

LECTURE

**Tuesday,
February 9th
2016**

12:15 - 13:45

Campus Biotech
Room 144.165
9, chemin des Mines
Geneva

Direct and Indirect Emotion Regulation in Intractable Conflicts:

A New Path for Conflict Resolution

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Intractable conflicts pose a great challenge to both humanity and science. The crucial role played by intergroup emotions in conflict dynamics has long been asserted in the field of conflict resolution. Therefore, regulating emotions in order to change attitudes and behaviour towards promoting peace is vital. In my talk I describe and review empirical work focusing on two ways by which emotions can be regulated in intractable conflicts. One way to transform emotions is to use established emotion regulation strategies to change intergroup emotional experiences, and subsequently political positions. Here, we directly ask people to regulate their emotions and provide them both with emotion regulation skills and with emotion regulation motivation. However, the use of direct emotion regulation may pose challenges in its application outside the laboratory, and especially among those who lack the motivation to regulate their emotions. Thus, sometimes there is a need to indirectly regulate people's emotions, by indirectly providing concrete cognitive appraisals, leading to attitude change by transforming discrete emotions. Discoveries have both theoretical and practical implications regarding emotion regulation in intractable conflicts, thus promoting attitudes so critical for peace making ■

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