DOWNLOAD PDF HANDBOOK OF EMOTION REGULATION

Chapter 1 : James J. Gross (ed.), Handbook of Emotion Regulation - PhilPapers

"The first edition of this handbook defined a major field of study, and the second edition is even better. Gross--the worldwide leader in the study of emotion regulation--has done a masterful job of pulling together the best and newest work in this area.

Open in a separate window James J. He is a leading scholar in the field of emotion and emotion regulation. His seminal work and theory, the process model of emotion regulation has been adapted by many other scholars in this field and provided a basic background for empirical studies. He has received many awards for teaching, won several grants and has been running several interdisciplinary research projects to understand emotion and emotion regulation. The first edition of the Handbook was published in However, since the first edition, so many new conceptual and empirical results have been published that a new edition with new topics and chapters was needed. The book is divided into nine sections. In the first section Gross provides an introduction that includes fundamental knowledge and questions in the field of emotion regulation. The modal model of emotion and the process model of emotion regulation, goals, strategies and outcomes are discussed. Furthermore, emotions are clearly distinguished from other affective processes, just like emotional regulation is distinguished from other self-regulatory processes. The second section discusses the biological bases of emotion regulation. Ochsner and Gross apply a valuation perspective to analyze emotion and emotion regulation, and to describe the neural systems that are implicated in the core, contextual and conceptual level valuations and the neural systems that support the regulation of valuation. Proudfit, Dunning, Foti and Weinberg overview EEG studies to help the reader understand the temporal dynamics of emotion regulation. Late positive potential is believed to reflect the flexible and dynamic deployment of motivated attention, and possibly indexing the activity of fronto-parietal attention network. Johnstone and Walter analyze emotion dysregulation and its biological bases: Finally, Gyurak and Etkin propose that emotion regulation happens along a spectrum of explicit to implicit regulation. Furthermore, from a neurobiological point of view a lateral-medial differentiation between explicit and implicit processes could be useful. In the third section emotion regulation is examined from a cognitive approach. The four articles give an insight into the relationship between our choices, decision and emotion regulation. Miller, Rodriguez, Kim and Mc-Clure for example discuss how delay discounting and intertemporal choice could be a useful framework for studying emotion regulation. The authors believe that all these strategies work through a common pathway that suppresses reward-related activation in nucleus accumbens and reduce impulsivity. The authors suggest that performance on both DG tasks and emotion regulation may reflect a domain-general regulatory ability, which is influenced by lateral prefrontal cortex activity. Sheppes introduces the concept of emotion regulation choice, and illustrate this topic with results of studies using a novel paradigm in which participants freely choose between the two strategies: This chapter also investigates the emotional, cognitive and motivational determinants of emotion regulation choices and their underlying mechanisms. Studying regulatory choices could be a new way to understand emotion regulation difficulties in different psychopathologies. Finally, Grecucci and Sanfey reviews evidence that emotion regulation strategies used in a decision-making situation could moderate not only the affective inputs but the behavior as well. In the fourth section emotion regulation is analyzed from a developmental point of view. Eisenberg, Hofer, Sulik and Spinrad create a distinction between a more automatic reactive control and self-regulation. They focus their review on effortful control processes and their impact on the socioemotional development. Thompson presents evidence that both top-down and bottom-up processes play a significant role in emotion regulation and both are shaped by early experiences and family processes. They chose the topic of neurophysiological development and family context to highlight how different factors can influence the development of emotion regulation skills in this developmental period. Emotion regulation motivation and strategies are also analyzed in this chapter. For instance, adolescents tend to report more contra-hedonic motivation wanting to enhance or maintain negative emotions or dampen positive emotions behind their emotion regulation compared to other age groups. Concerning the effectiveness of emotion regulation strategies more studies are needed to derive a cohesive

picture about the developmental changes. Finally, Charles and Carstensen interpret the well-being of older adults in the framework of two theories: From an emotional regulation perspective, selection as a key mechanism along with the changes in goals is believed to play a role in the greater well-being with age, but further studies are needed to investigate other strategies and online emotion regulation as well. In the fifth section social aspects of emotion regulation are discussed in five chapters. Coan and Maresh use social baseline theory as a framework to highlight the prominent role of the quality of relationships and proximity in brain response to perceived threats. The chapter raises the question how satisfactory social relations economize neural activity and behavior. Jones, Kirkland and Cunnigham review attitude models, emphasize dynamic perspectives and the difference between attitude and evaluation to show the iterative nature of evaluative processes and their possible role in emotion regulation strategies. Levenson, Haase, Bloch, Holley and Seider review emotion regulation in couples and list several issues that need to be resolved in order to gain a much deeper insight of dyadic emotion regulation processes. Finally, Mesquita, De Leersnyder and Albert consider emotion regulation from a cultural point of view and draw attention to the fact that the prevalent cultural model of self and emotions may shape our emotion regulation efforts and the preferred or chosen strategies. The sixth section considers personality processes and individual differences in emotion regulation. Rothbart, Sheese and Posner discuss temperamental differences in effortful control and its contribution to the development of emotion regulation. John and Eng review how individual differences are conceptualized and operationalized in self-report measurements. Hofmann and Kotabe consider appetitive desires from an emotion regulation point of view and list the possible factors that may contribute to the successful regulation of desires. Mauss and Tamir analyze the content, structure, operation of emotion goals to highlight their roles in automatic and deliberate emotion regulation. Finally, Leary and Gohar list evidence of how the human ability to self-reflect influences the emotions we feel and the ways we regulate them highlighting the role of self-relevant or self-evaluative thoughts in emotion generation and regulation. Section 7 introduces emotion dysregulation in different psychopathologies. Campbell-Sills, Ellard and Barlow focus on anxiety disorders and argue that the basic features of anxiety disorders are the sources of regulation difficulties experienced by people with anxiety disorders. Furthermore, the consequences of emotion regulation strategies for people with anxiety disorders may differ from the consequences for healthy people and this may be a perpetuating factor in anxiety disorders. Joormann and Siemer focus on mood disorders and draw our attention to the fact that difficulties in the regulation of both positive and negative affect should be considered when studying major depressive disorder and bipolar disorder. Kober considers the role of dysregulated emotion as a distal and proximal risk factor in drug use and argues that chronic drug use may further impair emotion regulation via the long-term effects of chronic drug use on the structure and function of the prefrontal cortex. Finally, Feldman-Barrett, Wilson-Mendenhall and Barsalou define emotion regulation in the framework of situated conceptualization and emphasize the role of psychological construction and meaning making processes in emotion dys- regulation. Section 8 presents therapies that specifically target emotion regulation. The starting point of the chapter by MacLeod and Grafton is that biased attentional selectivity is responsible for emotional vulnerability and pathologies. They list evidence on how single session or extended Attentional Bias Modification can attenuate emotional symptoms. Berking and Schwarz describe Affect Regulation Training, the aim of which is to improve general emotion regulation skills, such as perception and awareness of affective states, identification and correct labelling of affective states, tolerance of negative affective states when necessary. Finally, Farb, Anderson, Irving and Segal raise the question as to why mindful emotion regulation is unique. Their answer is that mindfulness promotes meta-awareness of emotion regulation strategies, detection and reduction of rumination and therefore enables self-change. There are psychological and neural mechanisms that support the positive effect of mindfulness training on emotion regulation. Section 9 considers the health implications of emotion regulation and dysregulation. Chen and Miller argue that social inequality in health is partially due to emotion regulation indicating that emotion regulation can be either a mediator or a moderator between socio-economic status SES and disease. For example, evidence suggests that different strategies can be beneficial to low-SES individuals than to high-SES individuals. These findings implicate, for example, that emotion regulation strategies should be considered in

resilience studies. Appleton and Kubzansky consider emotion regulation as a factor that contributes to poor cardiovascular disease risk. Physiological and behavioral pathways of emotion regulation are also listed. Finally, Wagner and Heatherton focus on the impact of negative affect on self-regulation and review findings on how negative affect impairs the pursuit of long-term goals. Mechanisms through negative affective states which deplete self-regulatory capacity may give insight as to why negative affective states compromise health behavior change and consolidate health risk behaviors such as drinking and tobacco use or other addictive behaviors. A great merit of the book is that each chapter gives a comprehensive and elaborated overview of the topic. The present book offers the latest work in thirty six chapters written by leading researchers in the field. Both beginners and advanced experts in the field of research or practice will find the handbook a very useful and fascinating tool.

Chapter 2 : Handbook of Emotion Regulation: Second Edition

This superbly edited handbook offers both a framework and a comprehensive overview of the process of emotion regulation. It explores biological, cognitive, social, and developmental aspects, as well as implications for psychopathology, health, and intervention.

Psychiatry Table of contents Part 1. Lombardo, Insights into Emotion Regulation from Neuropsychology. Forbes, Genetics of Emotion Regulation. Mechanisms Underlying Emotion Regulation. Park, Explanatory Style and Emotion Regulation. Loewenstein, Affective Regulation and Affective Forecasting. Biological and Environmental Transactions in Early Development. Meyer, Socialization of Emotion Regulation in the Family. Carstensen, Emotion Regulation and Aging. Personality Processes and Individual Differences. Sheese, Temperament and Emotion Regulation. Gross, Individual Differences in Emotion Regulation. Salovey, Intelligent Emotion Regulation: Williams, The Nonconscious Regulation of Emotion. Rime, Interpersonal Emotion Regulation. Albert, The Cultural Regulation of Emotions. Watts, Emotion Regulation and Religion. Grekin, Alcohol and Affect Regulation. Theoretical and Practical Underpinnings. Researchers, teachers, and students who feel overwhelmed should take heart. This superbly edited handbook offers both a framework and a comprehensive overview of the process of emotion regulation. It explores biological, cognitive, social, and developmental aspects, as well as implications for psychopathology, health, and intervention. Without neglecting controversy, the second edition of the Handbook will serve to guide and further energize this dynamic field. Harris, Harvard Graduate School of Education, USA "If human beings are fundamentally in the business of pursuing pleasure and avoiding pain, then this book is about the most fundamental aspect of human life. A suitable primary or secondary text for a seminar on emotion regulation, this volume is likely to become a classic in the field. Its scope is impressive, moving from theory to clinical application, from cellular to societal levels of analysis, and across the lifespan from childhood to old age. Students will find it accessible, and anyone whose work touches on emotion regulation will find it eminently useful. It also would be an excellent text for graduate seminars devoted to the topic of emotions Although the field is far from the point of extracting simple evidence-based therapies for emotion-related disorders, this excellent book places clinicians and researchers on a more realistic path toward that laudable goal.

Chapter 3 : Table of contents for Handbook of emotion regulation

This authoritative volume provides a comprehensive road map of the important and rapidly growing field of emotion regulation.

A state-of-the-art review of theory and research on emotion regulationâ€¦edited by the multidisciplinary-minded psychologist James Gross Stanford , whose many research articles and reviews have, in many ways, defined the fieldâ€¦. Every essay is illuminating, well written, and supported by a wealth of empirical data. Ideal for graduate courses or seminars on emotion regulation. This volume is a valuable reference for researchers and clinicians interested in either healthy or unhealthy management of emotions. It also would be an excellent text for graduate seminars devoted to the topic of emotions Confirmed in each and every chapter of this volume, emotion regulation is extraordinarily complex and should be approached in the mental health field with this perspective. Although the field is far from the point of extracting simple evidence-based therapies for emotion-related disorders, this excellent book places clinicians and researchers on a more realistic path toward that laudable goal. The book is a particularly useful tool for any clinician working with patients with impulse-control disorders or frontal-lobe traumatic brain injury. Each chapter is very readable and thorough Gross has done an excellent job of integrating and synthesising the various chapters, giving meaning across the entire book and encouraging the contributors to write chapters that will not go stale within a year or two of publication. Attention to this detail is particularly important given the enormous and rapid growth in the field of emotion Given the scope of the volume, it should have wide appeal to researchers as well as graduate and advanced undergraduate human development, child clinical psychology, psychiatry, and cognitive and affective neuroscience. The handbook highlights the work that has been done on emotion regulation and suggests future work that still needs to be done. It is written at an appropriate level for both researchers and students interested in this field, regardless of their discipline. Readers will find diverse perspectives that are carefully integrated throughout the text and make for an edifying experience Grossâ€”the worldwide leader in the study of emotion regulationâ€”has done a masterful job of pulling together the best and newest work in this area. People try every day in many ways to manage their emotions; the volume provides an informative, authoritative overview of research about their successes and failures. Anyone interested in the management of emotion, indeed anyone interested in human emotions generally, will find this a fascinating read and an indispensable resource. Recommended for everyone from students to expert researchers. Baumeister, PhD, author of Willpower: An all-star array of researchers synthesize psychological and neuroscience perspectives, covering everything from child development to aging, individual variation to psychopathology. A valuable and comprehensive volume that sums up where we are and excites us about where we are going. There have been many developments in the field since the publication of the first edition, and the volume captures them all! Gross presents exciting theories, methodological approaches, and applications for clinical intervention. Not only is the Handbook the go-to volume for the latest in emotion regulation, but it also will serve as a useful resource for clinicians, with sections on psychopathology, interventions, and health. The writing is uniformly very good, making this the kind of book that people will find themselves reading more of than perhaps they originally intended. Researchers, teachers, and students who feel overwhelmed should take heart. This superbly edited handbook offers both a framework and a comprehensive overview of the process of emotion regulation. It explores biological, cognitive, social, and developmental aspects, as well as implications for psychopathology, health, and intervention. The second edition of the Handbook will serve to guide and further energize this dynamic field.

Chapter 4 : Handbook of Emotion Regulation

The study of emotion regulation has impacted numerous subfields of psychology including developmental, organizational, social, cognitive, neurobiological, and health investigations (see Gross,).

Includes bibliographical references and indexes. Gross, Thompson, Emotion Regulation: Hariri, Forbes, Genetics of Emotion Regulation. Zelazo, Cunningham, Executive Function: Mechanisms Underlying Emotion Regulation. Loewenstein, Affective Regulation and Affective Forecasting. Biological and Environmental Transactions in Early Development. Charles, Carstensen, Emotion Regulation and Aging. Personality Processes and Individual Differences. Rothbart, Sheese, Temperament and Emotion Regulation. Rime, Interpersonal Emotion Regulation. Watts, Emotion Regulation and Religion. Sher, Grekin, Alcohol and Affect Regulation. Theoretical and Practical Underpinnings. Nielsen Book Data Part 1. Lombardo, Insights into Emotion Regulation from Neuropsychology. Forbes, Genetics of Emotion Regulation. Park, Explanatory Style and Emotion Regulation. Meyer, Socialization of Emotion Regulation in the Family. Carstensen, Emotion Regulation and Aging. Sheese, Temperament and Emotion Regulation. Gross, Individual Differences in Emotion Regulation. Salovey, Intelligent Emotion Regulation: Williams, The Nonconscious Regulation of Emotion. Albert, The Cultural Regulation of Emotions. Grekin, Alcohol and Affect 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. Nielsen Book Data Supplemental links.

Chapter 5 : [PDF/ePub Download] handbook of emotion regulation eBook

Reviewing the state of the science in a dynamic, thriving field, this influential handbook integrates knowledge from multiple psychological calendrierdelascience.comst experts address the neurobiological and cognitive bases of emotion regulation and examine how individuals develop and use regulatory strategies across the lifespan.

Conceptual and Empirical Foundations, James J. A Valuation Perspective, Kevin N. Ochsner and James J. Dunning, Daniel Foti, and Anna Weinberg 4. Theory and Findings, Gal Sheppes 9. Sulik, and Tracy L. Coan and Erin L. Shaver and Mario Mikulincer Jones, Tabitha Kirkland, and William A. Emotion Regulation in Couples, Robert W. Haase, Lian Bloch, Sarah R. Holley, and Benjamin H. Personality Processes and Individual Differences Temperament and Emotion Regulation, Mary K. Sheese, and Michael I. Conceptualization, Measures, and Findings, Oliver P. John and Joshua Eng Desire and Desire Regulation: Mauss and Maya Tamir Wilson-Mendenhall, and Lawrence W. Emotion Regulation Therapy, Douglas S. Mennin and David M. Neacsiu, Martin Bohus, and Marsha M. Irving, and Zindel V. Appleton and Laura D. Wagner and Todd F. Heatherton show more Review quote "The first edition of this handbook defined a major field of study, and the second edition is equally strong. Gross--the worldwide leader in the study of emotion regulation--has done a masterful job of pulling together the best and newest work in this area. People try every day in many ways to manage their emotions; the volume provides an informative, authoritative overview of research about their successes and failures. Anyone interested in the management of emotion, indeed anyone interested in human emotions generally, will find this a fascinating read and an indispensable resource. Recommended for everyone from students to expert researchers. Baumeister, PhD, author of Willpower: Rediscovering the Greatest Human Strength "This is the definitive book on emotion regulation, the bridge between cognitive and affective neurosciences. An all-star array of researchers synthesize psychological and neuroscience perspectives, covering everything from child development to aging, individual variation to psychopathology. A valuable and comprehensive volume that sums up where we are and excites us about where we are going. There have been many developments in the field since the publication of the first edition, and the volume captures them all! Gross presents exciting theories, methodological approaches, and applications for clinical intervention. Not only is the Handbook the go-to volume for the latest in emotion regulation, but it also will serve as a useful resource for clinicians, with sections on psychopathology, interventions, and health. The writing is uniformly very good, making this the kind of book that people will find themselves reading more of than perhaps they originally intended. Researchers, teachers, and students who feel overwhelmed should take heart. This superbly edited handbook offers both a framework and a comprehensive overview of the process of emotion regulation. It explores biological, cognitive, social, and developmental aspects, as well as implications for psychopathology, health, and intervention. The second edition of the Handbook will serve to guide and further energize this dynamic field. He is a leading figure in the areas of emotion and emotion regulation and a recipient of early career awards from the American Psychological Association APA , the Western Psychological Association, and the Society for Psychophysiological Research. Gores Award for Excellence in Teaching.

Chapter 6 : Handbook of Emotion Regulation - Google Books

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.

Includes bibliographical references and indexes. Conceptual and Empirical Foundations, James J. A Valuation Perspective, Kevin N. Ochsner and James J. Dunning, Daniel Foti, and Anna Weinberg 4. Theory and Findings, Gal Sheppes 9. Sulik, and Tracy L. Coan and Erin L. Shaver and Mario Mikulincer Jones, Tabitha Kirkland, and William A. Emotion Regulation in Couples, Robert W. Haase, Lian Bloch, Sarah R. Holley, and Benjamin H. Personality Processes and Individual Differences Temperament and Emotion Regulation, Mary K. Sheese, and Michael I. Conceptualization, Measures, and Findings, Oliver P. John and Joshua Eng Desire and Desire Regulation: Mauss and Maya Tamir Wilson-Mendenhall, and Lawrence W. Emotion Regulation Therapy, Douglas S. Mennin and David M. Neacsiu, Martin Bohus, and Marsha M. Irving, and Zindel V. Appleton and Laura D. Wagner and Todd F. 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. As a special bonus, purchasers of the second edition can download a supplemental e-book featuring several notable, highly cited chapters from the first edition. Nielsen Book Data Subjects.

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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.

Bibliographic record and links to related information available from the Library of Congress catalog. Contents data are machine generated based on pre-publication provided by the publisher. Contents may have variations from the printed book or be incomplete or contain other coding. Conceptual foundations James J. Gross and Ross Thompson II. Biological Bases Prefrontal-amygdala interactions in the regulation of fear Gregory Quirk Neural bases of emotion regulation in non-human primates and humans Richard Davidson, Andrew Fox, and Ned Kalin Emotion regulation: Cognitive Foundations Executive function: Cunningham Explanatory style and emotion regulation Christopher Peterson and Nansook Park Affective regulation and affective forecasting George Loewenstein Conflict monitoring in cognition-emotion competition Samuel M. Botvinick, Nick Yeung, Joshua D. Greene, and Jonathan D. Developmental Approaches Caregiver influences on emerging emotion regulation: Biological and environmental transactions in early development Susan D. Rothbart and Brad E. Sheese Individual differences in emotion regulation Oliver P. John and James J. Gross A clinical-empirical model of emotion regulation: From defense and motivated reasoning to emotional constraint satisfaction Drew Westen and Pavel Blagov Intelligent emotion regulation: Geyer, and Dianne M. Social Approaches On the automatic or nonconscious regulation of emotion John A. Bargh and Lawrence E. Williams Adult atachment strategies and the regulation of emotion Phillip R. Clinical Applications Emotion regulation and externalizing disorders in children and adolescents Benjamin C. Mullin and Stephen P. Hinshaw Incorporating emotion regulation into conceptualizations and treatments of anxiety and mood disorders Laura Campbell-Sills and David H. Barlow Alcohol and affect regulation Kenneth J. Sher and Emily R. Grekin Dialectical behavior therapy for pervasive emotion dysregulation: Theoretical and practical underpinnings Marsha M. Linehan, Martin Bohus, and Thomas R. Lynch Stress, stress-related disease and emotional regulation Robert M. Gross and Ross Thompson Emotion regulation: Conceptual foundations The topic of emotion regulation has now come into its own. Books, articles, and conferences related to emotion regulation seem to be everywhere. Enthusiasm has outpaced theoretical advances, however, and there is considerable confusion about what is even meant by emotion regulation. In this chapter, we seek to provide a conceptual foundation for the field. To this end, we first set emotion in the context of other affective processes. Next, we relate emotion regulation to other forms of self- regulation. We then present a process model of emotion regulation that distinguishes five points in the emotion-generative process at which emotions may be regulated. Using this model as our framework, we review research drawn from developmental and adult literatures related to each of five major families of emotion regulatory processes. We conclude by addressing several of the most pressing questions facing the field. CHAPTER 2 Gregory Quirk Prefrontal-amygdala interactions in the regulation of fear Emotion regulation often involves cortical inhibition of subcortically-generated conditioned responses. An important animal model for studying cortical inhibition is extinction of conditioned fear, in which the conditioned sensory stimulus is repeatedly presented in the absence of the footshock unconditioned stimulus. Extinction does not erase the conditioned fear association, but generates a memory of safety that competes with fear memory for control of behavior. Recent studies in rodents indicate that the medial prefrontal cortex mPFC is a site of extinction-induced plasticity. Following extinction, potentiated mPFC outputs activate inhibitory networks within the amygdala, which can prevent fear signals from exiting the amygdala. Brain imaging data in humans are consistent with rodent findings and suggest that deficits in prefrontal-amygdala extinction circuits are a predisposing factor for the development of anxiety disorders. New methods of strengthening extinction could be used to alleviate stress-induced dysregulation of these circuits. CHAPTER 3 Richard Davidson, Andrew Fox, and Ned Kalin Neural bases of emotion regulation in non-human primates and humans One of the most important characteristics that distinguish between humans and other species is our capacity to regulate our emotions. Emotion regulation

clearly reaches its pinnacle in humans. This capacity provides important flexibility to our behavioral repertoire and it also confers significant risk see e. More than any other species, our emotional reactions are under some degree of voluntary control. However, it appears that the same substrate that confers this flexible competence also can become dysfunctional and lead to abnormalities of emotional regulation that can result in psychopathology. Many psychiatric disorders in humans involve abnormalities in our emotion regulatory skills and it is likely that the naturally occurring incidence of such pathology is greater in humans than in other species, in part because of our increased capacity to regulate our emotions. Notwithstanding these important species differences, the study of non-human primates clearly provides us with an important and powerful window to study some of the basic neural substrates of emotion regulation. And as we will note below, there are certain components of emotion regulation that can be more crisply examined in an animal model and that shed important new light on issues that have been difficult to empirically address in the study of emotion regulation in humans. The study of the non-human primate we would argue is essential in furthering our understanding of emotion regulation since it sits between rodent models and human studies. Rodent models have provided powerful new data on the molecular machinery underlying some aspects of emotion regulation e. However, the prefrontal cortical territories and the amygdala of the rodent are anatomically distinct from the primate and argue for the need to develop a primate model that has a prefrontal cortex that more closely resembles what we have in humans see e. Our work on emotion regulation in both humans and non-human primates has emphasized the important role of individual differences. In many prior publications, we have suggested that affective style, or individual differences in the subcomponents of emotional reactivity, are importantly determined by variations in emotion regulation see e. We have suggested that many features of affective style are in fact determined by individual differences in emotion regulation and thus it is critical to develop a better and more complete understanding of individual differences in emotion regulation to enable us to understand affective style. Elsewhere in this Handbook Gross and Thompson, this volume the many varieties of emotion regulation are described. One continuum along which emotion regulation varies is from fully automatic and non-conscious to voluntary, effortful and conscious processing. Gross and Thompson also call attention to intrinsic and extrinsic forms of emotion regulation. The former refers to strictly internal influences on emotion regulation within the individual while the latter refers to social and contextual influences that serve to regulate emotion. We have devoted considerable attention to developing experimental paradigms to probe both automatic and voluntary emotion regulation in humans see e. In our non-human studies we have emphasized extrinsic influences on emotion regulation, in part because such influences are likely more significant than intrinsic influences in non-human primates, and secondly because they are readily amenable to experimental manipulation. This chapter will begin with a brief summary of some of the key components of the neural circuitry of emotion and emotion regulation, drawing upon a broad literature including human and non-human studies. After the circuitry of emotion regulation is described, we will then focus on key issues in the study of the neural bases of emotion regulation in non-human primates with an emphasis on the contextual regulation of emotion. Insights from neuropsychology This chapter reviews studies of patients with selective brain lesions in order to make inferences about the neural bases and psychological structure of emotion regulatory processes. Three emotion regulation processes are considered: Brain regions generally implicated in these emotion regulation processes include the anterior temporal lobes, the amygdala, the frontal lobes both orbital and dorsolateral regions , and the anterior cingulate. Studies of neuropsychological populations suggest three insights into the psychological underpinnings of emotion regulation. First, common control systems may underlie the regulation of emotion and non-emotional behavior. Second, manipulating the magnitude of an emotional response may occur without memory for the primary emotional experience. Finally, distinct neural systems may be recruited to regulate facial expressions and internal experiences of emotion. The chapter concludes by noting that very little attention has been paid to emotion regulation in comparison to more non- emotional forms of executive functioning in studies of neuropsychological populations. A critical next step is future research driven by extant theories of emotion regulation which employ standardized paradigms in populations with focal lesions. Gross The neural architecture of emotion regulation In the past decade, the human neuroimaging literature has begun to yield

exciting new clues about the neural bases of emotion regulation. In this chapter, we focus on recent studies that examine how two main classes of emotion regulatory strategies - attention deployment and cognitive change - modify the perception of, and responses to, emotionally evocative stimuli. Synthesizing results of these studies, we propose a functional architecture for the cognitive control of emotion. This architecture involves interactions of systems that implement control processes, including frontal and cingulate regions, with systems that implement emotional appraisal processes, including the amygdalae and nucleus accumbens. We consider key implications for research on emotion regulation, with particular attention to the between-person variation reflected in development, normal personality differences, and psychopathology. CHAPTER 6 Ahmad Hariri Neurogenetics of emotion regulation Identifying specific biological pathways that contribute to complex cognitive and emotional behaviors is paramount to our understanding of how individual differences in these behaviors emerge and how such differences may confer vulnerability to neuropsychiatric disease. Recent advances in both molecular genetics and noninvasive functional neuroimaging have begun to provide the tools necessary to explore these and other behaviorally relevant biological mechanisms. In this chapter, I will outline an experimental strategy by which genetic effects on brain can be explored and highlight the effectiveness of this strategy to delineate serotonergic pathways and mechanisms contributing to the emergence of individual differences in corticolimbic brain function that potentially bias temperament and risk for mood disorders. Mechanisms underlying emotion regulation Research on executive function EF is directed at understanding the conscious control of thought and action. Although EF can be understood as a domain-general construct at the most abstract functional level of analysis i. This model highlights the roles of reflection levels of consciousness and rule use in the regulation of emotion, and makes initial steps toward explaining how these processes contribute to the subjective experience of complex emotions. Presentation of this model is intended to serve as a concise summary of research on EF and as an exploration of its implications for emotion regulation. A pessimistic explanatory style for bad eventsone that attributes them to internal, stable, and global causeshas been linked to a variety of negative outcomes, but relatively neglected in research is attention to the mechanisms by which these effects are produced. We suggest that emotion regulation may play a role, and we sketch how explanatory style might impact initial confrontation with emotional events, the appraisal of these events and the emotions they trigger, the suppression or amplification of feelings, and the overt responses reflecting emotions. We also discuss how explanatory style might influence the savoring of positive emotions. CHAPTER 9 George Loewenstein Affective regulation and affective forecasting Whether people can deliberately regulate their own affect depends not only on the effectiveness of different affect regulation strategies, but on whether they are aware of which strategies work and which do not. Limiting the focus to mental strategies, this chapter addresses the question of what people know about the effectiveness of different affect regulation strategies. Responding to the dearth of research on this topic, it presents results from a new study in which respondents reported which affect regulation strategies they would use in different situations, as well as whether they believe these strategies would be effective. Generally, people predict that they would use strategies that research on affect regulation has shown, in fact, to be effective. However, the specific strategies that people believe they would use depends on the specific situation producing the motivation for affect regulation. Cohen Conflict monitoring in cognition-emotion competition Emotion regulation allows behavior to be guided in favor of long-term goals when these are at odds with the influence of a competing, emotional response.

Chapter 8 : Handbook of Emotion Regulation, Second Edition PDF

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.

Gross 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. This authoritative volume provides a comprehensive road map of the important and rapidly growing field of emotion regulation. The contributorsâ€”who are the foremost experts in the fieldâ€”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 tendencies, social psychological approaches, and implications for psychopathology, clinical interventions, and health. Both students and scientists will find much to be learned in these pages. It brings together leaders in diverse fields to explore the biological and psychosocial underpinnings and clinical implications of emotion regulation. A suitable primary or secondary text for a seminar on emotion regulation, this volume is likely to become a classic in the field. Conceptual Foundations, James J. Gross and Ross A. Davidson, Andrew Fox, and Ned H. Beer and Michael V. Ochsner and James J. Genetics of Emotion Regulation, Ahmad R. Hariri and Erika E. Botvinick, Nick Yeung, Joshua D. Greene, and Jonathan D. Caregiver Influences on Emerging Emotion Regulation: Calkins and Ashley Hill Thompson and Sara Meyer Personality Processes and Individual Differences Temperament and Emotion Regulation, Mary K. Rothbart and Brad E. John and James J. Zell, and Dianne M. Bargh and Lawrence E. Shaver and Mario Mikulincer Mullin and Stephen P. Alcohol and Affect Regulation, Kenneth J. Sher and Emily R. Theoretical and Practical Underpinnings, Marsha M. Linehan, Martin Bohus, and Thomas R. Usually ships in business days!

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"The first edition of this handbook defined a major field of study, and the second edition is equally strong. Gross--the worldwide leader in the study of emotion regulation--has done a masterful job of pulling together the best and newest work in this area.