

6.0 credits	60.0 h	2q
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Teacher(s) :	Mikolajczak Moïra ; Philippot Pierre ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	Through the successive chapters, we analyze the emotions models and the regulation of emotions, the importance of emotions in ethological models of psychopathology, the impact of major emotional events and the post-traumatic stress syndrome, the impact of everyday-life emotions, the question of cognitive and social consequences of emotional events, the relationships between emotions and memory, the general approach of emotions expression, the question of the contributions and drawbacks related to confrontation and avoidance processes, as well as the role of individual differences in this context, and finally, the question of the collective expression of emotions and its consequences on the cognitive, social and individual level. Later, models and processes of therapeutic intervention through and on emotions will be examined.
Aims :	<p>At the end of this course, the student:</p> <ul style="list-style-type: none"> - will be able to scientifically investigate the questions about (1) the models representing the emotional processes and their regulation, (2) the importance of emotional dysfunctions in psychopathology, (3) the therapeutic intervention through and on emotional processes, and (4) the role played by the expression of emotions and by the "relation" with the environment and the group membership; - will have a view of the present state of the art and theoretical conceptions on this theme in order to have the bases for the clinic and the education; - will be formed, by the given intellectual exercises, to the practice of different aspects of the scientific approach. <p><i>The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".</i></p>
Content :	The goal of the course is to understand in terms of psychological processes emotional phenomena, their cognitive and social regulation and their contribution to the wellbeing and the psychological suffering. We will study the models of emotions as well as the models of emotions regulation, the importance of emotions in the ethological models of psychopathology. Then, we will examine, the events which could have traumatic consequences, their immediate impact, and the behaviors to follow in the first step. A particular importance will be granted to the consequences of major emotional events for the symbolic universe and for the social integration. The course will also examine thoroughly the question of the verbal expression of emotion, its motives and its consequences on the personal and collective level. Finally, we will present the models and processes of therapeutic intervention through and on emotions.
Other infos :	Ex-cathedra course, illustrated by case studies and discussions on a portfolio of readings (some in English). The students will have the opportunity to contribute to the course by realizing case studies. Individual contribution will consist of an open part and a systemic part. The data of the systemic part are collected according to a research plan. The results will be discussed during the course.
Cycle and year of study :	> Master [120] in Psychology
Faculty or entity in charge:	PSP