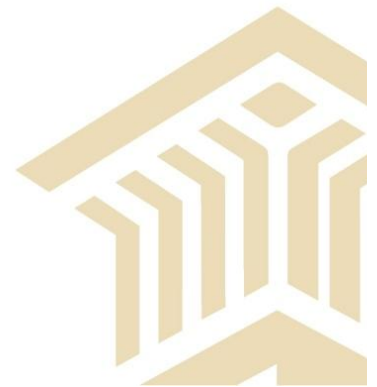


**Psicologia delle emozioni
nel lavoro di cura**

**Psychology of emotions in care
relationships**

Prof. Marta Casonato, PhD



Let's try to define them

**WHAT ARE EMOTIONS AND
AFFECTIVE STATES**



Emotions (and affective states) in psychology

- ◆ Are **extremely informative!**
 - ◆ for the person who is feeling them
 - ◆ for the people around
- ◆ There are no good or bad emotions, all of them are there for a specific reason!
→ We have to learn from our emotions and affective states

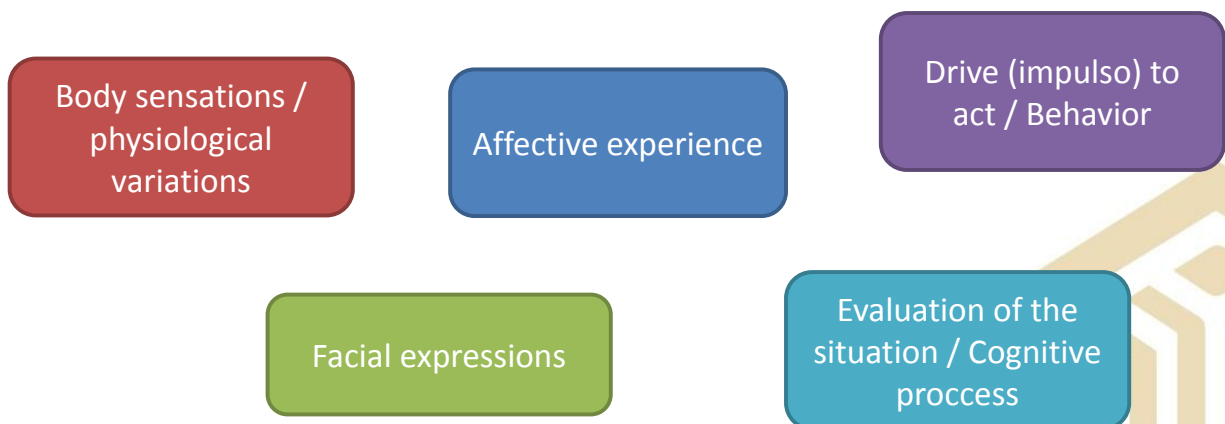


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Emotions in psychology

- ◆ They have **different components...**
 - ◆ ...that are all answers to a situation



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“Naming” emotions – Parlare di emozioni

- ◆ It means finding a correspondence between what we are feeling and the word we are using to describe it

It's important to expand your emotional knowledge! → it's part of our emotional competence



If we tried to name any particular emotion living in the human heart, it is evident that the only limit to their number would be in the introspective vocabulary of the person doing so

(James, 1890)

- ◆ Personal meanings: each of us has a different definition! Easier for some emotions (e.g. fear) not so easy for other (e.g. shame/guilt)
- ◆ Moral and social implications □ the name we use is relevant on the social level



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A bit of history

- ◆ First study known in Western world: Aristotle's theory of passions, 2300 years ago
- ◆ New interest when Descartes' (Cartesio) conceptualized the mind-body dualism
- ◆ Etymology (even in Italian)
 - ◆ from French's *émotion*
 - ◆ recent concept (around 1600)
 - ◆ collective meaning (as an uprising –*sommossa*-)
 - ◆ acquires an individual meaning (as for *pathos*, *passion* in ancient Greece)
 - ◆ Modern definition of emotion starts with psychology as a scientific discipline (end of 19th Century)

Turmoil, upset
(turbamento)

passivity



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Emotions or affect?!

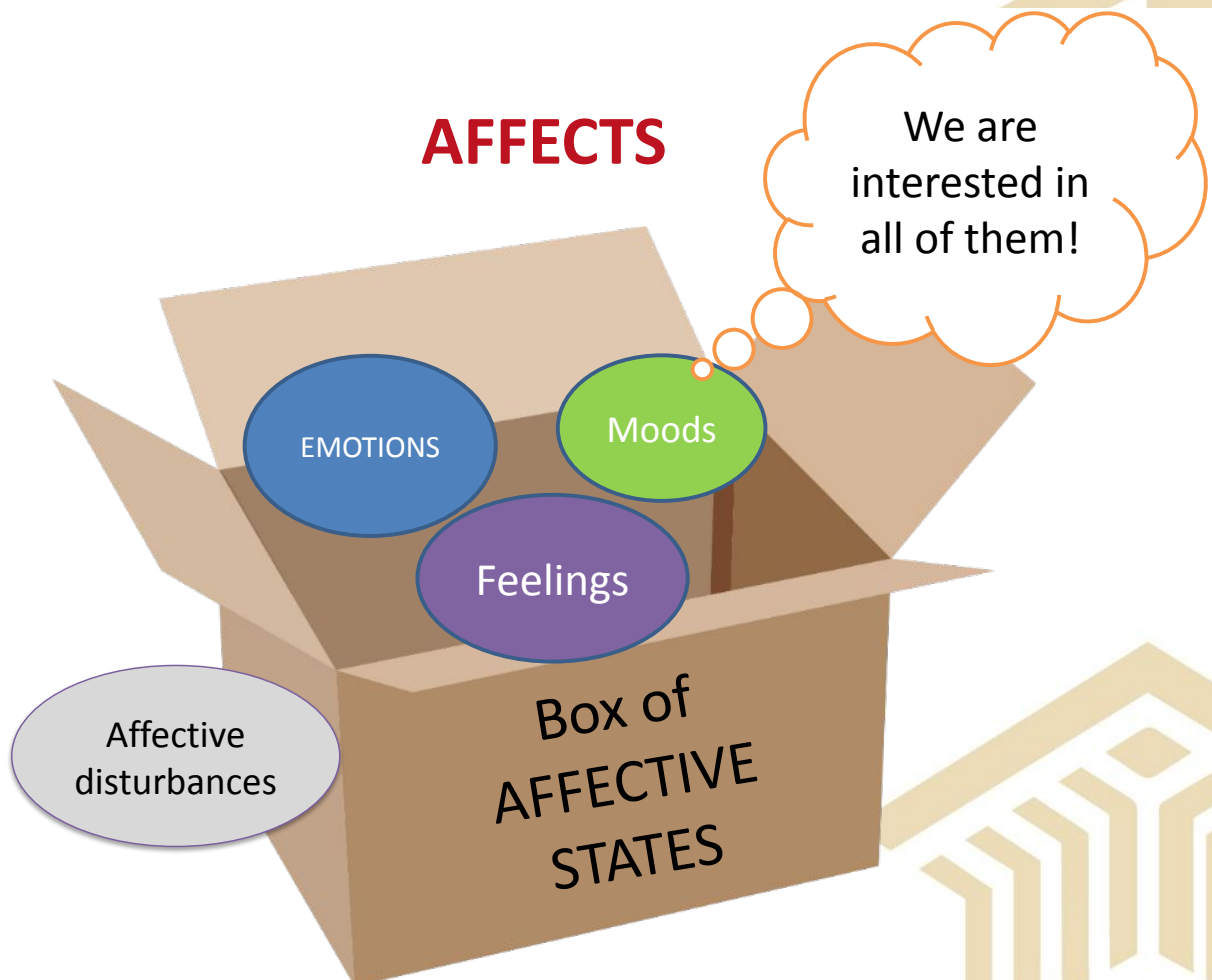
But before deepening (approfondire) emotions, always remember that emotions are just one component of a wider (più ampio) concept: AFFECTS!

- ◆ all emotions are affects (while (mentre) not all affects are emotions!)



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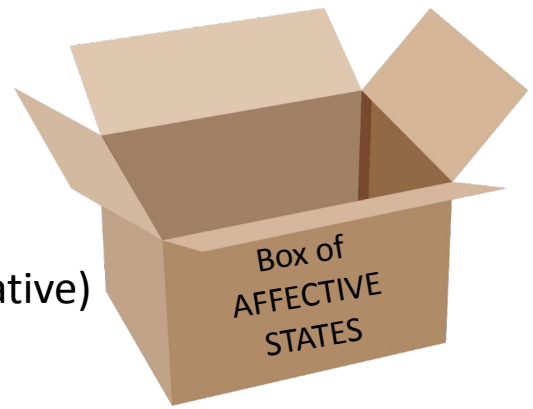
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AFFECTS

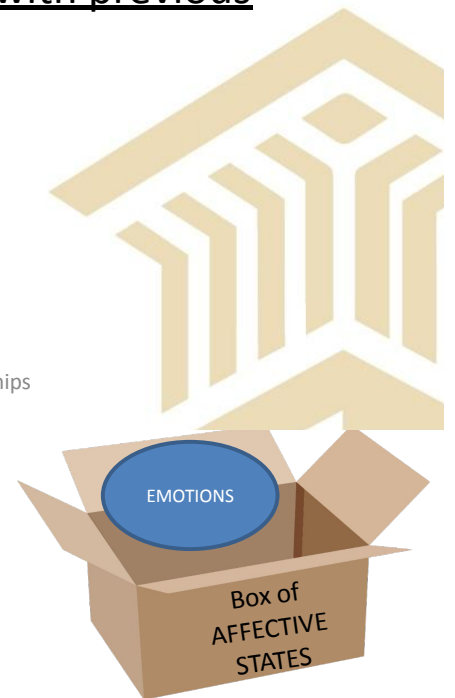
- ◆ Affect / affective states (affetti)
 - ◆ is a wide and generic term
 - ◆ it varies on quality (positive vs negative)
 - ◆ and intensity
 - ◆ Are not voluntary
 - ◆ there can be continuity or discontinuity with previous experience



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Emotions are...

- ◆ Are brief and intense forms of affects
 - ◆ the emotion per se is very short... but there is an attenuation phase
- ◆ Have a clear **cause**
 - ◆ whether (che sia) external or internal
- ◆ Have a clear **cognitive content**
- ◆ Have the function of re-orientating attention
- ◆ Are always positive or negative (not neutral) (hedonic tone)
- ◆ Are clearly determinable in time:
 - ◆ They have a beginning, a specific length and an attenuation phase
- ◆ Are accompanied by physiological modifications, facial expressions and behaviors
 - ◆ Usually differentiated for each emotion
 - ◆ And usually with an adaptive purpose



emozioni

esistono eventi specifici che causano l'emozione (sono una reazione)

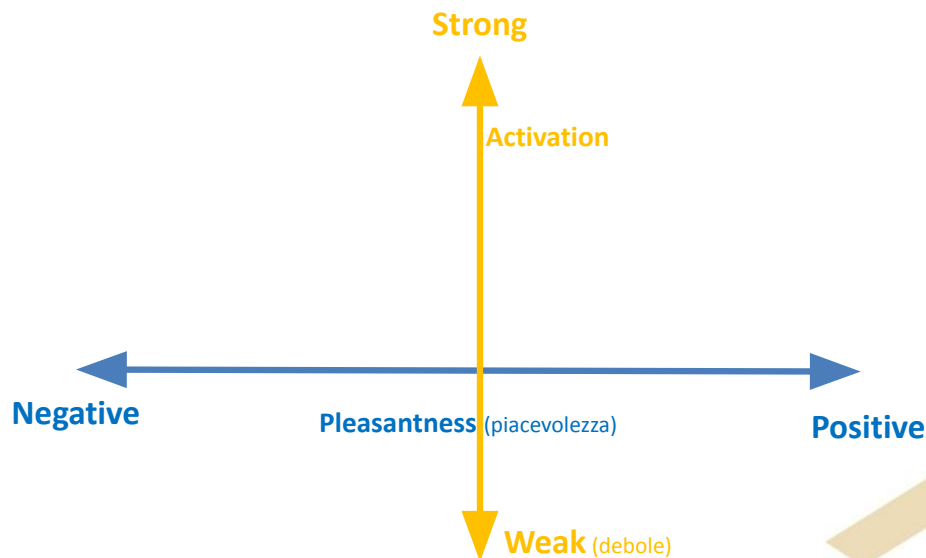
grande intensità

temporanee

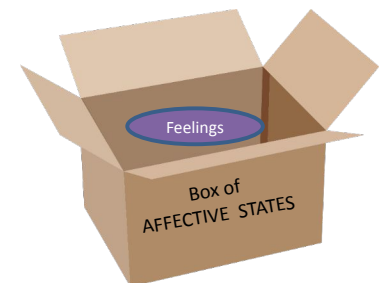


Stable dimensions in emotions

(Russel, 1980)



Feelings (sentimenti)



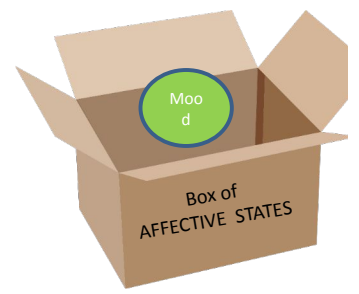
- ◆ Psychologists still disagree on the use of the term *feeling*. Let's say that:
 - ◆ Feelings have to do (hanno a che fare) with emotions, but they are a different thing, and specifically...
 - ◆ They are long-lasting
 - ◆ They constitute a way of **perceiving** internal states and the outside world
 - ◆ Feelings as the **awareness of an emotion** (Damasio)
- ◆ Examples?
 - ◆ love, tenderness, anguish,
 - ◆ disappointment, hope

sentimenti

diretti a qualcuno/qualcosa
"tensione verso" (non
"reazione a")
speranza, fiducia, amore,
promuovono volontà



Mood (umore – stato d'animo)



- ◆ Mood is the **prevailing psychological state** (habitual or relatively temporary).
- ◆ Is a feeling, state or prolonged emotion that **influences the whole of one's psychic life**
 - ◆ Can be stable (umore di fondo; independent from external causes)
 - ◆ Or varying (stato dell'umore; general balance between external and internal state)
- ◆ Moods have either a positive or negative valence (being in a good mood or a bad mood).
- ◆ Personality traits (e.g. optimism and neuroticism) influence certain types of moods.



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Emotions are NOT... feelings, nor moods

- ◆ Feelings, or affects, moods are (differently from emotions):
 - ◆ less specific
 - ◆ less intense
 - ◆ lasting and pervading
 - ◆ don't have an immediately recognizable cause (they are less likely *(probabile)* to be provoked by a particular stimulus)
 - ◆ have the capacity of modifying events that are initially neutral
 - ◆ Do not interrupt thoughts *(pensieri)*, but they can influence them (whether it is a positive or a negative mood/feeling)



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	Emotion	Mood	Feelings
Length	Short*	From short to long	Usually longer
Discontinuity, "Clear-cut" (start and end are clearly recognizable?)	✓	Not always	No
Polarity (positive vs negative)	✓	✓	✓
Differentiations between them	✓	Not much	Not much
Intensity	✓	No	Not always
Cause	✓	Not always	Not always
Interrupt thoughts	✓		
Visibility from the outside	✓	Not much	Usually not



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Homework

- ◆ At the end of the day, think about:
 - ◆ Did you experience any emotion?
 - ◆ Which one? What was the circumstance?
 - ◆ Can you recognize the emotions' characteristics shown in the table?
 - ◆ Were you in any mood?
 - ◆ If so, was there a link between the emotions you felt and your mood?
- ◆ Repeat for at least 2 days

Experience without emotions is like a day without weather
(Cornelius, 1996)



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