressful life history as well as with genetic makeup to pave the way for depression Such a childhood has long term impacts on the setting of the stress and threat responses of the nervous system Depression fundamentally indicates a weak and non resilient sense of self coupled with limited capacities for trust and either autonomy or intimacy in relationships These are the issues that must be tackled in psychotherapy Since depression carries a message for the sufferer it must be investigated for its meaning Why has the individual withdrawn from life and what are they being asked to change in how they live and relate Before this reparative and creative phase of therapy can begin however we must remember that depression is not just low mood but also stuck mood Rigid beliefs and processes that block therapeutic engagement can be gently questioned by helping the client see that they are held by only one part of the self whereas other for growth parts carry hope and a willingness to play and explore Overall it is crucial in working with depression to see and to relate to the client as a whole

person not simply a bundle of cognitive shortcomings to be corrected but as an emotional organismic relational existential and spiritual being Depression An Introduction presents a biopsychosocial model combining developmental and attachment perspectives with genetics and neurobiology Its therapeutic orientation is humanistic and integrative but has much to offer anyone wanting to know more about this widely known but little understood condition The Divided Therapist Rod Tweedy,2020-10-06 This important new book explores the nature of the divided brain and its relevance for contemporary psychotherapy Citing the latest neuroscientific research it shows how the relationship between the two hemispheres of the brain is central to our mental health and examines both the practical and theoretical implications for therapy Disconnections dissociations and imbalances between our two hemispheres underlie many of our most prevalent forms of mental distress and disturbance These include issues of addiction autism schizophrenia depression anorexia relational trauma borderline and personality disorders psychopathy anxiety derealisation and devitalisation and alexithymia A contemporary understanding of the nature of the divided brain is therefore of importance in engaging with and treating these disturbances Featuring contributions from some of the key authors in the field The Divided Therapist suggests that hemispheric integration lies at the heart of the therapeutic process itself and that a better understanding of the precise mechanisms that underlie and enable this integration will help to transform the practice of psychotherapy and psychoanalysis in the twenty first century The book will be essential reading for any therapeutic practitioner interested in how the architecture of the brain informs and effects their client s issues and challenges Contactivity - mit Neuer Autorität raus aus der Vermeidung Uri Weinblatt,2023-05-15 Soziale ngste Vermeidungsverhalten R ckzug und Selbstisolation nehmen bei Kindern und Jugendlichen immer mehr zu Eltern von Vermeidern kommen oftmals mit einem Gef hl v lliger Hilflosigkeit zur Therapie Gespr che mit ihrem Kind sind unm glich Motivationsversuche scheitern Es schw nzt offensichtlich die Schule ist nur noch im Netz unterwegs und meidet soziale Aktivit ten Weniger offensichtlich ist wie sehr sich das Kind auch von seinem eigenen Selbst abgekapselt hat Uri Weinblatts L sung f r Vermeidungsverhalten ist die Wiederherstellung der Verbindung zu sich selbst zu anderen und zur Gruppe Kontakt ist der wichtigste Bestandteil um Vermeidungsmuster zu durchbrechen und zu betroffenen Kindern und Jugendlichen durchzudringen In diesem Buch erhalten Therapeutinnen P dagogen und Eltern zahlreiche praxisnahe Tipps wie sie Gespr che mit Betroffenen f hren und ihnen dabei helfen k nnen auch jenseits des Computers wieder am sozialen Leben teilzunehmen Der Autor zeigt Wege auf sie zu motivieren und ihnen ein Gef hl der Zuge rigkeit zu Familie und Freunden zur ckzugeben Break Your Mold Roland Byrd,2014-01-30 A lot of self help books are full of rhetoric or fluff This book cuts to the core of what is real Elizabeth Holloway Break Your Mold helps you discover what must change and shows you exactly how to change to create the life you desire You ll be guided on the path of personal discovery and given methods to transform yourself and your life

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