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# Handbook Of Emotion Regulation Second Edition

This authoritative handbook  
reviews the breadth of current

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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

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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,

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overeating, compulsive spending, and attention-deficit/hyperactivity disorder. Wherever possible, contributors identify implications of the research for helping people enhance their self-regulatory

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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,

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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.

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The rich, complex theory of affect regulation boiled down into a clinically useful guide. Affect regulation theory—the science of how humans regulate their emotions—is at the root of all psychotherapies. Drawing on

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attachment, developmental trauma, implicit processes, and neurobiology, major theorists from Allan Schore to Daniel Stern have argued how and why regulated affect is key to our optimal functioning. This book



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translates the intricacies of the theory into a cogent clinical synthesis. With clarity and practicality, Hill decodes the massive body of contemporary research on affect regulation, offering a comprehensible and

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ready-to-implement model for conducting affect regulation therapy. The book is organized around the four domains of a clinical model: (1) a theory of bodymind; (2) a theory of optimal development of affect regulation

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in secure attachment relationships; (3) a theory of pathogenesis, in which disordered affect regulation originates in relational trauma and insecure attachment relationships; and (4) a theory of

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therapeutic actions targeted to repair the affect regulating systems. The key themes of Hill's affect-focused approach include: how and why different patterns of affect regulation develop; how regulatory patterns

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are transmitted from caretakers to the infants; what adaptive and maladaptive regulatory patterns look like neurobiologically, psychologically, and relationally; how deficits in affect regulation manifest as psychiatric

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symptoms and personality disorders; and ultimately, the means by which regulatory deficits can be repaired. Specific chapters explore such subjects as self states, mentalization, classical and modern attachment

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theory, relational trauma (and its manifestations in chronic dissociation, personality disorders, and pervasive dissociated shame), supporting self-development in therapy, patient-therapist attunement,

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implicit and explicit therapeutic actions, and many more.

Recognized as the definitive reference, this handbook brings together leading experts from multiple psychological subdisciplines to examine one of



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today's most dynamic areas of research. Coverage encompasses the biological and neuroscientific underpinnings of emotions, as well as developmental, social and personality, cognitive, and

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clinical perspectives. The volume probes how people understand, experience, express, and perceive affective phenomena and explores connections to behavior and health across the lifespan. Concluding chapters

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present cutting-edge work on a range of specific emotions.

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\*Chapters on the mechanisms, processes, and influences that contribute to emotions (such as

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genetics, the brain, neuroendocrine processes, language, the senses of taste and smell). \*Chapters on emotion in adolescence and older age, and in neurodegenerative dementias.

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- \* Chapters on stress, health, gratitude, love, and empathy.
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methodological innovations. A  
Choice Outstanding Academic  
Title

Regardless of their specific  
diagnosis, many people seeking  
treatment for psychological  
problems have some form of

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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

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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.



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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,

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mindfulness-based therapy, and  
behavioral activation treatment.  
The Behavioral Addictions  
The Social Determinants of  
Mental Health  
A Special Issue of Cognition and  
Emotion

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The Psychology of Implicit  
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The Skills System Instructor's  
Guide

Processes, Cognitive Effects and  
Social Consequences

This is an edited book that addresses

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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

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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

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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

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difficulties are targets of clinical intervention.

The Handbook of Self-Regulation represents state-of-the-art coverage of the latest theory, research, and developments in applications of self-regulation research. Chapters are of

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interest to psychologists interested in the development and operation of self-regulation as well as applications to health, organizational, clinical, and educational psychology. This book pulls together theory, research, and applications in the self-regulation



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domain and provides broad coverage of conceptual, methodological, and treatment issues. In view of the burgeoning interest and massive research on various aspects of self-regulation, the time seems ripe for this Handbook, aimed at reflecting the

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current state of the field. The goal is to provide researchers, students, and clinicians in the field with substantial state-of-the-art overviews, reviews, and reflections on the conceptual and methodological issues and complexities particular to self-

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regulation research. Coverage of state-of-the-art in self-regulation research from different perspectives  
Application of self-regulation research to health, clinical, organizational, and educational psychology Brings together in one

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volume research on self-regulation in different subdisciplines Most comprehensive and penetrating compendium of information on self-regulation from multi-disciplinary perspectives

This book provides an in-depth and

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comprehensive summary of the psychology of close relationships, and showcases classic and contemporary theories, models, and empirical research that have been conducted in the field.

Edited by leading figures in the field,

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this handbook gives an overview of the current status of cognition and emotion research by giving the historical background to the debate and the philosophical arguments before moving on to outline the general aspects of the various

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research traditions. This handbook reflects the latest work being carried out by the key people in the field.

Emotion Regulation in Couples and Families

The Zones of Regulation

The Cambridge Handbook of

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Emotions and Media

Diverse Perspectives on Emotion  
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"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

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strategies, behaviors, and skills that are used to modulate emotional experiences and expressions), featuring chapters by scholars whose work is on the cutting edge

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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

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expression of various forms  
of psychopathology.

Chapters explore basic  
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and ED as transdiagnostic  
constructs (Part I);

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social approaches to  
evaluating ED (Part II);  
neurobiological advances in  
our understanding of ED  
(Part III); associations  
between ED and  
psychopathology (Part IV);

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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

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advanced undergraduate  
and graduate-level  
seminars/courses on  
emotion dysregulation and  
psychopathology more  
broadly"--

Having the capacity to

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benefit from emotions,  
rather than being paralyzed  
by them, offers people the  
opportunity to navigate  
difficulties, while being able  
to face life, relationships,  
and themselves with



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courage, grace, and strength. In The Skills System Instructor's Guide, author Julie F. Brown provides a curriculum for helping people improve emotion regulation

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capacities, which allows the person to actively participate in both joyful and challenging aspects of life. The guide presents nine simple, user-friendly adaptive coping skills

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effective for individuals of diverse learning abilities. Based on Dialectic Behavior Therapy principles, the Skills System helps people of all ages learn to effectively regulate

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emotions, thoughts, and actions to reach personal goals. PRAISE FOR The Skills System Instructor's Guide In this instructor's guide, Julie Brown provides a clear step-by-step

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introduction to the emotion regulation skills curriculum that she has developed over the course of two decades of work with individuals with learning challenges and emotional difficulties. Brown

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succeeds admirably where few others have even dared to set foot. Complex emotion regulation challenges are broken down into manageable problems using a series of steps that people

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of many different skill levels can apply for themselves. At once simple and sophisticated, this guide is a must for anyone who works with, or cares for, someone with emotion regulation

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difficulties. James J. Gross,  
PhD, professor of  
psychology, Stanford  
University; editor, Handbook  
of Emotion Regulation This  
practical Skills Training  
Handbook fills a critical



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need of providing Dialectical  
Behavior Therapy based  
techniques and related  
treatment procedures to  
individuals with emotional  
and intellectual challenges.  
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Waterloo, Ontario, Canada;  
Research Director of the  
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Florida Purchase this book and you will return to it again and again. The Skills System offers a concise, ultra-pragmatic skills training approach with comprehensive, step-by-step

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in Clinical Practice:  
Applications across  
Disorders and Settings

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The Social Determinants of Mental Health aims to fill the gap that exists in the psychiatric, scholarly, and policy-related literature on the social determinants of mental health: those factors

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stemming from where we learn, play, live, work, and age that impact our overall mental health and well-being. The editors and an impressive roster of chapter authors from diverse

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scholarly backgrounds  
provide detailed information  
on topics such as  
discrimination and social  
exclusion; adverse early life  
experiences; poor education;  
unemployment,



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underemployment, and job  
insecurity; income  
inequality, poverty, and  
neighborhood deprivation;  
food insecurity; poor  
housing quality and housing  
instability; adverse features

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of the built environment;  
and poor access to mental  
health care. This thought-  
provoking book offers many  
beneficial features for  
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of the subject matter for those who typically work at the public health, population, and/or policy level. Policy implications are discussed throughout, designed to make the

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typically work at the clinical level. All chapters include five to six key points that focus on the most important content, helping to both prepare the reader with a brief overview of the

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chapter's main points and reinforce the "take-away" messages afterward. In addition to the main body of the book, which focuses on selected individual social determinants of mental

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health, the volume includes an in-depth overview that summarizes the editors' and their colleagues' conceptualization, as well as a final chapter coauthored by Dr. David Satcher, 16th



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Surgeon General of the United States, that serves as a "Call to Action," offering specific actions that can be taken by both clinicians and policymakers to address the social determinants of

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mental health. The editors have succeeded in the difficult task of balancing the individual/clinical/patient perspective and the population/public

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health/community point of view, while underscoring the need for both groups to work in a unified way to address the inequities in twenty-first century America. The Social

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Determinants of Mental Health gives readers the tools to understand and act to improve mental health and reduce risk for mental illnesses for individuals and communities. Students

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preparing for the Medical College Admission Test (MCAT) will also benefit from this book, as the MCAT in 2015 will test applicants' knowledge of social determinants of health. The

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social determinants of mental health are not distinct from the social determinants of physical health, although they deserve special emphasis given the prevalence and

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burden of poor mental health.

Synthesizing the latest research and theory with compelling narratives and case vignettes, this book explores the development of

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emotional competence in school-age children and young adolescents. Saarni examines the formation of eight key emotional skills in relation to processes of self-understanding, socialization,



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connections between emotional competence, interpersonal relationships, and resilience in the face of stress, the book also explores why and what happens when development

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## Handbook of Self-regulation

In times of a worldwide pandemic, the election of a new US president, "MeToo," and "Fridays for Future," to name but a few examples, one thing becomes palpable: the emotional impact of media on

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individuals and society cannot be underestimated. The relations between media, people, and society are to a great extent based on human emotions. Emotions are essential in understanding how media messages are

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political and digital communication. Leading experts from across the globe explore cutting-edge research on the role of emotion in selecting and processing media contents, the emotional consequences

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is an essential reference tool for scholars and students of media, communication science, media psychology, emotion, cognitive and social psychology, cultural studies, media sociology,

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Behavioral neuroscientists approach the brain and nervous system as instruments of sensation and response; cognitive neuroscientists view the same systems as a solitary computer with a focus on

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representations and processes. The Oxford Handbook of Social Neuroscience marks the emergence of a third broad perspective in this field. Social neuroscience emphasizes the functions

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that emerge through the coaction and interaction of conspecifics, the neural mechanisms that underlie these functions, and the commonality and differences across social species and superorganismal structures.

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With an emphasis on the neural, hormonal, cellular, and genetic mechanisms underlying social behavior, social neuroscience places emphasis on the associations and influences between social and biological levels



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of organization. This complex interdisciplinary perspective demands theoretical, methodological, statistical, and inferential rigor to effectively integrate basic, clinical, and applied perspectives on

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the nervous system and brain. Reflecting the diverse perspectives that make up this field, The Oxford Handbook of Social Neuroscience brings together perspectives from across the sciences in one

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authoritative volume.

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

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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

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field—address vital questions about the neurobiological and cognitive bases of emotion regulation, how we develop and use regulatory strategies across the lifespan, individual

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differences in emotion regulation, social psychological approaches, and implications for psychopathology, clinical interventions, and health. This handbook is currently in development, with

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this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All of the handouts and worksheets discussed in Marsha M. Linehan's DBT Skills Training Manual, Second Edition, are

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provides complete instructions for teaching the skills. Also available: Cognitive-Behavioral Treatment of Borderline Personality Disorder, the authoritative presentation of DBT, and Linehan's instructive skills training videos for clients--Crisis

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Suffering to Freedom, This One  
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"... a curriculum geared toward  
helping students gain skills in  
consciously regulating their actions,



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which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of

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four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a

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toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of

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emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are

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presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for

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individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD."--Publisher's website.

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Interpersonal Regulation (STAIR)  
Narrative Therapy helps clients to build crucial social and emotional resources for living in the present and to break the hold of traumatic memories. Highly clinician friendly, the book provides everything needed



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***Neuroscientific research on  
emotion has developed***

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***dramatically over the past decade. The cognitive neuroscience of human emotion, which has emerged as the new and thriving area of 'affective neuroscience', is rapidly rendering existing***

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***overviews of the field  
obsolete. This handbook  
provides a comprehensive,  
up-to-date and authoritative  
survey of knowledge and  
topics investigated in this  
cutting-edge field. It covers***

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***a range of topics, from face and voice perception to pain and music, as well as social behaviors and decision making. The book considers and interrogates multiple research methods, among***

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***them brain imaging and  
physiology measurements,  
as well as methods used to  
evaluate behavior and  
genetics. Editors Jorge  
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researchers and students in  
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studies have been conducted***

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***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,***



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***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***

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***depression, emotional  
expression and anxiety  
disorders, in addition to the  
emotional competence in  
children. The book is unique  
in describing up-to-date  
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***research in the area of  
emotional expression and  
health.***

***Emotion regulation has  
traditionally been conceived  
as a deliberative process, but  
there is growing evidence***

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***that many emotion-  
regulation processes operate  
at implicit levels. Implicit  
emotion regulation is  
initiated automatically,  
without conscious intention,  
and aims at modifying the***

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***quality of emotional responding. This special issue showcases recent advances in theorizing and empirical research on implicit emotion regulation. Implicit emotion regulation***

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***is pervasive in everyday life and contributes considerably to the effectiveness of emotion regulation. The contributions to this special issue highlight the significance of implicit***

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***emotion regulation in  
psychological adaptation,  
goal-directed behavior,  
interpersonal behavior,  
personality functioning, and  
mental health.***

***The Behavioral Addictions***

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***provides a pragmatic and engaging guide to help clinicians understand and contextualize conditions that may not be clearly delineated in the DSM-5 diagnostic system. Although***



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***not accorded a specific classification, the behaviors addressed in this book share the accepted hallmarks of addiction—continued engagement in an action despite negative***

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***consequences and loss of control over one's own life. The editors begin with an overview of the behavioral addictions from neurobiological, theoretical, clinical, and forensic***

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***perspectives and then  
present 12 case studies  
focused on a variety of  
behaviors, from exercising to  
Internet gaming and from  
kleptomania to tanning.  
These real-life case studies***

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***are both fascinating and instructive, and along with accompanying videos, they help trainees and practicing clinicians alike to digest current research and gain “hands-on” experience with***

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***the diagnosis and treatment of these conditions. In the realm of behavioral addictions, there is much work to be done: figuring out reliable diagnostic criteria, building useful***

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***assessment tools, and  
developing effective  
psychosocial and  
pharmacological treatments,  
to name a few critical tasks.  
The Behavioral Addictions is  
an indispensable, case-based***

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***resource to guide clinicians  
in this rapidly changing  
field.***

***Conceptual and Clinical  
Issues***

***A Practitioner's Guide***

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***Emotion Regulation in  
Psychotherapy  
A Curriculum Designed to  
Foster Self-regulation and  
Emotional Control  
Unified Protocol for  
Transdiagnostic Treatment***

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***of Emotional Disorders***

*This volume presents cutting-edge theory and research on emotions as constructed events rather than fixed, essential entities. It*

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*provides a thorough  
introduction to the  
assumptions, hypotheses,  
and scientific methods  
that embody  
psychological  
constructionist*

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*approaches. Leading scholars examine the neurobiological, cognitive/perceptual, and social processes that give rise to the experiences Western*

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*cultures call sadness,  
anger, fear, and so on.  
The book explores such  
compelling questions as  
how the brain creates  
emotional experiences,  
whether the*

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*"ingredients" of emotions also give rise to other mental states, and how to define what is or is not an emotion. Introductory and concluding chapters by*

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*the editors identify key themes and controversies and compare psychological construction to other theories of emotion.*

*Emotion regulation*

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*difficulties are central to a range of clinical problems, yet many therapies for children and adolescents lack a focus on emotion and related skills. In a*

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*flexible modular format,  
this much-needed book  
presents cutting-edge  
strategies for helping  
children and adolescents  
understand and manage  
challenging emotional*



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*experiences. Each of the eight treatment modules can be used on its own or in conjunction with other therapies, and includes user-friendly case examples, sample*

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clinical, cognition,  
cognitive,  
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emotions, neurobiology,  
neuroscience,  
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regulation, social*

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field, this influential  
handbook integrates*

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cognitive bases of  
emotion regulation and*

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*examine how individuals  
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regulatory strategies  
across the lifespan. The  
social context of  
emotion regulation is  
explored, as are*

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*personality processes  
and individual  
differences. Critical  
implications are  
discussed for  
psychopathology,  
psychosocial*



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future investigation"--  
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advances clinical  
science and clinical  
practice, experts  
present the broad*

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*synthesis of what we  
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nature, origins, and  
clinical ramifications  
of the general and  
specific cognitive  
factors that seem to*

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*play a crucial role in  
creating and maintaining  
vulnerability across the  
spectrum of emotional  
disorders.*

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Close Relationships*

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*Therapist Guide*

*Affect Regulation*

*Training*

*DBT? Skills Training*

*Manual, Second Edition*

*Emotion Regulation and*

*Psychopathology*

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*New Directions and  
International  
Perspectives*

***A fully revised and updated  
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new research and skills in  
the areas of trauma and***

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***compassion Disruptive  
behavior in the classroom,  
poor academic  
performance, and out-of-  
control emotions: if you  
work with adolescents, you  
are well-aware of the***

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***challenges this age group presents, as well as how much time can be lost on your lessons while dealing with this behavior. What if there was a way to calm these students down and***



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***arm them with the  
mindfulness skills needed  
to really excel in school and  
life? Written by  
mindfulness expert and  
licensed clinical  
psychologist Patricia C.***

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***Broderick, Learning to Breathe is a secular program that tailors the teaching of mindfulness to the developmental needs of adolescents to help them understand their thoughts***

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***and feelings and manage  
distressing emotions.  
Students will be empowered  
by learning important  
mindfulness meditation  
skills that help them  
improve emotion***

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***regulation, reduce stress, improve overall performance, and, perhaps most importantly, develop their attention. Since its publication nearly a decade ago, the L2B program has***

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***transformed classrooms across the US, and has received praise from educators, parents, and mental health professionals alike. This fully revised and updated second edition***

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***offers the same powerful mindfulness interventions, and includes compelling new research and skills in the areas of trauma and compassion. The book integrates certain themes***

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***of mindfulness-based stress reduction (MBSR), developed by Jon Kabat-Zinn, into a program that is shorter, more accessible to students, and compatible with school curricula. This***

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***easy-to-use manual is  
designed to be used by  
teachers, but can also be  
used by any mental health  
provider teaching  
adolescents emotion  
regulation, stress reduction***



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***and mindfulness skills. The book is structured around six themes built upon the acronym BREATHE, and each theme has a core message: Body, Reflection, Emotions, Attention,***

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***Tenderness, and Healthy  
Mind Habits, and  
Empowerment. Learning to  
Breathe is the perfect tool  
for empowering students as  
they grapple with the  
psychological tasks of***

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***studies demonstrate that deficits in emotion regulation skills are likely to help maintain various forms of psychological disorders. Thus, enhancing emotion regulation has***

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***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***

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***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***

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***authors developed the  
Affect Regulation Training  
as a transdiagnostic  
intervention which  
systematically integrates  
strategies from cognitive  
behavior therapy,***

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***mindfulness-based interventions, emotion-focused therapy, and dialectical behavioral therapy. The effectiveness of ART has been demonstrated in several***



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***high-quality studies.***

***Contemporary research on major emotional disorders emphasizes their commonalities rather than their differences. This research continues to lend***

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***support for a unified  
transdiagnostic approach to  
treatment of these  
disorders that considers  
their commonalities and is  
applicable to a range of  
emotional problems.***

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***Unified Protocol for  
Transdiagnostic Treatment  
of Emotional Disorders  
provides an alternative to  
disorder-specific  
treatments of various  
emotional disorders,***

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***designed to be applicable to the wide range of anxiety and other disorders with strong emotional components. The Therapist Guide and accompanying client Workbook present an***

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***eight-module therapy  
program that puts  
substantial emphasis on  
emotion-focused  
approaches, helping clients  
confront and experience  
challenging emotions while***

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***teaching them how to regulate those emotions. Expanded considerably in this second edition, the volume provides guidance on using the Unified Protocol (UP) to address***

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***problems not only with anxiety, but also with depression, eating disorders, non-suicidal self-injury, substance use, and anger. Treatment procedures have been***

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***further elucidated and more guidance is provided to practitioners on how to present key treatment concepts. Chapters brand new to this updated edition introduce functional***



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***assessment and describe  
how to provide the UP in a  
group format, while patient  
materials have been  
revised, streamlined, and  
made more user-friendly.  
Are you struggling to***

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***improve a hostile or  
uncomfortable environment  
at work, or interested in  
how such tension can arise?  
Experts in organizational  
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***and communication science  
show you how to implement  
interventions and programs  
to manage workplace  
emotion. The connection  
between workplace affect  
and relevant challenges in***

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***our society, such as  
diversity and technological  
changes, is undeniable;  
thus learning to harness  
that knowledge can  
revolutionize your  
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***workday issues. Applying major theoretical perspectives and research methodologies, this book outlines the concepts of display rules, emotional labor, work motivation, well-***

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understanding workplace  
affect or a springboard into  
deeper, more  
interdisciplinary research,  
this book presents an  
integrative approach that is***

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***An Emotion-Regulation  
Skills Curriculum for All  
Learning Abilities  
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of Human Affective  
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*manual for treating borderline  
personality disorder / Marsha M.  
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*The development of self- and  
emotional regulatory processes  
helps children to regulate their  
behavior based on their cultural*

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*context and to develop positive social relationships. This handbook brings together heretofore disparate literatures on self- and emotional regulation, brain and physiological processes, mastery*

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*motivation, and atypical development to highlight how mastery motivation is related to self-regulation and to clarify the relation between these various processes. Authors from a variety of countries and*

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*backgrounds provide an integrated, up-to-date review of the research and the key theoretical models to demonstrate how these processes relate to cultural and individual differences in both*

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*suggest directions for future research. Although the focus is on quantitative studies, some qualitative findings and research using brain imaging methodologies are included. Outstanding features include:*

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*Reviews the development of self and emotional regulation from infancy through adolescence. Contributors from various countries and backgrounds provide an integrative review of the literature to guide the*



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*direction of future research. Features contributions from those who have had a strong impact on self-regulation research. Reviews research on developmental disorders that have implications for self-*

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*regulation. There are four sections. Section one introduces the development of self- and emotional regulation. This section reviews how self-regulation adapts based on personal and culturally-based*

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*goals and how individual differences predispose some to behavior disorders. Socialization influences are examined including a look at when typical regulation processes go awry. Section 2 examines physiological*

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*and brain processes as they relate to the development of typical and atypical processes, along with neurocognitive development of performance monitoring and how these processes change over time,*

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*cortical activation differences,  
and behavioral and  
electrocortical measures of  
attentional bias. Section 3  
reviews the development of self-  
regulation and mastery  
motivation including a review of*

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*the Dimensions of Mastery  
Questionnaire (DMQ), cross-  
national comparisons, and what  
the DMQ can tell us about self-  
regulation. The section  
concludes with a look at the  
development of self-regulation*

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*and mastery motivation in individuals with a developmental disability. Section 4 examines self-regulation in atypical development and evidence-based treatment approaches in children with ADHD, autism, and*

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*Down syndrome. This book is intended for researchers, graduate students, and practitioners in psychology, neuroscience, human development, and education interested in the development of*



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*self and emotional regulatory processes.*

*This book reviews, integrates, and synthesizes research on emotional labor and emotion regulation conducted over the past 30 years. The concept of*

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*emotional labor was first proposed by Dr. Arlie Russell Hochschild (1983), who defined it as "the management of feeling to create a publicly observable facial and bodily display" (p. 7) for a wage. A basic assumption*

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*of emotional labor theory is that many jobs (e.g., customer service, healthcare, team-based work, management) have interpersonal, and thus emotional, requirements and that well-being and effectiveness in*

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*these jobs is determined, in part, by a person's ability to meet these requirements. Since Hochschild's initial work, psychologists, sociologists, and management scholars have developed distinct theoretical*

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*approaches aimed at expanding and elaborating upon Hochschild's core ideas. Broadly speaking, emotional labor is the study of how emotion regulation of oneself and others influences social dynamics at work, which*

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*has implications for performance and well being in a wide range of occupations and organizational contexts. This book offers researchers and practitioners a review of emotional labor theory and research that integrates the*

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*various perspectives into a coherent framework, and proposes an agenda for future research on this increasingly relevant and important topic. The book is divided into 5 main sections, with the first section*

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*introducing and defining emotional labor as well as creating a framework for the rest of the book to follow. The second section consists of chapters describing emotional labor theory at different levels of analysis,*



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*including the event, person, dyad, and group. The third section illustrates the diversity of emotional labor in distinct occupational contexts: customer service (e.g. restaurant, retail), call centers, and caring work.*

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*The fourth section considers broader contextual influences – organizational-, societal-, and cultural-level factors – that modify how and when emotional labor is done. The final section presents a series of ‘reflective*

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*essays' from eminent scholars in the area of emotion and emotion regulation, where they reflect upon the past, present and future of emotion regulation at work.*

*Comprehensively examining the*

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*relationship between cognition and emotion, this authoritative handbook brings together leading investigators from multiple psychological subdisciplines. Biological underpinnings of the cognition-*

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*emotion interface are reviewed, including the role of neurotransmitters and hormones. Contributors explore how key cognitive processes -- such as attention, learning, and memory -- shape emotional phenomena,*

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*and vice versa. Individual differences in areas where cognition and emotion interact -- such as agreeableness and emotional intelligence -- are addressed. The volume also analyzes the roles of cognition*

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*and emotion in anxiety,  
depression, borderline  
personality disorder, and other  
psychological disorders.*

*A Mindfulness Curriculum for  
Adolescents to Cultivate Emotion  
Regulation, Attention, and*

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*Performance*

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*Handbook of Emotion*

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Competence*

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**Widely regarded as the  
authoritative reference in the  
field, this volume  
comprehensively reviews  
theory and research on the**

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**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-**

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**self-processes and  
psychological problems are  
also addressed. New to This  
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significant theoretical and  
empirical advances. \*Nine  
entirely new chapters.  
\*Coverage of the social and**

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**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**

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**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**

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**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**

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**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**



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**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**

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**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**

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**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**

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**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**

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**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**

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**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**

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**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**

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**problems.**

**By a distinguished team of authors, this workbook offers readers unprecedented access to the core skills of dialectical behavior therapy (DBT), formerly available only through complicated**



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**professional books and a small handful of topical workbooks. These straightforward, step-by-step exercises will bring DBT core skills to thousands who need it.**

**Handbook of Emotion**

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Childhood Abuse and  
Interpersonal Trauma, Second  
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Construction of Emotion**

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