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Neurocognitive Disorders & Stress Management

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Introducing a novel integrative method named ‘Immunoneuropsychanalysis’

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Several studies have shown that emotion regulation (ER) and its relationship to well-being should be characterized by at least four parameters: first by ER-effectiveness (e.g. Sheppes and Gross, 2012); second by the frequency at which a specific ER-strategy is utilized; third by its adaptiveness, and fourth by how flexibly ER is taking place (e.g. Bonanno, & Burton, 2013). In my presentation, empirical findings with respect to the association between ER and well-being are reviewed (first part). Based on these findings, we developed the group intervention “Managing Emotions: Emotions under control” (German: “Gefühle im Griff”), which systematically teaches participants specific emotion regulation strategies. Structure and content of the intervention program as well as preliminary results of efficacy are presented in the second part of my talk.

Biography

Since 2003, my research has mainly focused on emotion regulation (ER), especially in the context of psychopathology, for example borderline personality disorder (BPD) or depression (e.g., Barnow, 2012, 2014; Barnow et al., 2013; Barnow et al., 2012). In this process, my research has been driven by questions such as: “How do people regulate their emotions?”, “Which mechanisms moderate the association between ER and psychopathology/well-being?”. Further, our research group has gained expertise in ecological momentary assessments of emotional processes during several projects (e.g. the Greifswalder Family Study supported by the Federal Research Community (DFG) and the collaborative project CANSAS supported by the Ministry of Education and Science. To summarize, my research has shown that emotion regulation processes are correlated with well-being and can predict the development and course of psychopathology. Considering these findings, we have developed an ER-group training called “Emotions Under Control (EUC)”, which I have described in a book published in the Springer Verlag (Barnow, 2014, 2015: *Gefühle im Griff*) and elsewhere (Barnow et al., 2014). My work has resulted in 151 peer-reviewed publications (end of June 2015), I edited 41 book chapters, and 8 books. My work was published in well-respected journals of my discipline, including *Psychological Medicine*, *Biological Psychiatry*, *Biological Psychology*, *American Journal of Psychiatry*, *Cognition and Emotion* and *NeuroImage*. Additionally, I have done reviews for over 40 journals including *Archives of General Psychiatry* (now *JAMA*), *American Journal of Psychiatry*, *Lancet* and *Psychological Medicine*.

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