

Tame The Primitive Brain 28 Ways In 28 Days To Manage The Most Impulsive Behaviors At Work Hardcover

Understanding Impulsive Behavior Recent Advances in Research on Impulsivity and Impulsive Behaviors Stop Me Because I Can't Stop Myself Psychometrics and Psychological Assessment Psychology of Impulsivity Modifying Impulsive Behavior Through Self-management Techniques Be Exceptional Personality Behavioral Approach to Assessment of Youth with Emotional/behavioral Disorders General Walter Krueger The Journal of Mental Science Special Problems in Child and Adolescent Behavior The Psychology and Neuroscience of Impulsivity An Investigation of Impulsivity and Stimulus Seeking in Mothers of Hyperactive Children Encyclopedia of Behavioral Neuroscience: P-V & index Impulsivity Students with Emotional and Behavioral Disorders Assessment of Attention-deficit/hyperactivity Disorders Behavior Management Habit and Instinct Christian Braddon Harriet de Wit Jon Grant Carina Coulacoglou Mary C. Olmstead Phyllis Menne Kauten Joe Navarro Robert M. Liebert Michael J. Breen Kevin C. Holzimmer Larry E. Beutler Yuliya Richard Kathleen M. Wheeler George F. Koob Christopher D. Webster Douglas Cullinan Thomas J. Zirpoli Conwy Lloyd Morgan

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in this compilation the authors begin by describing the main impulsive behavior assessment instruments in animals and humans the following databases were searched from 2005 to 2017 medline psycinfo and bvs bireme the search retrieved four questionnaires and eight tasks for humans as well as six tasks for animals this discussion together with the analysis of instruments applied in human and non human animals is the greatest contribution to the field since there is a lack of literature about the subject in addition this chapter discusses the importance of validating such instruments for each population in the following chapter the authors propose a developmental theory of persistence in problematic alcohol consumption that emanates from impulsogenic personality traits that differentially predispose individuals to drink when highly emotional these patterns of behavior are reinforced over time and gradually shift from impulsive to compulsive first to escape negative emotions then to avoid them completely for some more adaptive methods of coping are not adequately developed these individuals may transition into early adulthood far less equipped to cope with the stress related to this developmental period and thus continue to drink in ways that are problematic and potentially harmful the following chapter focuses on adolescence a period of life wherein individuals pass through several changes including experiencing new situations and new relationships with peers parents and superiors this phase of life is also marked by physical and brain maturation the last area to develop in the central nervous system is the prefrontal cortex pfc the area also linked to the ability to control impulses this suggests that adolescents tend to have more impulsive behaviors that can result in risky behaviors such as alcohol and drugs so the purpose of this chapter is to discuss impulsivity in adolescence and clarify issues that may help us to understand topics related to this such as the difference in impulsive behaviors between genders at this stage of life and what influence socioeconomic status may have on such behaviors afterwards findings relating to emotional impulsiveness ei from the authors work and that of others are reviewed early work is first described that identified a

neural brain wave signature of ei in personality disordered offenders detained in high security it was shown that by categorizing offenders on the basis of this brain wave measure as a priori high vs low risk and following them up following their release into the community it was possible to predict both general and violent re offending with a modest degree of accuracy continuing a review is included which summarizes the existing literature on the influence of the dimensions of impulsivity and alcohol use problems among racial ethnic groups in particular the authors focus on how chronic stress may influence the relationship between specific dimensions of impulsivity e g negative and positive urgency and alcohol use while much of the existing literature has been conducted in white samples individuals from minority backgrounds often deal with greater stress and stress specifically related to their identity as minority the authors go on to investigate the association between impulsive behaviors at age 7 and the development of problem gambling by adulthood to determine the specificity of any observed association between impulsive behaviors and problem gambling the chapter also examines the link between respondents shy depressed behaviors in childhood and later problem gambling the longitudinal investigation found prospective evidence that impulsive behaviors at age 7 are a specific and significant risk factor for later problem gambling in the concluding study a total of 318 psychiatric patients from the outpatient services of two institutions and 184 healthy subjects were recruited patients were included if they were 18 years of age met dsm iv criteria for a psychotic mood or stress related disorder and were clinically stable enough according to the treating physician to complete the study assessments healthy subjects were screened using the structured clinical interview for dsm iv scid i and were excluded if any diagnostic criteria was met or if they verbally reported a history of psychiatric disorders the goal was to determine the impact of demographic variables and substance use in the overt expression of impulsivity in men and women with and without mental disorders

this volume provides an empirical and conceptual overview of advances in our understanding of impulsivity and impulsive behaviors prominent scientists review the range of behavioral phenomena referred to as impulsive as well as the defining features and psychological neurocognitive and behavioral processes that underlie of the manifestation of impulsive behaviors focussing on progress made and the questions remaining to be answered

most of us have urges to engage in behaviors we know are not good for us from splurging on gifts we can t afford to gambling but when these urges become too much to handle we can suffer intense emotional distress putting our friendships relationships and jobs in jeopardy impulse control disorders are often difficult to recognize even for those who struggle with them but they are not uncommon now the nation s leading specialists in the field offer a powerful self help guide for the estimated 35 million sufferers and their loved ones stop me because i can t stop myself tackles the essential questions on the road to healing also included in this hopeful and encouraging book are compelling first hand stories of the authors patients and invaluable analyses of groundbreaking new treatments

psychometrics and psychological assessment principles and applications reports on contemporary perspectives and models on psychological assessment and their corresponding measures it highlights topics relevant to clinical and neuropsychological domains including cognitive abilities adaptive behavior temperament and psychopathology moreover the book examines a series of standard as well as novel methods and instruments along with their psychometric properties recent meta analytic studies and their cross cultural applications discusses psychometric issues and empirical studies that speak to same explores the family context in relation to children s behavioral outcomes features major personality measures as well as their cross cultural variations identifies the importance of coping and resilience in assessing personality and psychopathology examines precursors of aggression and violence for prediction and prevention

impulsivity is a primary feature of many psychiatric conditions and often leads to maladaptive behaviors in nonclinical populations this predisposition to rapid unplanned actions and a disregard for future negative consequences leads to seemingly irra

anyone pursuing success must read this book chris voss author of never split the difference a master class in leadership from the world s top body language expert from internationally bestselling author and retired fbi agent joe navarro a groundbreaking look at the five powerful principles that set exceptional individuals apart joe navarro spent a quarter century with the fbi pursuing

spies and other dangerous criminals across the globe in his line of work successful leadership was quite literally a matter of life or death now he brings his hard earned lessons to you be exceptional distills a lifetime of experience into five principles that outstanding individuals live by self mastery to lead others you must first demonstrate that you can lead yourself observation apply the same techniques used by the fbi to quickly and accurately assess any situation communication harness the power of verbal and nonverbal interaction to persuade motivate and inspire action build shared purpose and lead by example psychological comfort discover the secret ingredient of exceptional individuals be exceptional is the culmination of joe navarro s decades spent analyzing human behavior conducting more than 10 000 interviews in the field and making high stakes behavioral assessments drawing upon case studies from history compelling firsthand accounts from navarro s fbi career and cutting edge science on nonverbal communication and persuasion this is a new type of leadership book one that will have the power to transform for years to come

a military biography of the general who led the u s sixth army in the southwest pacific in world war ii including grueling jungle campaigns in new britain and new guinea and who was subsequently chosen by general macarthur to lead the ground invasion of both the philippines and japan

the psychology and neuroscience of impulsivity is the first book to provide a comprehensive overview of impulsivity and related psychological and neural substrates the book is divided into four sections the first section will provide the readers with a general overview of impulsivity neural and cognitive substrates of impulsive behaviors and the relationship between impulsivity and risk taking behaviors the second section discusses the links between impulsivity and erroneous behaviors such as anger and aggressive behaviors and interpersonal violence the third section reviews how impulsive behaviors are key features of several clinical disorders such as pathological gambling drug abuse and antisocial personality disorder the last section presents possible treatment options for impulsivity including a number case studies reviews links between impulsivity to anger and aggressive behaviors

impulsivity features prominently in contemporary descriptions of many psychiatric disorders and is also a key element in the clinical risk assessment of violence thoroughly examining the nature assessment and treatment of impulsive conduct this up to date volume brings together contributions from prominent researchers and clinicians in both mental health and correctional settings chapters illuminate our current understanding of impulsive behavior from conceptual legal and biological perspectives and address the challenges of describing and measuring it with special emphasis on how the likelihood of future violent or destructive behavior can best be gauged in specific cases the volume includes several newly developed risk assessment tools impulsivity also provides an invaluable overview of the current state of the research and delineates a broad clinically pertinent agenda for future study impulsivity is an invaluable resource for clinicians working in private practice correctional facilities health care settings and community based programs it also serves as a primary or supplementary text for advanced undergraduate and graduate level courses

this text provides a broad coverage of the nature causes assessment approaches and interventions of emotional and behavioral disorders it presents readers with an exploration of the assumptions behind intervention practices and curricula this emphasis enables educators and professionals to select and use appropriate assessments for effective instruction and classroom management techniques back cover

for undergraduate and special education or general education graduate courses in special education behavior management and classroom management or applied behavior analysis behavior management applications for teachers fifth edition provides a comprehensive and theoretical overview of behavior management and classroom management that includes introduction definitions assessment functional and formal strategies numerous applications field based examples and real life case studies the focus of the strategies presented in this text is on positive behavioral support and the prevention of challenging behavior within the classroom setting particular attention is paid to special populations such as young children teens and students from diverse backgrounds the text is packed with classroom connection vignettes follow up discussion questions per classroom connection practical applications and examples so that the content is clear to the reader and easily

applied to the classroom the author clearly examines appropriate implementation strategies to use in a variety of settings from classroom and recreational venues to day care centers and in the home often ignored issues encountered by classroom teachers on a daily basis diversity assessment legal challenges and specific age related concerns recognizing that the most effective behavior management strategy is teaching and reinforcing appropriate behavior this applications targeted text again provides a thorough treatment of both the technical and the functional aspects of behavior analysis

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