

## 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 Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

Psychology

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