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Autore	Beauregard Mario
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Nota di contenuto	Consciousness, Emotional Self-Regulation and the Brain -- Editorial page -- Title page -- LCC page -- Table of contents -- List of contributors -- Introduction -- Overview of chapter contents -- Acknowledgements -- Emotion self-regulation -- Introduction -- Components of emotion -- Gross' process model of emotion self-regulation -- Theoretical and empirical challenges in measuring antecedent emotion self-regulation -- Izard's multi-system model of emotion generation -- Implications of Izard's multi-system model of emotion activation for emotion self-regulation -- Emotion self-regulation and emotional homeostasis -- A sequential model of

emotion self-regulation -- Control regulation -- Emotional dissociation
 -- Enhancing and suppressing emotional expression -- Anticipatory
 regulation -- Exploratory regulation -- Emotion self-regulation as a
 contextually-bound process -- Summary and future research directions
 -- References -- Temperament and emotional regulation --
 Introduction -- Theoretical and empirical approaches to emotional
 regulation -- Emotional regulation in early childhood: Normative
 development -- Temperament and early emotional development --
 Temperament and the development of emotional regulation -- Direct
 effects of temperament -- Moderated effects of temperament --
 Mediation effects of temperament -- Future directions in the study of
 temperament and emotional regulation -- Summary --
 Acknowledgements -- References -- Emotion dysregulation and
 psychopathology -- Introduction -- Functionalist theory -- Emotion
 regulation and dysregulation -- What gets regulated in emotion
 regulation? -- Emotion dysregulation and psychopathology in
 childhood -- Nonclinical samples -- Clinical samples -- At-risk
 samples -- Emotion regulation and psychopathology in adulthood --
 Nonclinical samples -- Clinical samples -- Summary and future
 directions.
 Acknowledgements -- References -- Neural substrates of conscious
 emotional experience -- Overview -- A cognitive neuroscientific
 approach to emotional experience -- A cognitive-developmental
 approach to emotional experience -- The Levels of Emotional
 Awareness Scale (LEAS): Psychometric findings -- Neural correlates of
 emotional awareness -- A. Focal attention to feelings -- B. Reflective
 awareness -- C. Background feelings -- D. Implicit emotion -- A neural
 model of implicit and explicit emotional processing -- Self-regulation
 -- Discussion -- Normative emotional experience -- Clinical
 implications -- Summary -- References -- Self-regulation by the
 medial frontal cortex -- Introduction -- Concepts of self-regulation --
 The anterior cingulate cortex in self-regulation -- Animal studies of
 action monitoring -- Human studies of action monitoring -- The ERN
 and action monitoring -- The ERN and conflict monitoring -- Disorders
 of self-regulation -- Monitoring deficits and schizophrenia --
 Monitoring deficits and OCD -- Affective control of action monitoring
 -- A model of action-regulation -- Systems for discriminative learning
 -- Neurophysiological mechanisms for self-regulation -- Human
 electrophysiology of corticolimbic self-regulation -- Phase resetting of
 the theta rhythm by dopaminergic signals -- Opiates and the theta
 rhythm: Modification of the signal-to-noise ratio -- Cybernetics of
 motivational congruence -- Summary -- Acknowledgements --
 References -- Neural basis of conscious and voluntary self-regulation
 of emotion -- Introduction -- Definition of emotional self-regulation
 -- Neural basis of emotional self-regulation: Findings from functional
 neuroimaging studies -- Neural correlates of conscious and voluntary
 regulation of sexual arousal -- Neural correlates of conscious and
 voluntary regulation of sadness in adults.
 Neural correlates of conscious and voluntary regulation of sadness in
 children -- fMRI studies of emotional self-regulation conducted by
 other groups -- Neural circuitry underlying emotional self-regulation
 -- A theoretical note about emotional self-regulation and mind-brain
 interaction -- Summary -- Acknowledgements -- References -- The
 volitional influence of the mind on the brain, with special reference to
 emotional self-regulation -- Introduction -- Practical and theoretical
 aspects of self-directed neuroplasticity -- Philosophical foundations of
 neuroscience -- A causal role for mindful awareness in brain regulation
 -- Physics in neuroscience -- Classical physics -- Choices of the

Process I actions -- The Quantum Zeno Effect -- Mental action in neuroscience -- Conclusions and summary -- References -- Appendix -- The culture of behaviorism and the conflict in philosophy of science (by Jeffrey Schwartz and Mario Beauregard) -- EEG biofeedback ("Neurofeedback") and affective disorders -- Introduction -- Organization of this chapter -- Definition with underlying principles -- The trivial mediation issue -- Functional significance: Experimental studies -- Functional significance: Clinical application for depression -- Premenstrual Dysphoric Disorder (PMDD) -- Summary -- References -- Consciousness, emotional self-regulation, and the psychosomatic network -- Introduction: Consciousness and volitional control -- The psychosomatic network: Psychoneuroimmunology -- Relevance to oral biology and medicine -- Conclusion -- Summary -- Acknowledgements -- Notes -- References -- Name index -- Subject index -- The series ADVANCES IN CONSCIOUSNESS RESEARCH.

Sommario/riassunto

During the last decade, the study of emotional self-regulation has blossomed in a variety of sub-disciplines belonging to either psychology (developmental, clinical) or the neurosciences (cognitive and affective). Consciousness, Emotional Self-Regulation and the Brain gives an overview of the current state of this relatively new scientific field. Several areas are examined by some of the leading theorists and researchers in this emerging domain. Most chapters seek to either present theoretical and developmental perspectives about emotional self-regulation (and dysregulation), provide cutting edge information with regard to the neural basis of conscious emotional experience and emotional self-regulation, or expound theoretical models susceptible of explaining how healthy individuals are capable of consciously and voluntarily changing the neural activity underlying emotional processes and states. In addition, a few chapters consider the capacity of human consciousness to volitionally influence the brain's electrical activity or modulate the impact of emotions on the psychoneuroendocrine-immune network. This book will undoubtedly be useful to scholars and graduate students interested in the relationships between self-consciousness, emotion, the brain, and the body. (Series B).
