

REGULATING EMOTIONS

NEW PERSPECTIVES IN COGNITIVE PSYCHOLOGY

"Emotion regulation is ubiquitous, pervasive, and elemental involving biological, psychological, cultural, and behavioral processes. *Regulating Emotions* is an invaluable guide—comprehensive, profound, and highly original."

Jack Barbalet, University of Leicester

"This is a state-of-the-art book on how social and cultural processes can be utilized to regulate the most basic biological and psychological aspects of human emotion. Its multidisciplinary perspective is unique and should appeal to anyone interested in how human emotions become regulated or dysregulated."

Douglas Hollan, UCLA

"Working my way through this intriguing reader gave me stimulating insights into how culture and social necessities may coconstruct emotion regulation—and dysregulation."

Manfred Holodynski, University of Münster

Emotions are vital components in the development of social relationships, the coordination of social interaction, and the enforcement of social norms, as well as an important part of individual cognitive, physiological, and behavioral functions. As such, emotion is one of the most prominent areas of inquiry in the social and behavioral sciences today. *Regulating Emotions: Culture, Social Necessity, and Biological Inheritance* brings together distinguished scholars from disciplines as diverse as psychology, sociology, anthropology, neuroscience, and psychotherapy to examine the science of regulating emotions.

With 13 original articles written by renowned experts in the field, this volume examines how social and cultural aspects of emotion regulation interact with regulatory processes on the biological and psychological level. Written in an accessible style, this volume will stimulate further theorizing and research across many disciplines and will be essential reading for students, researchers, and scholars in the field.

Marie Vandekerckhove is an Assistant Professor at the University of Brussels and a clinical psychologist at the University Hospital Ghent.

Christian von Scheve is an Assistant Professor at the Institute of Sociology, University of Vienna.

Sven Ismer is a Ph.D. candidate and Research Assistant at the Department of Movement Science, University of Hamburg.

Susanne Jung is an independent consultant and a Ph.D. candidate at the Department of Cultural Anthropology, University of Göttingen.

Stefanie Kronast is a professional consultant and trainer for social and emotional competences.

Cover design by GD Associates

Cover image © Rolf Bruderer/Corbis

For information, news, and content about Blackwell books and journals in psychology please visit www.blackwellpsychology.com

 Blackwell
Publishing



REGULATING EMOTIONS

EDITED BY
Marie Vandekerckhove, von Scheve,
Ismer, Jung & Kronast



REGULATING EMOTIONS

CULTURE, SOCIAL NECESSITY,
AND BIOLOGICAL INHERITANCE



EDITED BY Marie Vandekerckhove, Christian von Scheve,
Sven Ismer, Susanne Jung, and Stefanie Kronast

 Blackwell
Publishing