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our own and others' actions, behavior, and internal states--is something we all do. And it is a capacity that all psychotherapies aim to improve: the better we are at mentalizing, the more

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Minding Emotions: Cultivating Mentalization in Psychotherapy Mentalization--the effort to make sense of our own and others' actions, behavior, and internal states--is 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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Psychoanalysis and Psychological Science RC489 Jurist welcomes emotions in all of their complexity--how they manifest themselves (for better or worse) in everyday life, and especially in psychotherapy, and how people might cultivate their use without overstimulating their ability to fathom them.

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