

Faculty of Psychology and Education Sciences



PSY2830

Mental imagery and techniques of relaxation

[30h] 3 credits

Teacher(s): Philippe Godin, Jacques Van Rillaer
Language: French
Level: Second cycle

Aims

- to present a theoretical frame of the emotional processes and of their regulation, providing a tool for the analysis and the establishment of a model of the psychopathological problems, and providing also a tool for the design, the implementation and the evaluation of the psychotherapeutic interventions.

Main themes

- theoretical model of the emotional processes and of their relation with the continuum "normal-pathological", with a report on the conditions in which these processes become functional or dysfunctional and report on the various facets of the model: physiological, cognitive, behavioural and social.
- relation between emotion and memory, namely autobiographic memory, at the basic level and in the establishment of a model for the psychopathological problems
- differential diagnosis of the emotional disorders, their functional explanation according to the theoretical model and their treatments (including research on the evaluation of these treatments)

Content and teaching methods

The object of the course is the regulation of the emotions in the normal and pathological processes. After an historical introduction on the theories of emotions, the modern theories on emotions will be presented. The various forms of emotional regulations will be discussed in detail. An integrative model is presented. This model is applied to the etiology of the emotional disorders and to the design of psychological interventions centered on these disorders. An important part of the course is devoted to anxiety and depression. The technics of diagnosis, the etiological models and the strategies of intervention based on empirical clinical psychology will be presented. The course is illustrated with many presentations of clinical cases.

Other information (prerequisite, evaluation (assessment methods), course materials recommended readings, ...)

Lectures on the theories and research related to the psychopathology of emotions; illustration with clinical cases.

Other credits in programs

PSY23/8	Troisième licence en sciences psychologiques (Psychologie clinique : émotions, cognitions et comportements)	(3 credits)	Mandatory
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