

MINICOURSE ON EMOTION AND STRESS REGULATION

Aim

CIVIS universities members of Domain 5- Mental Health propose a miniprogram in collaboration with SUR, ULB, UB and UAM. The representatives have organized a proposal of a miniprogram on Emotion and stress regulation. The proposal aims at providing understanding of how mind and body interact in influencing subjective emotional experience, behavior, and psychological health across the lifespan.

Target audience

The program will be offered to students holding a BA or a Master in Psychology and PhD students in neuroscience and psychology.

Credits

12 ECTS

Timeline and format

It is expected to take place starting in 2022 Spring and Fall terms, ending in 2022. The sessions will be transmitted in streaming and recorded, allowing the involved universities to use the recordings in a flexible way.

Content

Clinical and experimental results indicate that the experience of aversive environmental conditions is the prominent non-genetic cause of mental discomfort and illness. Individuals possess behavioral strategies and neurophysiological responses that enable them to cope and protect from the dangerous outcomes of stressing experiences. When these defense mechanisms work properly we can talk about resilience, the ability to efficiently cope with adversities. Data indicate that these abilities are the result of an interaction between a genetically determined or stable characteristic such as the temperament and the experience during development (Caspi et al. *Am J Psychiatry*. 2010 May;167(5):509-27). Indeed stress experience in development seems to contribute to the individual fragility in future life experiences (Rutter M. *J Child Psychol Psychiatry*. 2013 Apr;54(4):474-87).

This program will foster an advanced and up-to-date knowledge and understanding of the relationship between mind development and brain plasticity in the course of lifetime.

It will provide knowledge of the main theoretical models in the study of temperament and personality-related characteristics across the life-span, with particular attention to the role of individual differences in those interventions which goal is promoting well-being and preventing maladjustment across the life-span.

It will work from epigenetics models centered on the person, their uniqueness and the particular interaction with stressful situations and experiences. For this, an in-depth review of the different models of emotional and attentional regulation will be carried out. It will delve into the different appraisals, strategies, abilities, and personality characteristics that generate a unique interaction in an open system of experience, as well as the allostatic response to it. Finally, the different techniques with empirical evidence that are available today to promote the optimal development of the individual, their mental health and wellbeing will be addressed.

These will be achieved covering the following themes across contributions:

Psychobiological basis of stress regulation

Emotion regulation across the life-span

Emotion regulation: theoretical models

The trap of difficulties with emotion regulation strategies.

The role of individual difference in coping strategies

Stress management: attachment, trauma and regulation of stress.

Models of attachment and affective regulation

Stress resilience during the COVID-19 pandemic.

Emotion Focused Therapy, an evidence based approach emphasising on emotion regulation.

Professors that will contribute to the contents delivery:

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