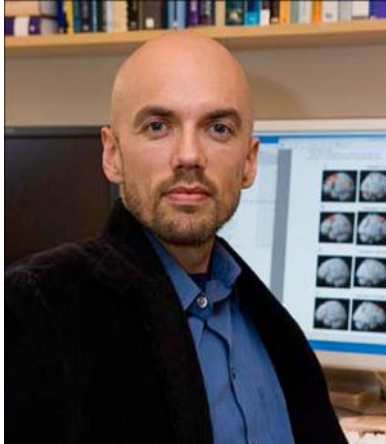


COLLOQUIUM SERIES

TITLE: How thinking controls feeling: A social cognitive neuroscience approach

Date: November 7, 2008
Location: Somerville House, Room 3345
Time: 3:00-4:00 p.m.

(Please join us after the talk for light refreshments.)



Dr. Kevin Ochsner
Department of Psychology
Columbia University

Abstract:

The ability to effectively manage our emotions is essential to the maintenance of both mental and physical well-being. One of the most flexible and powerful regulatory strategies is reappraisal. Reappraisal involves cognitively changing our interpretation of the meaning of an event in order to change our emotional response to it. In this talk I will present a series of studies designed to unpack the basic psychological and neural mechanisms underlying reappraisal. Ranging from studies showing of the down- and up-regulation of emotion to studies comparing reappraisal to other regulatory strategies, the goal of this work is to establish a normative model of effective reappraisal that can be translated to help clarify the mechanisms underlying both the normal and abnormal range of individual differences in emotional responding.

Please email: webpsych@uwo.ca if you require information in an alternate format, or if any other arrangements can make this event accessible to you; website: <http://www.psychology.uwo.ca/>

