



## Emotion Regulation and Psychopathology in Children and Adolescents (Paperback)

By -

Oxford University Press, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Emotions are a cardinal component of everyday life, affecting one's ability to function in an adaptive manner and influencing both intrapersonal and interpersonal processes such as self-esteem and relationship satisfaction. However, when emotions are overpowering, they can become debilitating and intrusive in daily life. In general, emotion regulation competencies become differentiated as a function of development. Children tend to seek support from adults or use behavioral techniques to regulate their emotions. As children reach adolescence, they become increasingly self-reliant, engaging in planful problem solving and utilizing cognitive strategies (for example, reappraisal) more frequently when faced with stressful life events. While the majority of children and adolescents will successfully navigate these developmental stages by cultivating adaptive coping skills, for some, this marks the beginning of lifelong challenges with emotion regulation and resultant dysregulation. This book provides a guide to dealing with these problems, with contributions from leading experts in the field. Divided into 4 sections, it starts by providing an introduction to the field of emotion regulation in adolescents, touching upon the cultural, social, biological, and developmental issues related to this topic. Section two discusses...



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