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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

The second core feature of emotion has to do with its. multifaceted nature. Emotions are whole-body phenomena that involve loosely coupled changes in the domains of subjective experience, behavior, and central and peripheral physiology (Mauss, Leven son, McCarter, Wilhelm, & Gross, 2005).

Sample Chapter: Handbook of Emotion Regulation, Second Edition

The second section considers biological bases of emotion regulation, with chapters that draw on lesion and activation studies in rats and primates, neuropsychological studies, brain imaging studies, and imaging genetics.

HANDBOOK OF EMOTION REGULATION

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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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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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Copyright notice. James J. Gross, PhD, the editor of the book entitled Handbook of emotion regulation(second edition) is Professor of Psychology at Stanford University and Director of the Stanford Psychophysiology Laboratory. 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.

Book Reviews

The second edition of the Handbook will serve to guide and further energize this dynamic field."--Paul L. Harris, DPhil, Harvard Graduate School of Education, "Gross recruited an impressive array of authors who are well-known for making contributions to the study of affect and emotion.... Ideal for graduate courses or seminars on emotion regulation."--

Handbook of Emotion Regulation (2015, Trade Paperback ...

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.

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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 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.

Emotion Regulation is currently one of the most popular topics in clinical psychology. Numerous studies demonstrate that deficits in emotion regulation skills are likely to help maintain various forms of psychological disorders. Thus, enhancing emotion regulation has become a major target in psychotherapeutic treatments. For this purpose, a number of therapeutic strategies have been developed and shown to be effective. However, for practitioners it is often difficult to decide which of these strategies they should use or how they can effectively combine empirically-validated strategies. Thus, the authors developed the Affect Regulation Training as a transdiagnostic intervention which systematically integrates strategies from cognitive behavior therapy, mindfulness-based interventions, emotion-focused therapy, and dialectical behavioral therapy. The effectiveness of ART has been demonstrated in several high-quality studies.

This authoritative handbook reviews the breadth of current knowledge on the conscious and nonconscious processes by which people regulate their thoughts, emotions, attention, behavior, and impulses. Individual differences in self-regulatory capacities are explored, as are developmental pathways. The volume examines how self-regulation shapes, and is shaped by, social relationships. Failures of self-regulation are also addressed, in chapters on addictions, overeating, compulsive spending, and attention-deficit/hyperactivity disorder. Wherever possible, contributors identify implications of the research for helping people enhance their self-regulatory capacities and pursue desired goals. New to This Edition: * Incorporates significant scientific advances and many new topics. * Increased attention to the social basis of self-regulation. * Chapters on working memory, construal-level theory, temptation, executive

functioning in children, self-regulation in older adults, self-harming goal pursuit, interpersonal relationships, religion, and impulsivity as a personality trait.

This authoritative handbook reviews the breadth of current knowledge about positive emotions: their nature, functions, and consequences for individuals and society. Specific emotions are analyzed in depth, including happiness, pride, romantic love, compassion, gratitude, awe, challenge, and hope. Major theoretical perspectives are presented and cutting-edge research methods explained. The volume addresses neurobiological and physiological aspects of positive emotions as well as their social and intrapersonal contexts. Implications for physical health, coping, and psychopathology are explored, as are connections to organizational functioning and consumer behavior.

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.

"The Oxford Handbook of Emotion Dysregulation is the first to consider the ED construct as distinct from what is known as emotion regulation (ER; a variety of automatic and volitional strategies, behaviors, and skills that are used to modulate emotional experiences and expressions), featuring chapters by scholars whose work is on the cutting edge of basic and clinical understanding of ED. This Handbook examines the ED construct from multiple viewpoints across levels of analysis and considers the role that ED plays in the expression of various forms of psychopathology. Chapters explore basic understanding of emotions and ED as transdiagnostic constructs (Part I); cognitive, behavioral, and social approaches to evaluating ED (Part II); neurobiological advances in our understanding of ED (Part III); associations between ED and psychopathology (Part IV); and assessment and treatment of ED (Part V). Part VI includes chapters on Conclusions and Future Directions. The Handbook can serve as a primary or complementary text for advanced undergraduate and graduate-level seminars/courses on emotion dysregulation and psychopathology more broadly"--

Widely regarded as the authoritative reference in the field, this volume comprehensively reviews theory and research on the self. Leading investigators address this essential construct at multiple levels of analysis, from neural pathways to complex social and cultural dynamics. Coverage includes how individuals gain self-awareness, agency, and a sense of identity; self-related motivation and emotion; the role of the self in interpersonal behavior; and self-development across evolutionary time and the lifespan. Connections between self-processes and psychological problems are also addressed. New to This Edition *Incorporates significant theoretical and empirical advances. *Nine entirely new chapters. *Coverage of the social and cognitive neuroscience of self-processes; self-regulation and health; self and emotion; and hypoegetic states, such as mindfulness.

Emotions are a cardinal component of everyday life, affecting one's ability to function in an adaptive manner and influencing both intrapersonal and

interpersonal processes such as self-esteem and relationship satisfaction. However, when emotions are overpowering, they can become debilitating and intrusive in daily life. In general, emotion regulation competencies become differentiated as a function of development. Children tend to seek support from adults or use behavioral techniques to regulate their emotions. As children reach adolescence, they become increasingly self-reliant, engaging in planful problem solving and utilizing cognitive strategies (for example, reappraisal) more frequently when faced with stressful life events. While the majority of children and adolescents will successfully navigate these developmental stages by cultivating adaptive coping skills, for some, this marks the beginning of lifelong challenges with emotion regulation and resultant dysregulation. This book provides a guide to dealing with these problems, with contributions from leading experts in the field. Divided into 4 sections, it starts by providing an introduction to the field of emotion regulation in adolescents, touching upon the cultural, social, biological, and developmental issues related to this topic. Section two discusses several psychological disorders impacting adolescents such as anxiety, depression and conduct problems, while also discussing the underlying role emotion regulation plays in the development, maintenance and propagation of these disorders. In addition, this section considers the implication for treatment by discussing the latest evidence-based intervention approaches. The third section focuses on the role of emotion regulation in specific behaviour/populations, such as children of abuse and neglect, as well as adolescents who engage in nonsuicidal self-injury. The final section includes an epilogue, discussing emergent areas of research, answering questions of a theoretical, psychological, and empirical nature. For all those working in the field of mental health, whether novice or experienced, the book provides a valuable guide to understanding and treating these increasingly common problems.

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