

Handbook Of Emotion Regulation

Handbook of Emotion Regulation, Second Edition
The Regulation of Emotion
Emotion Regulation and Well-Being
Regulating Emotions
Development of Emotions and Emotion Regulation
Emotion Regulation
Monographs of the Society for Research in Child Development
The Role of Emotion and Emotion Regulation in Job Stress and Well Being
Handbook on Emotion Regulation
The Development of Emotion Regulation and Dysregulation
Handbook of Emotion Regulation at Work
Emotion Regulation
Cognitive Aspects of Emotion Regulation
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Handbook of Emotion Regulation, First Edition
Emotion Regulation in Couples and Families
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The Interplay of Emotion Regulation and Mental Health
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subject areas keywords clinical cognition cognitive developmental disorders dysregulation emotion regulation emotional emotions neurobiology neuroscience personality psychology psychopathology research self regulation social description reviewing the state of the science in a dynamic thriving field this influential handbook integrates knowledge from multiple psychological subdisciplines foremost experts address the neurobiological and cognitive bases of emotion regulation and examine how individuals develop and use regulatory strategies across the lifespan the social context of emotion regulation is explored as are personality processes and individual differences critical implications are discussed for psychopathology psychosocial interventions and health including helpful cross referencing among chapters the volume describes cutting edge methods and identifies promising directions for future investigation

this volume presents in an integrated framework the newest most contemporary perspectives on emotion regulation from many sub areas of psychology and neurosciences

emotion is a basic phenomenon of human functioning most of the time having an adaptive value enhancing our effectiveness in pursuing our goals in the broadest sense regulation of these emotions however is essential for adaptive functioning and suboptimal or dysfunctional emotion regulation may even be counterproductive and result in adverse consequences including a poor well being and ill health this volume provides a state of the art overview of issues related to the association between emotion regulation and both mental and physical well being it covers various areas of research highly relevant to both researchers in the field and clinicians working with emotion regulation issues in their practice included topics are arranged along four major areas neuro biological processes involved in the generation and regulation of emotions psychological processes and

mechanisms related to the link between emotion regulation and psychological well being as well as physical health social perspective on emotion regulation pertaining to well being and social functioning across the life span clinical aspects of emotion regulation and specific mental and physical health problems this broad scope offers the possibility to include research findings and thought provoking views of leading experts from different fields of research such as cognitive neuroscience clinical psychology psychophysiology social psychology and psychiatry on specific topics such as nonconscious emotion regulation emotional body language self control rumination mindfulness social sharing positive emotions intergroup emotions and attachment in their relation to well being and health chapters are based on the fourth international conference on the non expression of emotions in health and disease held at tilburg university in october 2007 in 2007 springer published emotion regulation conceptual and clinical issues based on the third international conference on the non expression of emotion in health and disease held at tilburg university in october 2003 it is anticipated that depending on sales we may continue to publish the advances deriving from this conference

regulating emotions culture social necessity and biological inheritance brings together distinguished scholars from disciplines as diverse as psychology sociology anthropology neuroscience and psychotherapy to examine the science of regulating emotions contains 13 original articles written in an accessible style examines how social and cultural aspects of emotion regulation interact with regulatory processes on the biological and psychological level highlights the role of social and cultural requirements in the adaptive regulation of emotion will stimulate further theorizing and research across many disciplines and will be essential reading for students researchers and scholars in the field

vii preface it was 13 years ago that we met for the first time at a german developmental psychology conference one of us wolfgang friedlmeier wf was interested in ontogenetic development from a cross cultural perspective he presented a study on the development of empathy and distress in preschool age dealing with how far children from different cultures respond to comparable demands with different emotions and regulation strategies the other manfred holodyski mh was interested in ontogenetic development from the perspective of internalization how processes that are originally socially distributed between persons are transformed into mental processes within the individual he presented a study on the development of the emotions pride and shame in preschool age this led the two of us to discover our common interest in central issues of emotional development what role do the emotions play in an individual's activity regulation what is it exactly that is developing when we talk about emotional development do emotional processes have a social genesis and what is the role of the early social interactions between children and their caregivers along with the obvious fact that individuals grow up and live in completely different cultures even at this time we both already suspected that the social and cultural embedment of the individual would prove to be a key to understanding how the diversity of human emotions and their regulation develop

an increasing number of studies have been conducted on the role of expression and regulation of emotion in health emotion regulation addresses the question of these studies from diverse angles while encompassing conceptual developmental and clinical issues central concepts discussed in this volume that are related to health include coping styles and aggression alexithymia emotional intelligence emotional expression and depression emotional expression and anxiety disorders in addition to the emotional competence in children

this volume focuses on the role of emotion and emotion regulation in job stress and well being featuring a number of high calibre scholars it provides both an academic and a military perspective on this topic

emotion regulation *er* which refers to the ability to identify experience modulate and express emotions is critical to adaptive functioning although the term *er* has been used synonymously with coping strategies affect regulation and self regulation it is important to differentiate *er* from these other constructs to ensure optimal construct validity and accurate measurement to this end *er* has been defined as the process by which individuals influence which emotions they have when they

have them and how they experience and express these emotions gross 1998 p 275 emotion is experienced in three primary ways behaviourally physiologically and experientially gross 1998 therefore er refers to strategies that alter these three aforementioned emotional processes this book discusses the processes cognitive effects and social consequences of emotion regulation

provides a developmental perspective of the regulation and dysregulation of emotion in particular how children learn about feelings and how they learn to deal with both positive and negative feelings emotion regulation involves the interaction of physical behavioral and cognitive processes in response to changes in one's emotional state the changes can be brought on by factors internal to the individual e.g. biological or external e.g. other people featuring contributions from leading researchers in developmental psychopathology the volume concentrates on recent theories and data concerning the development of emotion regulation with an emphasis on both intrapersonal and interpersonal processes original conceptualizations of the reciprocal influences among the various response systems neurophysiological biochemical behavioral expressive and subjective experiential are provided and the individual chapters address both normal and psychopathological forms of emotion regulation particularly depression and aggression from infancy through adolescence this book will appeal to specialists in developmental clinical and social psychology psychiatry education and others interested in understanding the developmental processes involved in the regulation of emotion over the course of childhood

in this cutting edge handbook leading authors provide a broad overview of what emotion regulation is who uses it and where and how it can be studied multidisciplinary in scope chapters move beyond the traditional perspective of emotion regulation at work as service with a smile to consider how it manifests in various professional settings

one of the most important advances in the study of emotion regulation is understanding it as a dynamic process that develops across the life span emotion regulation focuses on current conceptual and methodological issues in terms of change over various time scales developmental change across years as well as changes from day to day from situation to situation and from moment to moment written by top experts in the field the volume is organized around three age periods of the life span infancy and childhood adolescence and adulthood by taking the matter of time seriously these chapters represent promising and necessary approaches to broadening our knowledge of emotion regulation as a dynamic process that changes with age the volume provides guidance for future research that will enable researchers to leave behind facile and static conceptualizations of emotion regulation in favor of richer and more explanatory frameworks

you experience it daily you restrain yourself from crying when sad from having a tantrum when furious remain calm in the face of danger in everyday life people frequently encounter situations in which they control their experience and expression of emotion especially negative ones in order to respond appropriately to situational affordances thus regulation of emotion is an important factor of everyday functioning still we do not know precisely how people regulate their emotions the present book answers questions about what cognitive processes possibly operate in emotion regulation and how they work

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this authoritative volume provides a comprehensive road map of the important and rapidly growing field of emotion regulation each of the 30 chapters in this handbook reviews the current state of knowledge on the topic at hand describes salient research methods and identifies promising directions for future investigation the contributors who are the foremost experts in the field address vital questions about the neurobiological and cognitive bases of emotion regulation how we develop and use regulatory strategies across the lifespan individual differences in emotion regulation social psychological approaches and implications for psychopathology clinical interventions and health

this is an edited book that addresses critical theoretical and methodological issues in the rapidly advancing field of emotion regulation it presents empirical findings linking emotion regulation to individual and relationship functioning across the life span while providing implications for clinical intervention public policy and future research contributors who are nationally and internationally recognized for their expertise in social developmental and clinical disciplines offer diverse perspectives on the role of emotion regulation processes in dysfunction and health in addition to advancing the latest empirical developments this volume will also be a prime resource for graduate students and practitioners working with children couples and families for whom emotion regulation difficulties are targets of clinical intervention

regardless of their specific diagnosis many people seeking treatment for psychological problems have some form of difficulty in managing emotional experiences this state of the art volume explores how emotion regulation mechanisms are implicated in the etiology development and maintenance of psychopathology leading experts present current findings on emotion regulation difficulties that cut across diagnostic boundaries and present psychotherapeutic approaches in which emotion regulation is a primary target of treatment building crucial bridges between research and practice chapters describe cutting edge assessment and intervention models with broad clinical utility such as acceptance and commitment therapy mindfulness based therapy and behavioral activation treatment

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for many disorders proper emotion regulation is a crucial protective factor therefore this volume provides an in depth exploration of emotion regulation through the lens of computational modeling and analysis emotion regulation is a critical psychological process that enables individuals to manage their emotional responses in diverse situations this book examines how flexibility in emotion regulation strategies such as suppression cognitive reappraisal and attention modulation supports mental well being by allowing individuals to adapt their emotional responses according to context drawing from recent advances in psychology and neurobiology the book presents a series of models that highlight the role of contextual sensitivity and the influence of factors such as age gender and personality traits on regulatory preferences one of the themes of this book is the contextual nature of emotion regulation where flexibility enables instant contextual shifts between different strategies based on situational demands several models simulate scenarios in which specific emotions such as anger or anxiety are context sensitive according to the individual s goals and context simulation results reveal how certain emotions may strongly depend on achieving personal or external goals underscoring the dynamic nature of emotion regulation in addition another important theme is adaptivity of emotion regulation this does not concern instant contextual changes but longer term changes in response to experiences over time learning processes to strengthen emotion regulation over time may be very important to reduce negative health effects induced by reduced emotion capabilities these forms of adaptivity are also extensively addressed in this book in addition to general mechanisms of emotion regulation this book also addresses specialized applications for various psychological and behavioral conditions these include computational models for conditions like anxiety autism spectrum disorders social media addiction burnout and eating disorders

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