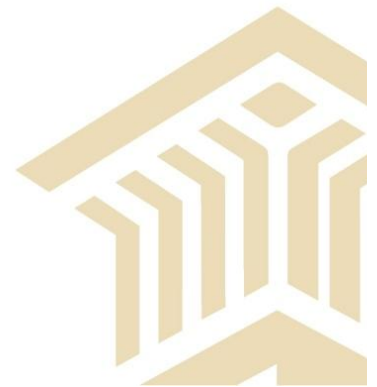


# Psicologia delle emozioni nel lavoro di cura

## Psychology of emotions in care relationships

Prof. Marta Casonato, PhD



BASIC EMOTIONS

COMPLEX EMOTIONS

SOCIAL EMOTIONS (also  
called «moral emotions»)

Let's define the different types of emotions

# BASIC, COMPLEX AND SOCIAL EMOTIONS



# Basic emotions

- ◆ Ekman's research findings led him to classify six emotions as basic:

- ◆ Anger
- ◆ Disgust
- ◆ Fear
- ◆ Happiness
- ◆ Sadness
- ◆ (Surprise)



- ◆ Take a look at this atlas (atlante) differentiating emotions:  
<http://atlasofemotions.org/#continents/>



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## Characteristics of basic emotions

- ◆ They **help the organism to mobilize quickly**
  - ◆ usually within important interpersonal encounters (but not always! E.g. thunder)
  - ◆ *based on what has been useful in the past*
- ◆ Basic emotions **evolved for *fundamental life-tasks***



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# Detailed characteristics of basic emotions



**Table 3.1** Characteristics which distinguish basic emotions from one another and from other affective phenomena

- 
1. Distinctive universal signals
  2. Distinctive physiology
  3. Automatic appraisal, tuned to:
  4. Distinctive universals in antecedent events
  5. Distinctive appearance developmentally
  6. Presence in other primates
  7. Quick onset (avvio rapido)
  8. Brief duration
  9. Unbidden occurrence (Occorrenza spontanea)
  10. Distinctive thoughts, memories images
  11. Distinctive subjective experience
- 



## From basic to complex emotions

- ◆ What we know today is that
  - ◆ relationships exist between basic emotions, resulting in positive or negative **influences**.
  - ◆ but complex emotions are not seen just as a combination (a blend, a mix) of basic ones, **it is more than that**
  - ◆ complex emotions can arise from **cultural conditioning**



# Social emotions (are complex emotions)

- ◆ They do not appear automatically, but they are **learnt**
- ◆ Their patterns of **expressions** are **not universal**
- ◆ The role of **cognition** is here predominant (they **require self-reflection and self-evaluation**) → not present at birth
- ◆ They depend upon the thoughts, feelings or actions of **other people** (the arousal is not enough– abbastanza-)
- ◆ They are strongly **linked to personal aims**
- ◆ They are sometimes called *moral emotions*, because they play an important role in morality and moral decision making



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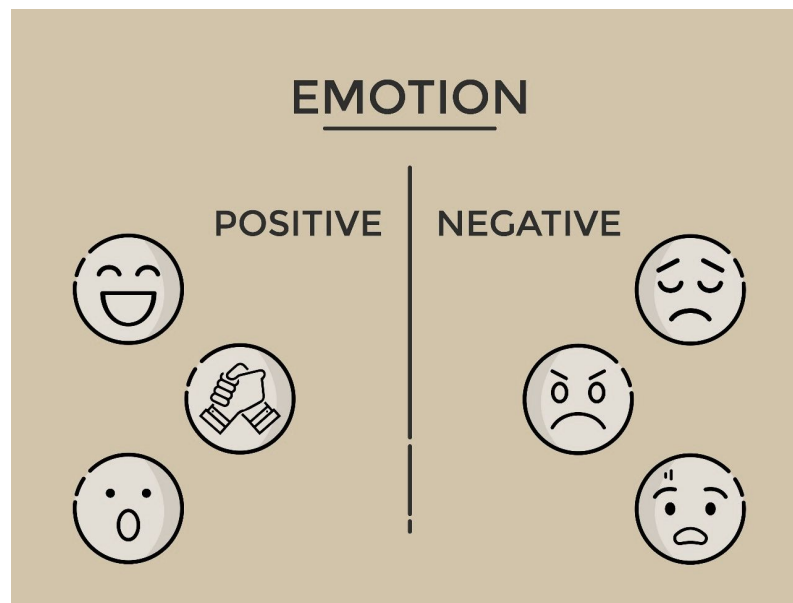
## Social emotions

- ◆ The most common ones are:
  - ◆ Shame
  - ◆ Guilt
  - ◆ Envy
  - ◆ Jealousy



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A matter of pleasantness (una questione di piacevolezza)

## POSITIVE AND NEGATIVE EMOTIONS



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### Positive and negative emotions

- ◆ **Positive Psychology** : Happiness and wellbeing can be defined in two different ways:
  - ◆ Hedonic perspective  positive emotions play a central role here!
    - ◆ Defines happiness and well-being in terms of **pleasure attainment** (raggiungimento) (and pain/suffering avoidance)
  - ◆ Eudamonic perspective
    - ◆ focuses on **meaning and self-realization**
    - ◆ defines well-being in terms of the degree to which a person is fully functioning.
- ◆ Emotions/affect and wellbeing   **bidirectional relationship!**



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# The role of positive emotions -1

- ◆ Positive emotions (as well as negative ones), **play a role in the evolution** of the specie, because:
  - ◆ they **help social interaction**, sharing and building of social bonds (e.g. still face) (□ see what we said about left hemisphere specialization)
  - ◆ Positive emotions **promote engagement** in activities (see: approach to situations)
  - ◆ Some positive emotions (such as joy, interest, contentment, pride) all share the ability **to expand the range of possible** thoughts (pensieri)/ action
    - ◆ E.g. joy: be creative, play, push the limits; pride: share positive news, etc.
  - ◆ These effects **last longer** than the emotion itself!
  - ◆ These expanded abilities are useful in difficult moments (we can recall them)



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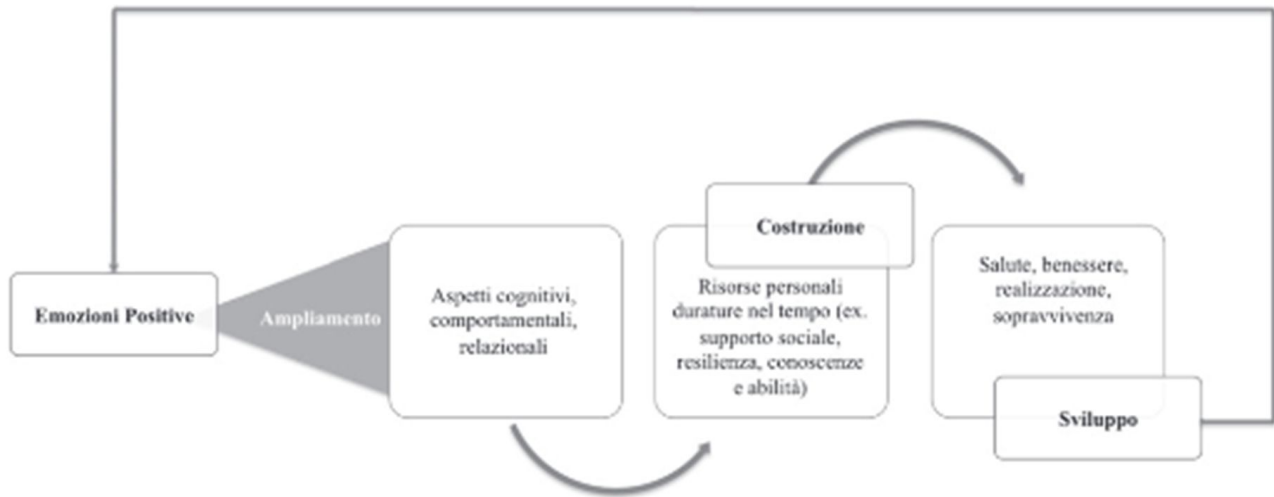
# The role of positive emotions -2

- ◆ Positive emotions yield **multiple and enduring benefits** (Fredrickson, 2001). Research has shown that they:
  - ◆ Broaden people repertoires
  - ◆ Reduce persistent negative emotions
  - ◆ Fuel psychological resilience
  - ◆ Enhance emotional and physical (!) wellbeing



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# Broaden and build theory



Fredrickson, 1998



# Hedonic and eudaimonic hormones

PIACERE	FELICITA'
<b>DOPAMINA</b>	<b>SEROTONINA</b>
Effimero	Durevole
Viscerale (aum press/bat card)	Spirituale
Eccitazione	Rilassante
Prendere	Dare/Donare
Sostanze	Darsi obiettivi
Solitudine	Socialità
Eccessi provocano dipendenza	No
Immediato	h. 24



# Positive and negative emotions over time

- ◆ Positive (and negative) emotions and affects can be related to different moments in **time**:
  - ◆ To a present situation (that we are currently living)
  - ◆ To a past situation (that we have experienced in the past)
  - ◆ To a future situation (that we imagine to come)
- ◆ These three dimensions **do not always correspond** (what I am feeling now might be different from what I will feel in the future about the same situation)

Ryan & Deci, 2001; Fredrickson 2001 – Broaden-and-build theory-



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## Positive emotions



- ◆ **Positive emotions** can be linked to:
  - ◆ the **past**: satisfaction, gratification, fulfillment (realizzazione), pride, serenity;
  - ◆ the **present**: joy, bliss (ecstasy), calm, exuberance, pleasure and enthusiasm
  - ◆ the **future**: optimism, hope, faith, trust



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