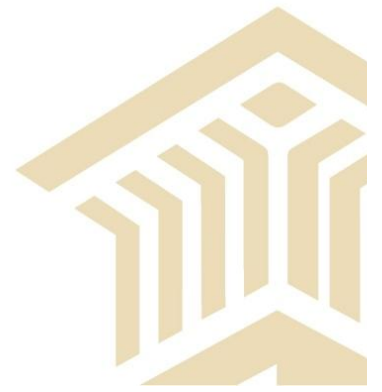


**Psicologia delle emozioni  
nel lavoro di cura**

**Psychology of emotions in care  
relationships**

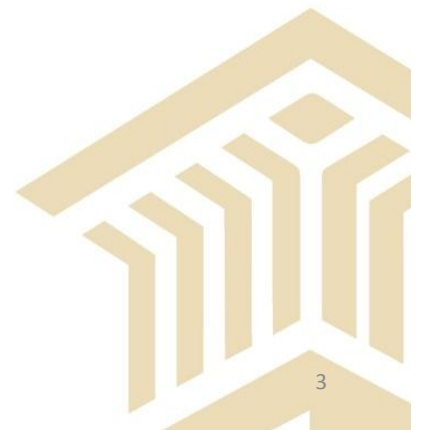
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**Take home messages from previous  
class?**

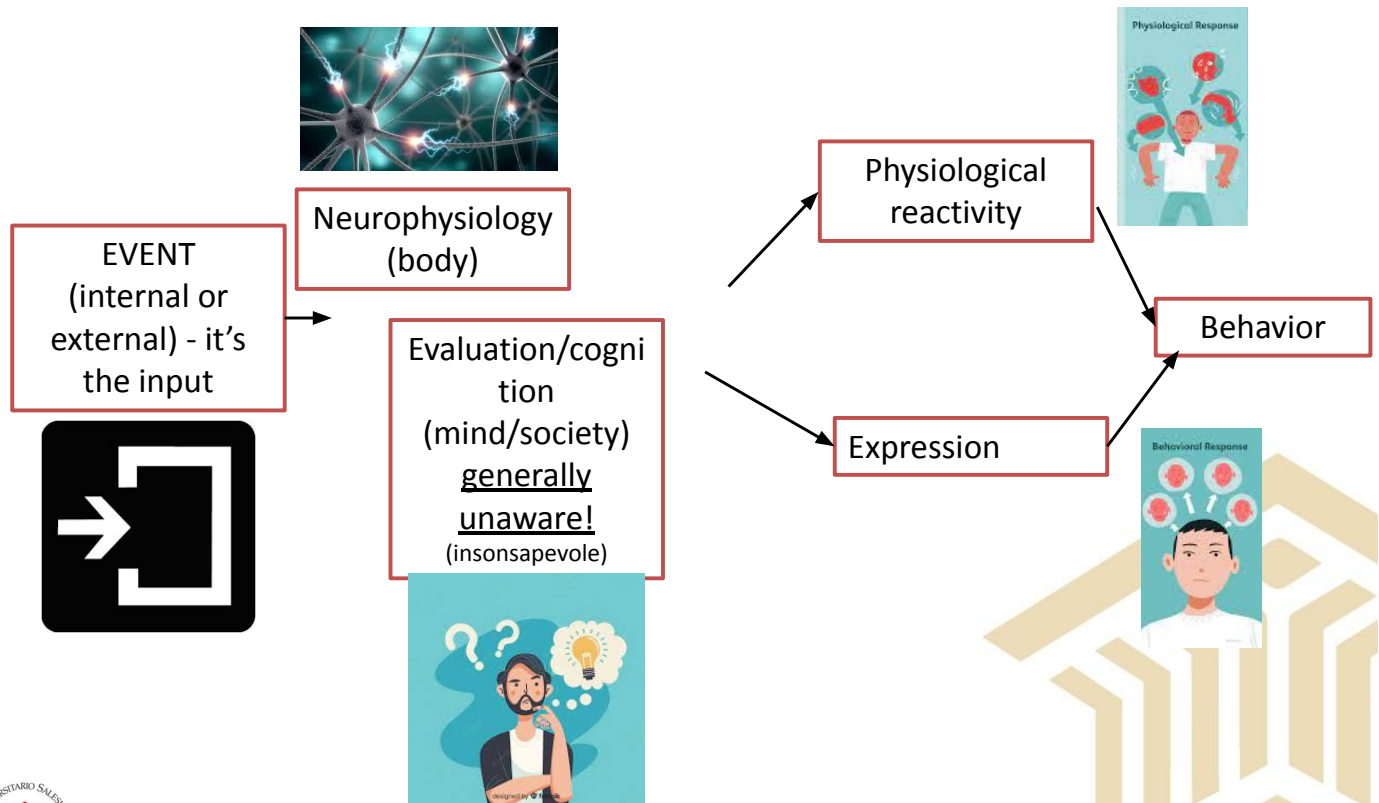
# The emotional process: let's try!

COSA E' SUCCESO

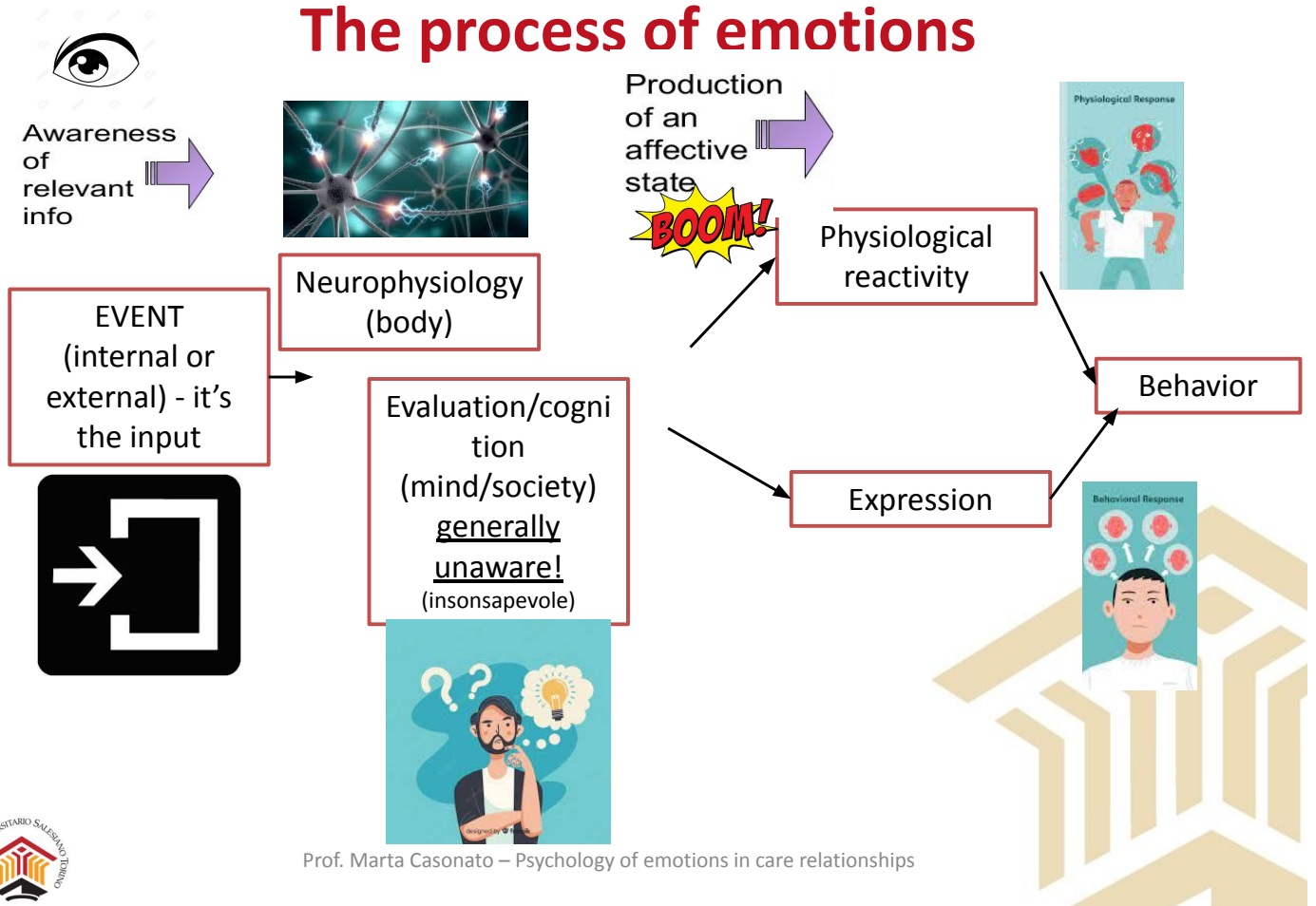


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## The process of emotions



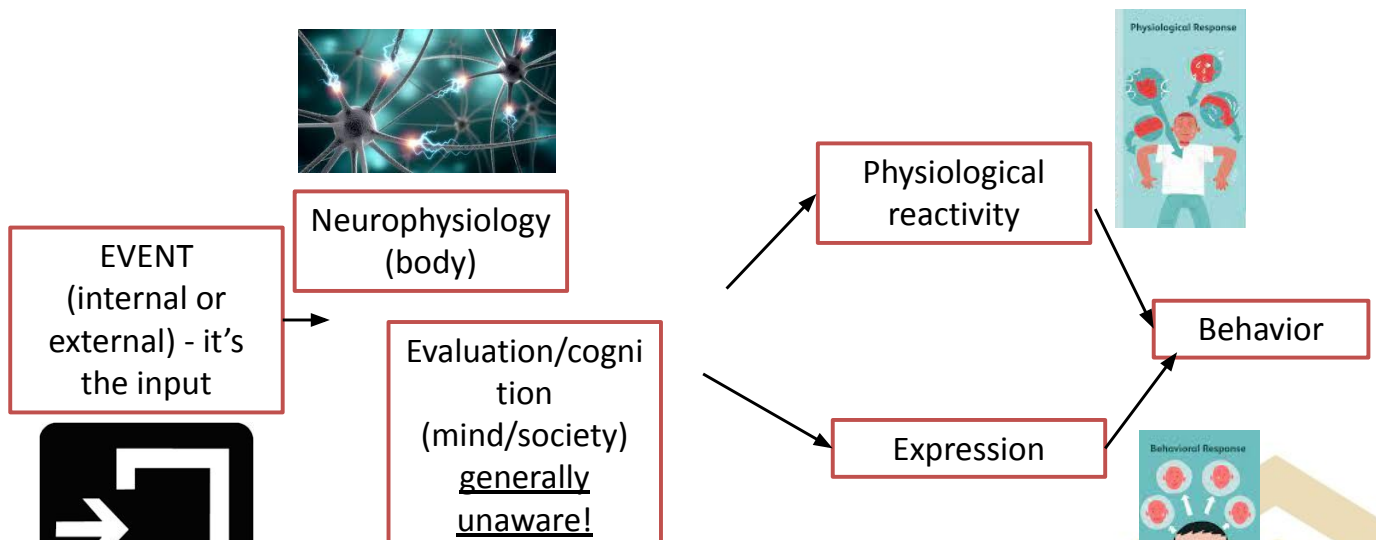
# The process of emotions



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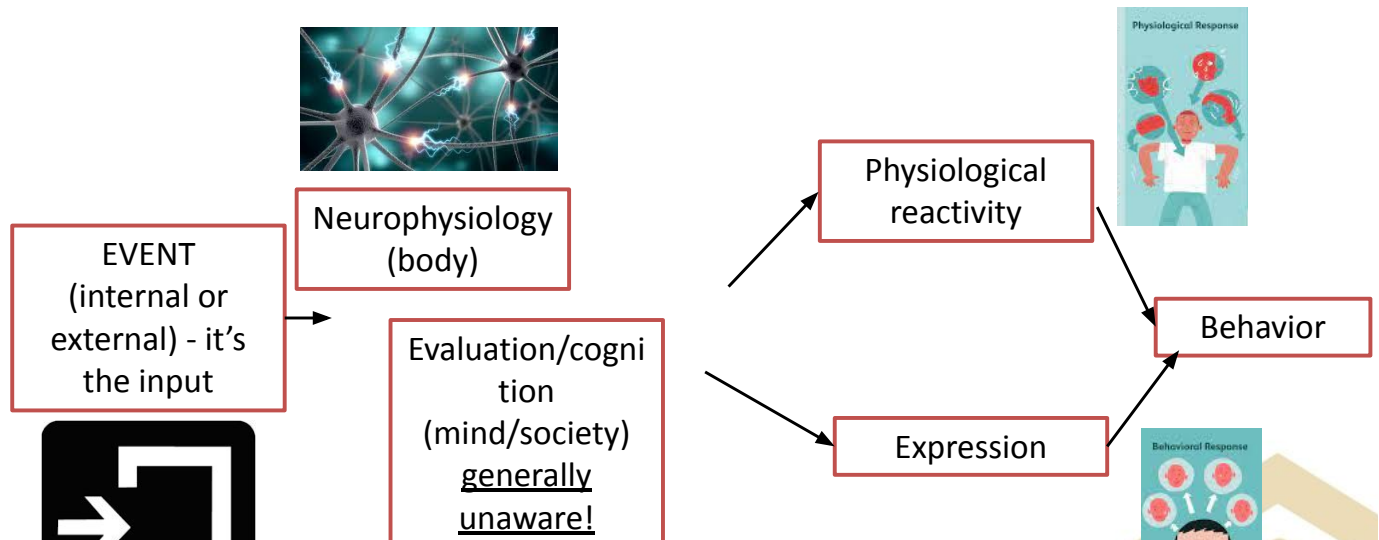
# The process of emotions



**Event:** il minore che seguo verrà collocato altrove, in una situazione non ottimale  
**Evaluation (appraisal):** questo sistema non funziona, i miei sforzi sono stati vani  
**Neurophysiology:** inibizione della serotonina  
**Physiology:** mi chiudo in me stesso / mi brucia lo stomaco  
**Activation** sono sconfortato / sono arrabbiato deluso  
**Expression:** gli sguardo perde vitalità / sono paonazzo in volto, agitato  
**Behavior:** mi trascino per il resto della giornata / chiamo la mia responsabile o l'assistente sociale per lamentarmi



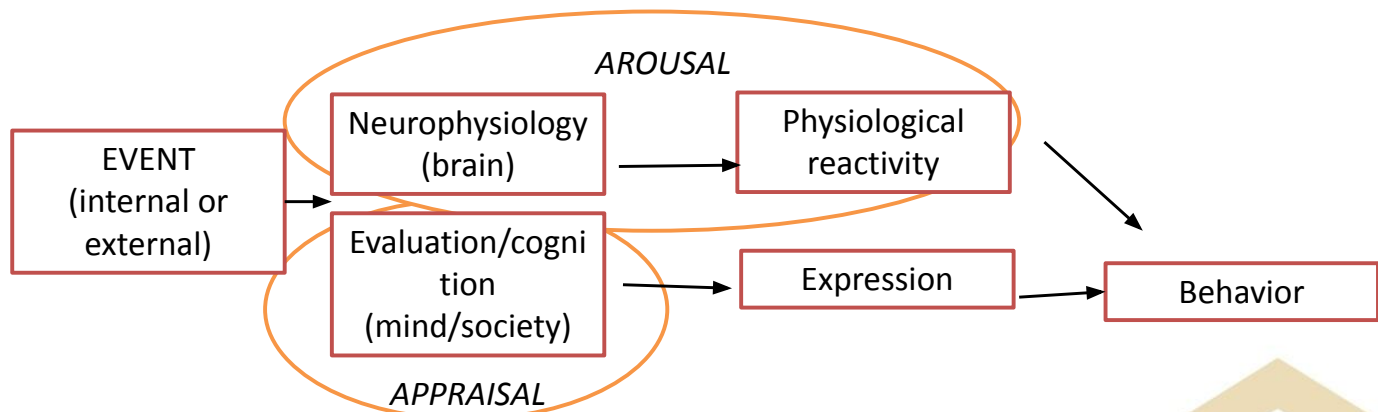
# The process of emotions



**Event:** un educando ha una crisi  
**Evaluation (appraisal):** la situazione potrebbe degenerare  
**Neurophysiology:** scarica di adrenalina  
**Physiology:** il cuore mi batte forte per la paura  
**Activation** sono attivato per la rabbia / sono paralizzato dal terrore  
**Expression:** sgrano gli occhi dal terrore  
**Behavior:** scappo via, urlo per fermarlo



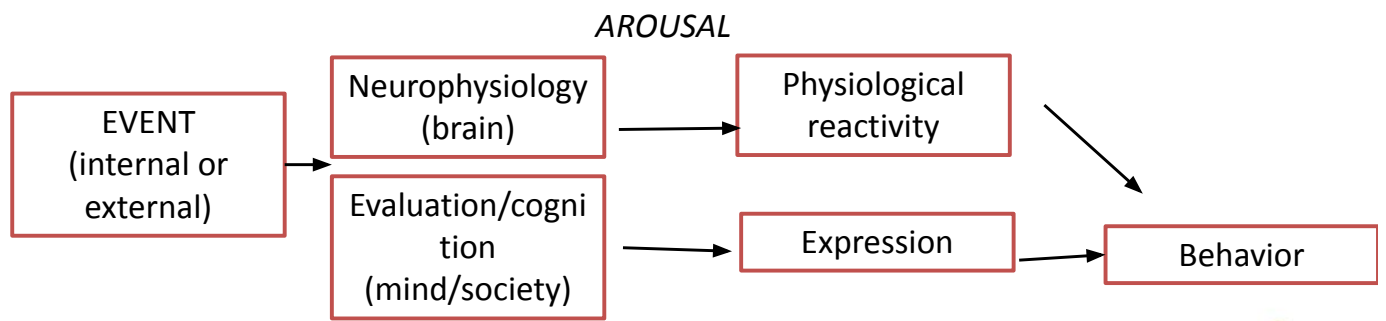
# The process of emotions



**Event:** sto subendo un furto  
**Evaluation (appraisal):** Sono spaventato, mi stanno minacciando  
**Neurophysiology:** scarica di adrenalina  
**Physiology:** il cuore mi batte forte per la paura  
**Activation** sono spinto dalla rabbia / sono paralizzato dal terrore  
**Expression:** sgrano gli occhi dal terrore  
**Behavior:** scappo via, urlo per chiedere aiuto



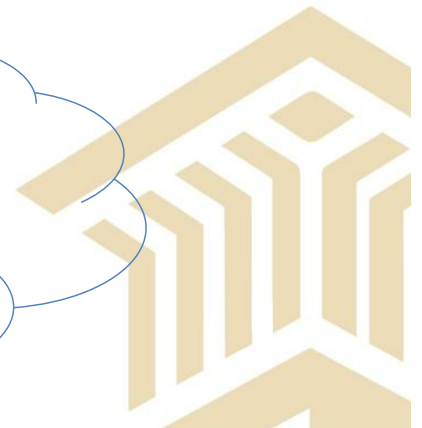
# The process of emotions



**APPRAISAL**

What about the **SUBJECTIVE** emotion?  
What is the actual «emotional» part in the emotional process? The arousal, or the consequences of appraisal? □ Still no agreement

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## Arousal and appraisal two similar words



### **AROUSAL** attivazione

- activation, excitement
- It's in the body:  
physiological activation

### **APPRAISAL** valutazione

- ◆ Evaluation of emotional relevant aspects of a stimulus
- ◆ It's in the mind: cognitive evaluation
  - ◆ of what? of the relevance of that stimulus/situation, of the meaning it has for us



# Arousal, the activation

- ◆ From physiological studies emerges the concept of **arousal** (*attivazione*)
- ◆ **Arousal is an activation of both**
  - ◆ activities
  - ◆ motivations and emotions
- ◆ Arousal can be seen in the activity of Brain, Motor-system, Viscera and can be measured!
- ◆ The body often responses to external stimuli with activation, in case of emotions this activation is higher: the difference is that emotions would **require more energy** than other ones (as Watson believed)

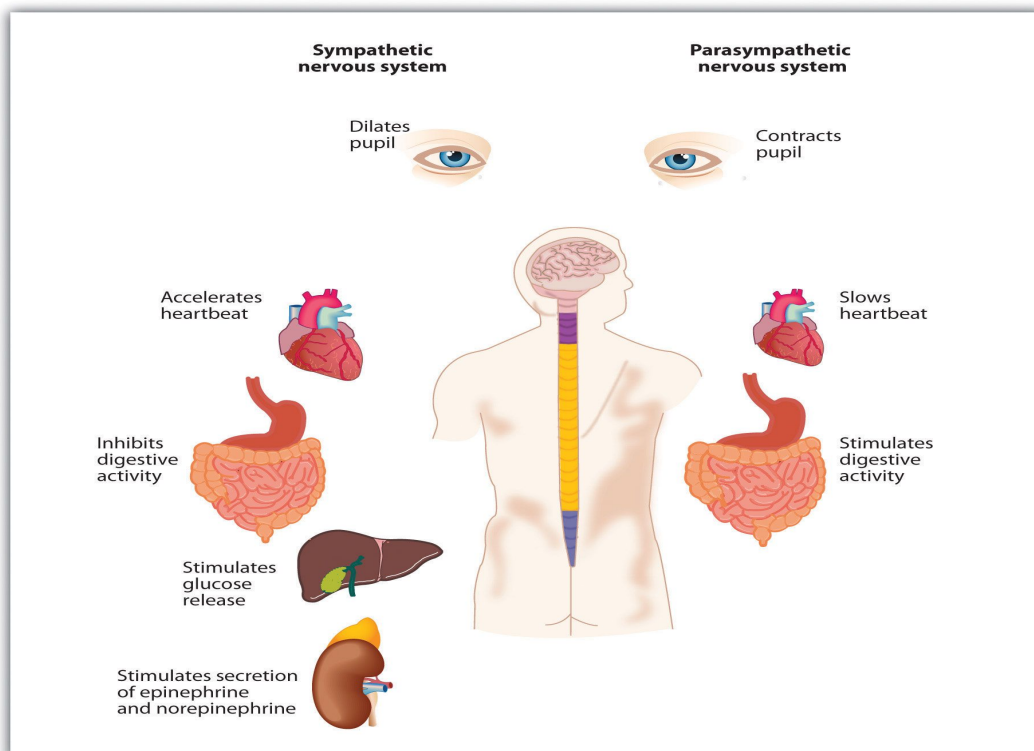
Check out in the definition of basic emotions

Is arousal unique, or do can we find different patterns for different emotions?



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# Arousal, the activation



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# From the concept of arousal to that of...

- ◆ If we only consider arousal:
  - ◆ it is not enough to describe the human experience of emotions
  - ◆ we cannot differentiate between all different emotions
- ◆ So?
- ◆ We have to consider something very “human”, the cognitive part
  - ◆ **Cognitive** means something related to the mental processes of perception, of memory, of judgment, of reasoning, remember?
- ◆ *Humans are constantly focused on cognitive evaluation operations* (they compare their actual situation with the perspective that comes from their vision, their knowledge, their objectives, the social norms)



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## ... appraisal

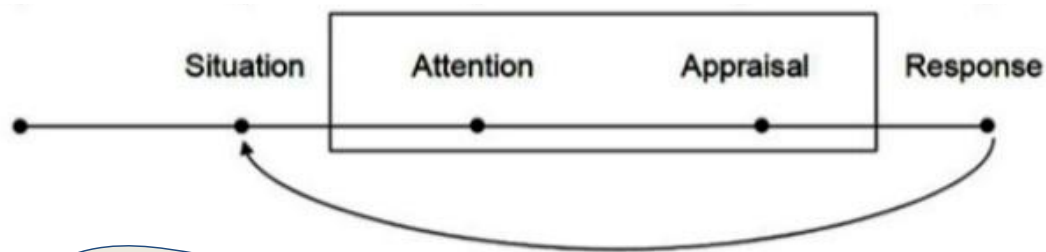
- ◆ Through (attraverso) perception, we constantly evaluate the situation/stimulus
  - ◆ this leads to (questo porta a) a **tendency towards or away from it** (depending on its value for us, also due to previous experiences)
- ◆ Different emotions = different **relationships between subject (the person) and object (the stimulus)**
  - ◆ it reflects the meaning that situation/stimulus has for us
- ◆ Warning: be aware (siate consapevoli) that the term “appraisal” is not applicable only to emotions (it means cognitive evaluation in general)



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# Another picture you will meet later

The modal model of emotions (Gross & Thompson, 2007)



We will use it in the emotion regulation section



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## Riepilogando... sulle emozioni

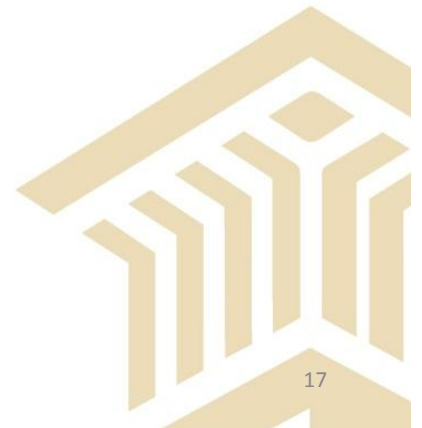
- ◆ Riepilogando quanto abbiamo detto su emozioni e stati affettivi, possiamo dire che:
  - ◆ Le emozioni sono fortemente radicate nel corpo (arousal, comportamento)
  - ◆ E incidono moltissimo sulla mente perché permeano il nostro modo di vedere le cose (sono un orizzonte entro il quale percepiamo l'esperienza.. Anche in termini di tempo e di spazio!)
  - ◆ Ed entrano massicciamente in gioco nella relazione con l'altro

Quindi.....



# Le emozioni nella relazione educativa

<https://www.youtube.com/watch?v=uUb1fTo-ykw>



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Instagram



Visualizza traduzione

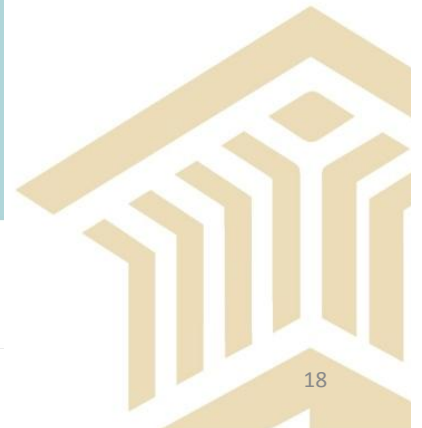


gemmacorrell



Piace a **prernagoel1** e altre persone

**gemmacorrell** Many times had things happen and we



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