

Psychology and Neuroscience of Emotion

This course explores diverse approaches to studying emotional experience and its regulation. It discusses the evolutionary origins and biological bases of emotions and emotional expressions; the universal and culturally variable aspects of emotion; emotional development in infants, children, and adults; the role of emotion in attachment relationships and social interactions; emotion-cognition relations; and applications of emotion research in clinical psychology, the health professions, education, and the business world. This course also provides an introduction to the structure and function of the human brain. Students gain firsthand experience with research findings and methods through classroom demonstrations, experience sampling, and team projects. Prerequisite: PSYB 101 or by permission of the instructor.

Course Number: PSYB368

Unit: 3.0

Program: UNDG Contemplative Psych