List of Contributors
Preface
Introduction
Emotion, Disclosure, and Health: An Overview
A Cultural and Historical Perspective on Confession
Cognitive Processes in Inhibiting and Disclosing
From Secrecy to Psychopathology
Disclosure and Worry: Opposite Sides of the Emotional Processing Coin
Disclosure as a Speech Act: Is It Psychotherapeutic to Disclose?
The Power of the Narrative: A Multiple Code Account
Emotions, Expressiveness, and Psychosomatics
Emotional Attention, Clarity, and Repair: Exploring Emotional Intelligence Using
the Trait Meta-Mood Scale
Inhibition and Muscle Tension in Myogenic Pain
Repression, Emotional Disclosure, and Health: Theoretical, Empirical, and Clinical
Considerations
Confrontation: Inhibition, Alexithymia, and Health
Repression, Disclosure, and Immune Function: Recent Findings and Methodological
Issues
Clinical and Social Dimensions of Disclosure
Emotionality and Health: Lessons From and for Psychotherapy
The Roles of Disclosure and Emotional Reversal in Clinical Practice
Mental Rumination, Social Sharing, and the Recovery From Emotional Exposure
Cultural Similarities and Differences Regarding Emotional Disclosure: Some
Examples From Indonesia and the Pacific
Author Index
Subject Index
About the Editor
Table of Contents provided by Blackwell's Book Services and R.R. Bowker. Used with permission.