



# Meta-Emotion

*How Families  
Communicate Emotionally*

John M. Gottman  
Lynn Fainsilber Katz  
Carole Hooven

# Meta Emotion How Families Communicate Emotionally

**Dina Mendonça**



## **Meta Emotion How Families Communicate Emotionally:**

**Meta-Emotion** John Mordechai Gottman, Lynn Fainsilber Katz, Carole Hooven, 2013-02-01 This book describes research on the emotional communication between parents and children and its effect on the children's emotional development. Inspired by the work and dedicated to the memory of Dr Haim Ginott, it presents the results of initial exploratory work with meta-emotion feelings about feelings. The initial study of meta-emotion generated some theory and made it possible to propose a research agenda. Clearly replication is necessary and experiments are needed to test the path analytic models which have been developed from the authors' correlational data. The authors hope that other researchers will find these ideas interesting and stimulating and will inspire investigation in this exciting new area of a family's emotional life.

*Meta-Emotion* John Mordechai Gottman, Lynn Fainsilber Katz, Carole Hooven, 2013-02-01 This book describes research on the emotional communication between parents and children and its effect on the children's emotional development. Inspired by the work and dedicated to the memory of Dr Haim Ginott, it presents the results of initial exploratory work with meta-emotion feelings about feelings. The initial study of meta-emotion generated some theory and made it possible to propose a research agenda. Clearly replication is necessary and experiments are needed to test the path analytic models which have been developed from the authors' correlational data. The authors hope that other researchers will find these ideas interesting and stimulating and will inspire investigation in this exciting new area of a family's emotional life. *Translation from*

*English Into Dutch of Three Parts of the Book "Meta-emotion"* Loes Knevels, 2000 *Emotional Development and Families*

Julie Hakim-Larson, 2017-09-30 This lively and engaging book conducts a thorough review of the current research literature in developmental psychology and socialisation and then clearly links theory to practical applications in both clinical and everyday situations. Life's first important lessons on how to handle emotions often emerge early on within family relationships forming the foundation for emotional development over the life span. Couples, siblings, parents and extended family members all have profound influences on each other's emotional lives as well as on the lives of the children they are socialising. Students can expect to learn a wide range of relevant topics bringing together theory, practice and research in a comprehensive and lucid way. Covering the main topics of emotional development, this textbook reviews contemporary research and makes recommendations for how students might practically use the findings in their future studies or in practice. Filled with a wealth of resources and suggestions for further reading, this book is an ideal supplementary text suitable for students taking undergraduate and postgraduate courses on developmental psychology, family psychology and child clinical psychology. This book may also be helpful for those taking undergraduate and postgraduate courses on social work, counselling, education studies and family studies. *Handbook of Emotional Development* Vanessa LoBue, Koraly Pérez-Edgar, Kristin A. Buss, 2019-07-04 This handbook offers a comprehensive review of the research on emotional development. It examines research on individual emotions including happiness, anger, sadness, fear and disgust as well as self

conscious and pro social emotions Chapters describe theoretical and biological foundations and address the roles of cognition and context on emotional development In addition chapters discuss issues concerning atypical emotional development such as anxiety depression developmental disorders maltreatment and deprivation The handbook concludes with important directions for the future research of emotional development Topics featured in this handbook include The physiology and neuroscience of emotions Perception and expression of emotional faces Prosocial and moral emotions The interplay of emotion and cognition The effects of maltreatment on children s emotional development Potentiale emotional problems that result from early deprivation The Handbook of Emotional Development is an essential resource for researchers clinicians professionals and graduate students in child and school psychology social work public health child and adolescent psychiatry pediatrics and related disciplines

### **Training Teachers in Emotional Intelligence** Elena Savina,Caroline

Fulton,Christina Beaton,2021-10-28 Training Teachers in Emotional Intelligence provides pre and in service teachers with foundational knowledge and skills regarding their own and their students emotions Teachers are increasingly charged with providing social emotional learning responding to emotional situations in the classroom and managing their own stress all of which have real consequences for their retention and student achievement Focused on the primary elementary level this book is an accessible review of children s emotional development the role of emotions in learning teaching and teachers professional identity The book provides strategies for teachers to foster their emotional awareness use emotions to promote learning and relationships foster emotional competencies in students and stay emotionally healthy

*Developmental Psychopathology, Maladaptation and Psychopathology* Dante Cicchetti,2016-02-10 A comprehensive reference on external contributing factors in psychopathology Developmental Psychopathology is a four volume compendium of the most complete and current research on every aspect of the field Volume Three Risk Disorder and Adaptation explores the everyday effects and behaviors of those with behavioral mental or neurological disorders and the disorder s real world impact on their well being Now in its third edition this comprehensive reference has been fully updated to better reflect the current state of the field and detail the latest findings in causation intervention contextual factors and the risks associated with atypical development Contributions from expert researchers and clinicians explore the effects of abuse and traumatic stress memory development emotion regulation impulsivity and more with chapters specifically targeted toward autism schizophrenia narcissism antisocial behavior bipolar disorder and borderline personality disorder Advances in developmental psychopathology have burgeoned since the 2006 publication of the second edition and keeping up on the latest findings in multiple avenues of investigation can be burdensome to the busy professional This series solves the problem by collecting the information into one place with a logical organization designed for easy reference Learn how childhood experiences contribute to psychopathology Explore the relationship between atypical development and substance abuse Consider the impact or absence of other developmental traits Understand the full risk potential of any behavioral or mental disorder The

complexity of a field as diverse as developmental psychopathology deepens with each emerging theory especially with consideration of the multiple external factors that have major effects on a person's mental and emotional development

Developmental Psychopathology Volume Three Risk Disorder and Adaptation compiles the latest information into a cohesive broad reaching reference with the most recent findings

**Creative Ways to Help Children Manage BIG Feelings** Fiona Zandt, Suzanne Barrett, 2017-04-21 Making therapeutic concepts engaging for children this book full of activities gives clinicians practical guidance on how to work with children aged 4-12 Using only readily available items these activities are specifically designed for clinicians to interact with and help children understand their emotions

*Emotional Intelligence* Gerald Matthews, Moshe Zeidner, Richard D. Roberts, 2004 A comprehensive scientific examination of the popular psychological construct of emotional intelligence

**Prevention, Recognition and Management of Fetal Alcohol Spectrum Disorders** Raja A. S. Mukherjee, Neil Aiton, 2021-07-31 This book presents clinical assessment and management solutions for those people who are exposed to Alcohol in Pregnancy Over the last few decades we have begun to understand the enduring effects of prenatal alcohol exposure on the developing fetus The consequence of prenatal alcohol exposure Fetal Alcohol Spectrum Disorders is a lifelong disorder and affects children and adults It is a condition which is significantly under recognised for many reasons Assessment and diagnosis requires the input of multiple different professionals and referral pathways are often poorly developed or non-existent Information to support and guide these professionals in practical ways what to do and how to help remains limited This book seeks to fill some of that gap by offering professionals clear and useable research based information and guidance that will help in their practice whilst also being a useful resource for anyone new to this increasingly recognised area of work The book is divided into four broad areas bringing together chapters authored by experts in their field including those with lived experiences Part one focuses on presenting an overview of the condition and approaching women about their alcohol use and risk followed by part two focusing more around diagnostic issues Part three follows with management advice and part four revolves around policy and health prevention in general Each chapter is designed to offer insight but also practical tips and support in an accessible manner The book offers an essential guide for a broad range of health and social care professionals working with this condition

Family-Based Intervention for Child and Adolescent Mental Health Jennifer L. Allen, David J. Hawes, Cecilia A. Essau, 2021-03-11 The most effective treatments for child and adolescent psychopathology are often family based emphasising the active involvement of family members beyond the referred individual This book details the clinical skills knowledge and attitudes that form the core competencies for the delivery of evidence based family interventions for a range of mental health problems Offering practical case studies to illustrate treatment principles and discussing barriers to treatment and problem solving in relation to common difficulties Covers topics such as anxiety attention deficit hyperactivity disorder sleep and eating disorders Therapist competencies are thoroughly examined from the role they play in severe complex cases and in achieving successful

outcomes to commonly misunderstood aspects of family based interventions and how they can be enhanced Clinical approaches to working with diverse families and those of children affected by parental psychopathology child maltreatment and family violence are also explored Essential reading for psychologists psychiatrists paediatricians mental health nurses counsellors and social workers      **Social and Emotional Prevention and Intervention Programming for Preschoolers**

Susanne A. Denham, Rosemary Burton, 2012-12-06 Social and Emotional Prevention and Intervention Programming for Preschoolers rests on the idea that young children under optimal circumstances develop substantial abilities in social and emotional domains by the time they enter school These abilities contribute to their success and well being during these early years but even more importantly to both their successful adaptation to school personal and academic and their long term mental health The chapters of this volume present theoretical foundations for and explanations of what important adults in young children's lives preschool teachers daycare providers parents can do to encourage the development of such social emotional abilities including promoting secure attachment relationships providing positive behavior guidance and assisting children in developing emotion knowledge emotion regulation social problem solving skills and other positive social behaviors In addition the book reviews the current state of early childhood programming in each of these crucial areas with the addition of a chapter on emergent parent programming on emotion coaching Recommendations are made for making such programming work for assessing individual children's development and program efficacy and necessary future directions for this area are detailed      *Handbook of Research on the Education of Young Children* Bernard Spodek, Olivia N. Saracho, 2014-01-27 The Handbook of Research on the Education of Young Children is the essential reference on research on early childhood education throughout the world This singular resource provides a comprehensive overview of important contemporary issues as well as the information necessary to make informed judgments about these issues The field has changed significantly since the publication of the second edition and this third edition of the handbook takes care to address the entirety of vital new developments A valuable tool for all those who work and study in the field of early child

*Attachment and Emotional Development in the Classroom* David Colley, Paul Cooper, 2017-08-21 As part of preparation for the classroom it's key for trainee teachers to understand the emotional needs of students This book provides a clear introduction to emotional development and attachment offering advice and guidance from a diverse range of professional perspectives including psychology health and education      **A Deweyan Philosophical Take on Emotions** Dina

Mendonça, 2024-09-03 This book puts forward a layered theory of emotions which argues that emotional processes are best understood as occurrences that happen within complex emotional situational scenarios that integrate different and interconnected layers According to this theory there is an underlying logic of emotions which is more akin to a creative endeavor than to a fixed and mechanical structure The book is divided in three parts The first part provides the Deweyan historical background and shows how it gives rise to the hypothetical suggestion of the Layered Theory of Emotions After

laying down the Layered Theory of Emotions the following chapters show how Dewey's philosophical work grounds the theoretical suggestion. The second part of the book presents various insights that spring from the proposed theory. Among other things it will show the importance of some new distinctions such as meta emotions and emotional depth and provide a different understanding of previous emotional categories such as emotional intentionality and emotional habits. Finally the third part of the book concludes by drawing some consequences of the layered theory of emotions for philosophy of mind and for the general philosophical task. The book hopes to raise thought provoking questions and point out possible future research directions to deepen Dewey's insightful scholarship and Emotion Theory.

**The Child** Richard A. Shweder, Thomas R. Bidell, Anne C. Dailey, Suzanne D. Dixon, Peggy J. Miller, John Modell, 2009-09-15. The Child: An Encyclopedic Companion offers both parents and professionals access to the best scholarship from all areas of child studies in a remarkable one volume reference. Bringing together contemporary research on children and childhood from pediatrics, child psychology, childhood studies, education, sociology, history, law, anthropology and other related areas, The Child contains more than 500 articles all written by experts in their fields and overseen by a panel of distinguished editors led by anthropologist Richard A. Shweder. Each entry provides a concise and accessible synopsis of the topic at hand. For example, the entry "Adoption" begins with a general definition followed by a detailed look at adoption in different cultures and at different times, a summary of the associated mental and developmental issues that can arise and an overview of applicable legal and public policy. While presenting certain universal facts about children's development from birth through adolescence, the entries also address the many worlds of childhood both within the United States and around the globe. They consider the ways in which race, ethnicity, gender, socioeconomic status and cultural traditions of child rearing can affect children's experiences of physical and mental health, education and family. Alongside the topical entries, The Child includes more than forty "Imagining Each Other" essays which focus on the particular experiences of children in different cultures. In "Work before Play for Yucatec Maya Children" for example, readers learn of the work responsibilities of some modern day Mexican children while in "A Hindu Brahman Boy Is Born Again" they witness a coming of age ritual in contemporary India. Compiled by some of the most distinguished child development researchers in the world, The Child will broaden the current scope of knowledge on children and childhood. It is an unparalleled resource for parents, social workers, researchers, educators and others who work with children.

**The Transparent Brain in Couple and Family Therapy** Suzanne Midori Hanna, 2013-09-05. Why should family therapists care about brain research? Are there invisible connections between the breakdown of our relationships and the breakdown of our cells? To answer these questions, author Suzanne Hanna paints pictures of ancient principles coming together with contemporary research as a context for why basic concepts of neuroscience are relevant to couple and family therapy. She illustrates the reciprocal nature of the body and relationships in a book that simplifies and demystifies brain science for therapists. Using the latest findings from affective and cognitive neuroscience, she highlights 6 brain friendly

family therapy approaches and introduces the concept of biological empathy This analysis enables practitioners to harness the power of mindfulness toward brain development and interpersonal healing Client friendly language allows busy therapists to educate without jargon Applications of family therapy begin with the self of the therapist and advance through the interpersonal layers of attachment pair bonding and community Chapters include topics on Whole body awareness A narrative approach to neuroanatomy and physiology 5 basic principles of neuroscience Basics of trauma treatment Male female brain differences in couples therapy The ancient concept of tribe and a community frontal lobe Each chapter summarizes with principles and guidelines for clinicians Numerous illustrations make the brain transparent while surveys worksheets and tables make therapeutic process transparent The last chapter illustrates concepts and interventions through a full length case story and applies addiction treatment as a case study for program development The Transparent Brain includes case examples from all walks of life highlighting heroic acts of survival Clinicians can use 5 basic principles of neuroscience to bring relief more quickly for more people from more diverse backgrounds It is a revolutionary read and a must have reference for any mental health professional      Emotions in Child Psychotherapy Kenneth Barish,2009-04-10

Emotions are the common ground of child psychotherapy and a therapist s essential means of communication with children Improved emotional resilience must be the shared therapeutic goal of all those who work with children and families In Emotions in Child Psychotherapy Kenneth Barish presents an integrative framework for child therapy based on a contemporary understanding of the child s emotional experience Barish begins with a concise review of recent advances in the psychology and neuroscience of emotions and an analysis of several emotions interest shame and pride anxiety anger and sadness that are essential but often underappreciated in therapeutic work with children Offering an emotion based perspective on optimal and pathological development in childhood Barish argues that in pathological development negative emotions have become malignant and children are locked in vicious cycles of interaction that perpetuate defiance and withdrawal Based on these principles Barish presents a comprehensive model for therapeutic work with children and families He demonstrates how a systematic focus on the child s emotions provides new understandings of all phases of the therapeutic process and effective means of solving persistent clinical problems how to engage more children in treatment mitigate the child s resistance and provide the kind of understanding to children that promotes openness initiative and pro social character development Finally Barish offers a set of active therapeutic strategies that will help repair family relationships damaged by frequent anger and resentment as well as specific techniques to help parents resolve many of the most common challenges of childrearing Emotions in Child Psychotherapy includes extensive clinical illustrations and addresses many of the problems faced at some time by every child therapist Both richly informative and highly practical this book will be value to all students of child therapy and to practicing clinicians of differing theoretical orientations      The Development of Coping Ellen A. Skinner,Melanie J. Zimmer-Gembeck,2016-10-08 This book traces the development of coping



from birth to emerging adulthood by building a conceptual and empirical bridge between coping and the development of regulation and resilience. It offers a comprehensive overview of the challenges facing the developmental study of coping including the history of the concept, critiques of current coping theories and research, and reviews of age differences and changes in coping during childhood and adolescence. It integrates multiple strands of cutting edge theory and research including work on the development of stress, neurophysiology, attachment, emotion regulation, and executive functions. In addition, chapters track how coping develops starting from birth and following its progress across multiple qualitative shifts during childhood and adolescence. The book identifies factors that shape the development of coping, focusing on the effects of underlying neurobiological changes, social relationships, and stressful experiences. Qualitative shifts are emphasized, and explanatory factors highlight multiple entry points for the diagnosis of problems and implementation of remedial and preventive interventions. Topics featured in this text include: Developmental conceptualizations of coping such as action regulation under stress; Neurophysiological developments that underlie age related shifts in coping; How coping is shaped by early adversity, temperament, and attachment; How parenting and family factors affect the development of coping; The role of coping in the development of psychopathology and resilience. *The Development of Coping* is a must have resource for researchers, professors, and graduate students, as well as clinicians and related professionals in developmental, clinical, child, and school psychology, public health, counseling, personality, and social psychology, and neurophysiological psychology, as well as prevention and intervention science.

*Raise Emotionally Empowered Kids* M. D. Anderson, 2024-06-13 *Raise Emotionally Empowered Kids: Develop Mentally Strong Resilient Children in the Digital World* offers a practical roadmap for nurturing emotional resilience in children amidst the challenges of modern parenting. From managing digital distractions to breaking cycles of negative parenting, this book provides essential strategies for fostering healthy emotional development. Discover practical tips for initiating crucial conversations about mental health, setting digital boundaries, and guiding your children through social challenges and developmental milestones. With actionable advice tailored to real world family dynamics, this guide simplifies complex psychological concepts, making them accessible to parents eager to lead by example and cultivate a nurturing, emotionally intelligent environment. Whether you're starting fresh or seeking to improve your parenting approach, this book assures you that it's never too late to enhance communication and strengthen your family's emotional health. Each page is packed with tried and tested techniques aimed at fostering independence, resilience, and positive emotional growth, preparing your children to face life's challenges with confidence and poise. Embrace the journey of raising well rounded children with the supportive, insightful guidance provided in *Raise Emotionally Empowered Kids*.

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