COURSE DETAIL

COGNITION AND EMOTION REGULATION
Country Korea, South
Host Institution Yonsei University
Program(s) Yonsei University
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 114
UCEAP Course Suffix
UCEAP Official Title COGNITION AND EMOTION REGULATION
UCEAP Transcript Title COGNITION&EMOTION
UCEAP Quarter Units 4.50
UCEAP Semester Units 3.00

Course Description

Our intrapsychic lives are dominated by two sorts of phenomena: thoughts (cognition) and feelings (emotion). Cognition and emotion closely interact; the way we think has significant implication in regulation of our emotions. This course 1) reviews theoretical and empirical work on the relationship between cognition and emotion regulation, as well as the mechanisms underlying the problems of emotion regulation that span different mental disorders; 2) introduces evidenced-based intervention techniques with broad clinical utility such as cognitive restructuring and mindfulness-based interventions; and 3) discusses ways to apply these skills to diverse contexts of everyday life.

Prerequisite: Intro to Psychology

Language(s) of Instruction
English

Host Institution Course Number
PSY3168

Host Institution Course Title
COGNITION AND EMOTION REGULATION

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed
2021-2022

Print