

Handbook Of Emotion Regulation

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Handbook Of Emotion Regulation

Gross' Handbook of Emotion Regulation is an important resource to those who are interested in learning about adaptive (and maladaptive) ways to regulate emotions in both the self and in others. Furthermore, it is a must-read for anyone who wishes to gain a deep and comprehensive understanding of the field, as it is explored from a scientific perspective.

Handbook of Emotion Regulation, First Edition ...

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."--Ann M. Kring, PhD, Department of ...

Handbook of Emotion Regulation, Second Edition ...

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Handbook of Emotion Regulation, Second Edition - Kindle ...

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.

Handbook of Emotion Regulation by James J. Gross

Handbook of emotion regulation edited by James J. Gross. "Reviewing the state of the science in a dynamic, thriving field, this influential handbook integrates knowledge from multiple psychological subdisciplines.

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Emotion regulation encompasses of the internal and external process involved in originating, sustaining and modifying the events, strength, and communication of feeling.

(PDF) Handbook of emotion regulation - ResearchGate

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.

Handbook of Emotion Regulation: Second Edition

Emotion regulation is very important to be owned by individuals because when experiencing stress, individuals will be faced with various components of emotions, emotional regulation there acts as a...

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Emotion regulation refers to shaping which emotions one has, when one has them, and how one experiences or expresses these emotions (Gross, 1998b). Thus, emotion regulation is concerned with how emotions themselves are regulated (regulation

Sample Chapter: 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.

Handbook of Emotion Regulation, Second Edition: Amazon.co ...

sion about what emotion regulation is (and isn't), how it changes over time, and what effects—if any—emotion regulation has on important life outcomes. In part, this confusion stems from the fact that theoretical discussions and empirical studies related to

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Gross' Handbook of Emotion Regulation is an important resource to those who are interested in learning about adaptive (and maladaptive) ways to regulate emotions in both the self and in others. Furthermore, it is a must-read for anyone who wishes to gain a deep and comprehensive understanding of the field, as it is explored from a scientific perspective.

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The process of emotion regulation is dual, as on one hand it refers to regulation by emotions, that is, how emotions regulate a behavior; and on the other hand it refers to the regulation of...

(PDF) Emotion Regulation: Conceptual Foundations

Emotions Matter. Emotions drive learning, decision-making, creativity, relationships, and health. The Yale Center for Emotional Intelligence conducts research and teaches people of all ages how to develop their emotional intelligence.

Yale Center for Emotional Intelligence

"Emotional regulation refers to the process by which individuals influence which emotions they have, when they have them, and how they experience and express their feelings. Emotional regulation can be automatic or controlled, conscious or unconscious, and may have effects at one or more points in the emotion producing process."

What is Emotion Regulation? + 6 Emotional Skills and ...

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.

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Critically, valuing an emotion should lead to attempts to increase that emotion through emotion regulation and devaluing an emotion should lead to attempts to decrease that emotion. Thus, the general conclusion that interdependent individuals value emotion regulation more than independent

individuals may need to be qualified depending on the emotion being targeted.

Culture and emotion regulation - PubMed Central (PMC)

Emotion regulation choice: emotional, cognitive, and motivational determinants. The first determinant of regulation choice examined is emotional intensity which is a key dimension of variation across emotional contexts (Sheppes et al., 2011). To test our predictions, we manipulated emotional intensity with emotional images or unpredictable electric stimulation and had participants choose ...

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