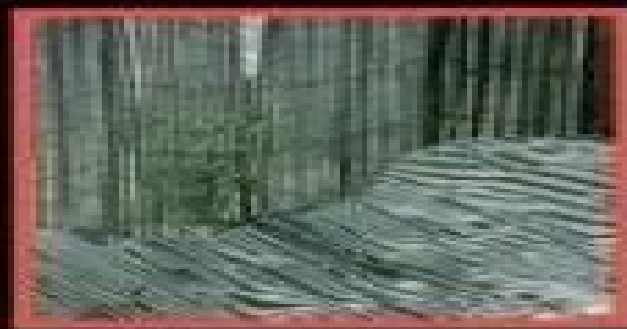


SOCIAL PHOBIA



Alleviating Anxiety
in an Age of
Self-promotion

Donald Capps

Social Phobia Alleviating Anxiety In An Age Of Self Promotion

S Marginson



Social Phobia Alleviating Anxiety In An Age Of Self Promotion:

Social Phobia Donald Capps, 2010-04-01 Social phobia is recognized by contemporary psychology as an anxiety disorder that significantly reduces effectiveness in personal interactions Its exaggerated fear of negative evaluation in social situations leads people either to avoid social situations or to experience great discomfort in unavoidable ones In this age of self promotion social phobics can find themselves at a distinct disadvantage in a society that values dominance Social phobics rarely seek treatment for their disorder but they do tend to seek out supportive social affiliation They are likely to attend church services rather than more personally demanding social gatherings Thus religion can be a resource for creative adaptation to life with social phobia This book helps pastoral counselors ministers and other religious partitioners understand social phobia from both the psychological and pastoral theological points of view Donald Capps describes the condition and its psychological roots surveys various therapeutic responses and their effectiveness and points to the possibilities of religious alleviations Throughout he expresses a helpful sensitivity to the lived experience of social phobics and offers insights for healthy and adaptive ways of life For those who experience social phobia and those who interact with them this book will be a valuable resource

My Age of Anxiety Scott Stossel, 2014-01-07 A riveting revelatory and moving account of the author's struggles with anxiety and of the history of efforts by scientists philosophers and writers to understand the condition As recently as thirty five years ago anxiety did not exist as a diagnostic category Today it is the most common form of officially classified mental illness Scott Stossel gracefully guides us across the terrain of an affliction that is pervasive yet too often misunderstood Drawing on his own long standing battle with anxiety Stossel presents an astonishing history at once intimate and authoritative of the efforts to understand the condition from medical cultural philosophical and experiential perspectives He ranges from the earliest medical reports of Galen and Hippocrates through later observations by Robert Burton and S ren Kierkegaard to the investigations by great nineteenth century scientists such as Charles Darwin William James and Sigmund Freud as they began to explore its sources and causes to the latest research by neuroscientists and geneticists Stossel reports on famous individuals who struggled with anxiety as well as on the afflicted generations of his own family His portrait of anxiety reveals not only the emotion's myriad manifestations and the anguish anxiety produces but also the countless psychotherapies medications and other often outlandish treatments that have been developed to counteract it Stossel vividly depicts anxiety's human toll its crippling impact its devastating power to paralyze while at the same time exploring how those who suffer from it find ways to manage and control it My Age of Anxiety is learned and empathetic humorous and inspirational offering the reader great insight into the biological cultural and environmental factors that contribute to the affliction

Crossroads of Agony Troy D. Ehlke, 2008-10-16 Have you ever felt a dissonance between the joy filled Sunday school messages and the difficult sayings attributed to Jesus in the scriptures There is a movement in American churches today that separates the Gospel into two parts attractive and repulsive It is probably surprising for many

to know that there is more in the latter category than in the former Church leaders know that preaching about suffering and demanding personal sacrifice for the sake of discipleship is not going to win over many converts In fact people tend to leave and seek out worship centers that portray Christ in kinder gentler ways After all how many of the most applauded preachers of the present generation focus on Jesus teaching of self sacrifice More likely sermons emerge from a prosperity gospel where God will reward the faithful and give bountifully to those who believe The problem with this movement is that it makes Christianity one dimensional and shallow When hardship becomes an unwelcome visitor in our lives the gospel of rewards doesnt hold up or provide the slightest degree of comfort Crossroads of Agony is an anti thesis to the current trends in American Christianity by revealing the call to suffering that Jesus gives to all who wish to follow him True discipleship must contend with all sides of the faith not just the ones that make us smile or feel warm and fuzzy inside Jesus came not to bring peace but a sword Matthew 10 34 As believers we need to embrace suffering and see the value that comes with hardship undertaken for the sake of the Gospel This book launches its readership into an investigation of the early church through a survey of scripture historical events and emerging literature Without studying the foundations of the church contemporary communities of faith are adrift without a dependable point of reference As Woodrow Wilson said Those who do not know their past are doomed to repeat it Our heritage is rich with tradition and reveals the highs and lows of human achievement Our past is the key to unlocking a future that is keeping with Gods will Crossroads of Agony exposes readers to a side of Christianity few opt to know about it let alone use to guide their faith Those with an adventurous spirit and a thirst for knowledge will discover that suffering is recast in a different light through Jesus message What most of us have been trying to run away from is in fact something Christ is calling us towards a life of suffering for the sake Gods message of salvation We run because we do not find any value in hardship but instead see it as something life draining Jesus on the other hand finds immense value in suffering and even life producing when undertaken with a spiritual purpose Jesus puts his life on the line for this truth Suffering yields lifelife that is everlasting Crossroads of Agony is a look into the darker side of the faith one meant for advanced Christians The deepest truths of the faith are not attractive to the world 1 Corinthians 1 18 19 but are quite repulsive Only when we find ourselves in the pitch black darkness of our faith heritage are we able to emerge into the light of the Gospel that shatters illusions and unites our souls with the divine If we run from suffering the best we can achieve is a superficial relationship with God because it means we still value our life above the Gospel Jesus demands the opposite the saving Word of God above all else This level of faith development requires a new understanding of suffering one where this world is seen as a testing ground not the end Reverend Troy Ehlke writes this text in the hopes that people will read it in small groups devote time to discuss the questions at each chapters end and develop a renewed sense of call to labor for the kingdom of God While we experience distress in this lifetime it is not without reward In this world we have the satisfaction that results from spreading the Wor

Be Not Anxious Allan Hugh Cole, 2008-10-07 As Allan Cole knows

firsthand both personally and pastorally Christians are not immune from anxiety and many believers go to their church leaders for support and solace This helpful book draws on narrative approaches to theology and counseling to suggest how pastoral caregivers may effectively minister to anxious persons *Be Not Anxious* provides pastors and other caregivers with a basic understanding of anxiety including how to identify those suffering from it and how to get at what is making them anxious Cole focuses both on cognitive based methods and on common faith practices church membership frequent worship prayer Bible reading service and confession showing how these may provide relief from anxiety By addressing the roles of both psychiatry and ministry as co liberators from anxiety he leads the pastor and the faith community in helping disquieted souls to find rest

A Brief History of Anxiety...Yours and Mine Patricia Pearson,2010-08-09 Ask anyone who suffers from chronic anxiety and they will insist that their affliction isn't visible to the naked eye Our fears are private arbitrary idiosyncratic and anxiety as such is a lonely predicament Patricia Pearson's funny rueful and inquisitive book reaches out to all who suffer from anxiety disorder or love someone who does A wholly satisfying mix of memoir cultural history and investigative journalism Kirkus

Treating the New Anxiety Kirk A. Bingham,2007-09-16 A new form of anxiety has emerged stemming in part from our post 9 11 reality but even more stemming from the influence of supermodernity Whereas postmodernism theorizes an anxiety that results from the collapse or loss of meaning through the lens of supermodernity it appears that the new anxiety is evoked more by an excess of meaning generated by the rapid acceleration of human life and the media's daily bombardment with serious global national and local concerns This book explores the nature of the anxiety our supermodern condition provokes and proposes that with the void left by the diminishment of religious involvement and practice the therapy session becomes the definitive place for meaning making Building on a cognitive therapy approach that emphasizes the client's belief system Bingham demonstrates that to treat this new anxiety most effectively practitioners must help clients identify and explore their core theological beliefs and spiritual values

Just Care Leah R. Thomas,2019-12-03 What does it mean to engage in ethical anti racist pastoral care with women with mental illness particularly if these women are residents of an inpatient psychiatric hospital This book draws on interviews with eighteen chaplains in three psychiatric facilities to examine psychiatric chaplaincy with women in the context of a state psychiatric hospital It combines the voices of the chaplains with the disciplines of Christian social ethics and feminist womanist and intercultural pastoral care to create *Just Care* an approach to pastoral care that accounts for both personal and societal systemic factors in its practice of ministry *Just Care* proposes that pastoral care that addresses the entirety of the person necessitates a commitment to justice and an attention to cultural dynamics as foundational for ethical pastoral care It argues that psychiatric pastoral care must honor the communal and individual nature of care both the particularity of the caregiver and care seeker as well as intersections of culture gender race and class

The Church Leader's Counseling Resource Book Cynthia Franklin Ph.D.,Rowena Fong,2011-02-01 This all in one guide is designed to better equip clergy and the

church leaders to meet their congregations needs in a spiritually grounded and scientifically sound manner Succinct easy to read chapters summarize all a pastor needs to know about a given problem area including its signs or symptoms questions to ask effective helping skills and most importantly when to refer to a mental health professional Synthesizing what research says about treatment approaches for mental health issues this user friendly reference is filled with guidelines case scenarios key points to remember resources for further help advice on integrating scripture and theology with the best available research and tips on partnering with others to provide the best possible care for each church member Each chapter is designed for quick lookup by problem area empowering church leaders to understand and help meet the challenges facing the children adults families and communities that they serve Still Growing Donald Capps,2015-03-26 The later adult years are commonly viewed as a period in which one struggles to maintain a vestige of the physical mental and emotional vitality of one s earlier years In Still Growing however Donald Capps shows that older adulthood is actually a period of growth and development and that a central feature of this growth and development is the remarkable creativity of older adults This creativity is the consequence of the wisdom gained through years of experience but is also due to a newly developed capacity to adapt to unprecedented challenges integral to the aging process In Part 1 Capps illustrates the challenges of transitioning to older adulthood from the author s own experiences while in Part 2 he draws on material from Erik H Erikson Sigmund Freud and Paul W Pruyser to account for longevity adaptability and creativity in older adults Finally in part 3 he focusses on the work of both William James and Walt Disney to fashion a model of creative aging **Seeking the Sacred with Psychoactive Substances** J. Harold Ellens,2014-10-28 Can drugs be used intelligently and responsibly to expand human consciousness and heighten spirituality This two volume work presents objective scientific information and personal stories aiming to answer the question The first of its kind this intriguing two volume set objectively reports on and assesses this modern psycho social movement in world culture the constructive medical use of entheogens and related mind altering substances Covering the use of substances such as ayahuasca cannabis LSD peyote and psilocybin the work seeks to illuminate the topic in a scholarly and scientific fashion so as to lift the typical division between those who are supporters of research and exploration of entheogens and those who are strongly opposed to any such experimentation altogether The volumes address the history and use of mind altering drugs in medical research and religious practice in the endeavor to expand and heighten spirituality and the sense of the divine providing unbiased coverage of the relevant arguments and controversies regarding the subject matter Chapters include examinations of how psychoactive agents are used to achieve altered states in Judaism Christianity Islam and Buddhism as well as in the rituals of shamanism and other less widely known faiths This highly readable work will appeal to everyone from high school students to seasoned professors in both the secular world and in devoted church groups and religious colleges

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