



**Karolinska  
Institutet**

Course syllabus for

# **Emotion-regulation: From Theory To Practice, 7.5 credits**

Emotionsreglering: från teori till praktik, 7.5 hp

This course syllabus is valid from spring 2024.

Please note that the course syllabus is available in the following versions:

Spring2017 , Spring2019 , Spring2024

Course code	2PS037
Course name	Emotion-regulation: From Theory To Practice
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Psychology
Level	G2 - First cycle 2
Grading scale	Fail (U) or pass (G)
Department	Department of Clinical Neuroscience
Decided by	Utbildningsnämnden CNS
Decision date	2016-10-19
Revised by	Education committee CNS
Last revision	2023-09-27
Course syllabus valid from	Spring 2024

## **Specific entry requirements**

Passed results from semester 1-3 of the Psychology programme consisting 90 credits and at least 15 credits from semester 4.

## **Objectives**

After completing the course, the student should be able to

### *Knowledge and understanding*

- be able to define and account for central concepts and aspects in the field of emotion regulation
- be able to give an overview of the current state of knowledge about emotion regulation
- be able to describe both experimental and clinical questions about emotion regulation
- be able to explain how knowledge of emotion regulation can be applied in various psychological, clinical areas

*Skills and abilities*

- demonstrate the ability to identify central issues, as well as search and compile information on emotion regulation theories and current research in the field
- demonstrate ability to describe and apply knowledge of emotion regulation and emotion regulation strategies

*Professional and ethical judgements*

- show ability to reflect on and assess current theories and research on emotion regulation, in relation to other theories and research, to a developmental perspective, cultural context, different diagnoses
- show the ability to reflect and relate to the application of this knowledge

**Content**

The course aims to introduce the student to current theories of emotion regulation, as well as to experimental and clinical research in the field. A developmental psychological perspective is pursued by discussing knowledge and research related to development, ability to and strategies for emotion regulation at different ages (children, adults, elderly). The course also strives to put the literature on emotion regulation in relation to cultural aspects, different diagnoses and to the context of the individual. Further, connections are made between the experimental research and the applied, clinical research.

**Teaching methods**

During the course, participants meet with teachers at a limited number of mandatory meetings (see the heading "Examination"). In addition to this, the course takes place through activities on the learning platform, e.g. videotaped lectures, discussions of articles, literature, materials, course assignments.

**Examination**

The course is examined in the following way:

- a) oral presentation and discussion of a written, in-depth assignment, is graded U or G
- b) active participation at compulsory seminars, according to instructions in schedule

The course is graded U or G. The grade G requires G on examination assignment a), as well as fulfillment of compulsory course elements.

Failed written in-depth assignment, alternatively report or discussion thereof, can be supplemented to pass according to instructions from the examiner, provided the student is close to the limit for pass. The examiner assesses whether supplementation is possible.

*Absence from or unfulfillment of compulsory course elements*

The examiner decides whether, and if so how, absence from or unfulfillment of compulsory course elements can be made up for. Study results cannot be reported until the student has participated in or fulfilled compulsory course elements, or compensated for any absence/ failure to fulfill in accordance with instructions from the examiner. Absence from or unfulfillment of a compulsory course element may imply that the student can not retake the element until the next time the course is offered.

*Limitation of the number of examinations*

Students who do not pass the regular examination are entitled to retake the examination on five more occasions. If the student has failed a total of six examinations/tests, no additional examination will be given. Each occasion the student participates in the same test counts as an examination. Submission of blank exam is counted as an examination. An electronic examination that has been opened via the learning management system counts as an examination, even if the examination is not submitted. An

examination to which the student registered but did not attend, will not be counted as an examination. In order for an examination assignment to be relevant for assessment, it must have been submitted by the appointed time, otherwise the student is referred to the re-examination opportunity.

*Possibility of exception from the course syllabus' regulations on examination*

If there are special grounds, or a need for adaptation for a student with a disability, the examiner may decide to deviate from the syllabus' regulations on the examination form, the number of examination opportunities, the possibility of supplementation or exemptions from the compulsory section/s of the course etc. Content and learning outcomes as well as the level of expected skills, knowledge and attitudes may not be changed, removed or reduced.

## **Transitional provisions**

If the course is cancelled or goes through substantial changes, information about interim regulations will be stated here.

## **Other directives**

Course evaluation from the expected learning outcomes of the course syllabus takes place according to KI's local guidelines. Results and possible measures are returned to the students on the web site for the course

## **Literature and other teaching aids**

### **Mandatory literature**

#### **Handbook of emotion regulation**

*Gross, James J.*

2 ed. : New York : Guilford, 2014 - xviii, 668 p.

ISBN:9781462503506 LIBRIS-ID:14012153

[Library search](#)

Additional articles etc according to teacher's instructions.