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Handbook of Emotion Regulation, First Edition

Of note, emotion regulation therapy for GAD and cooccurring depression (Mennin and Fresco 2013; Mennin et al. 2015) employs several strategies to foster acceptance and self-awareness of emotions in a more non-judgmental and distanced fashion before cognitive change capacities can be developed to provide relief from the distress of these emotions.

(PDF) Emotion Regulation Therapy - ResearchGate

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31. Emotion Regulation 499 behavioral responses (thereby providing meta-bolic support for the action) and follow it, of-ten as a consequence of the motor activity asso-

Emotion Regulation - Semantic Scholar

According to the extended process model of emotion regulation, attentional deployment is one of the basic emotion regulation strategies that allows an individual to ignore the emotional aspects of a situation to maintain goal-oriented behavior (Gross, 1998; Gross and Thompson, 2007; Sheppes et al., 2015).

(PDF) Emotion Regulation: Conceptual Foundations

Mullin, Hinshaw, Emotion Regulation and Externalizing Disorders in Children and Adolescents.
Campbell-Sills, Barlow, Incorporating Emotion Regulation into Conceptualizations and Treatments of Anxiety and Mood Disorders.

handbook of emotion regulation | Emotional Self Regulation

Keywords: emotion, emotion regulation, lifespan development, later life, reappraisal, acceptance, suppression, developmental functionalism Emotion and emotion regulation are centrally implicated in adaptive functioning across the lifespan.

Oxford Handbooks Online - Open Computing Facility

SOS FOR EMOTIONS TOOLS FOR EMOTIONAL HEALTH NYUStudentHealthCenter. BE WELL. CARE FOR YOUR EMOTIONAL HEALTH! The one thing we all have in ... Emotional Regulation teaches you how to smooth out the emotional roller coasters of difficult moments. 11. EMOTIONAL TOOLS A Feelings Journal

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