

GRADUATE SEMINAR

**Tuesday,
28th January
2020**

13:30 - 17:30

Campus Biotech
Room H8.01 D
9, chemin des Mines
Geneva

Social animals: when others help us cope

Prof. Andrea Samson

(University of Fribourg & Swiss Distance University Institute)

We all know that we regulate our emotions – more or less efficiently at times – but we rarely analyze the strategies we use in depth. In this workshop, we will shed light onto the more or less conscious, more or less efficient, and more or less smart strategies we use to attenuate our emotional responses in our daily lives. We will review the newest theoretical developments on emotion regulation and focus on emotion regulation in social contexts. Participants of this workshop will have the opportunity to try out “social” emotion regulation tasks in virtual reality and will be invited to develop novel (social) emotion regulation paradigms in the practical part of the workshop.

Swiss Doctoral School in Affective Sciences
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