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Vivre Mieux Avec Son Impulsivité

DJ Losen



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Vivre mieux avec son impulsivité Charles-Édouard Rengade, Frédéric Fanget, 2011-09-29 L'impulsivité qualitative dans la prise de décision peut aussi devenir excessive et gênante pour soi ou son entourage. Mais comme pour tout comportement, il est possible d'apprendre à maîtriser ses réactions impulsives à partir de quelle fréquence l'impulsivité est elle problématique ? Comment la maîtriser ? Dans quelle mesure peut-elle devenir maladie ? Quel est le lien avec la gestion des émotions ? Et chez l'enfant comment juguler son impulsivité naturelle ? Ce guide conçu pour vous aider prendre en charge votre santé répond vos questions. Il donne toutes les informations pour comprendre le mécanisme de l'impulsivité et les conseils thérapeutiques pour la canaliser, l'utiliser au mieux et vivre mieux avec. *L'impulsivité* Joël Billieux, Lucien Rochat, Martial Van der Linden, 2014-10-14 Mieux comprendre les troubles psychologiques liés aux comportements excessifs. L'impulsivité définie globalement comme la tendance à exprimer des comportements excessifs et non planifiés est un concept intégré dans les principaux modèles de la personnalité. L'impulsivité représente également une dimension psychologique importante pour la compréhension et le diagnostic d'un grand nombre de troubles psychopathologiques et neurologiques. Les recherches récentes s'accordent sur la nécessité de considérer l'impulsivité comme un concept multidimensionnel et d'identifier les mécanismes psychologiques cognitifs, affectifs, motivationnels susceptibles de sous-tendre les diverses manifestations impulsives. Ce livre fait le point sur les recherches et les modèles théoriques actuels concernant l'impulsivité. Il vise aussi à créer une large gamme d'outils validés permettant d'évaluer les différentes facettes de l'impulsivité et les mécanismes psychologiques qui y sont associés. Les outils présentés avec leurs données normatives dans cet ouvrage sont en utilisation libre de droits. Ce livre a également pour objectif de faire l'état des connaissances sur le rôle de l'impulsivité dans les troubles psychopathologiques et neurologiques ainsi que sur les techniques d'intervention psychologique visant les conduites impulsives. Cet ouvrage de référence permet d'évaluer les mécanismes psychologiques liés à l'impulsivité et propose des modèles thérapeutiques afin d'y remédier.

PROPOS DES AUTEURS Joël Billieux est docteur en psychologie et professeur de psychologie clinique et psychopathologie à l'Université catholique de Louvain (UCL). Lucien Rochat est docteur en psychologie maître assistant et chargé de cours à l'Université de Genève au sein de l'unité de psychopathologie et neuropsychologie cognitive. Martial Van der Linden est docteur en psychologie et professeur aux Universités de Genève et de Liège. Il possède une longue expérience clinique puisqu'il a examiné pendant plus de quinze ans des patients consultés dans le service de Neuropsychologie de l'Hôpital de Bavière. Liège. Il dirige également l'unité de psychopathologie et neuropsychologie cognitive de l'Université de Genève ainsi que le secteur de psychopathologie cognitive de l'Université de Liège.

Vivre avec un proche impulsif, intense, instable Sandra d'Auteuil, 2025-04-15 Aider son enfant à gérer l'impulsivité et l'attention Alain Caron, 2006 Ce livre s'adresse aux parents d'enfant présentant un manque d'attention ou de maîtrise de soi. Il fournit des outils prouvés en clinique qui les aideront à aider leurs jeunes.

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