

Dealing with Your Feelings: The Art and Science of Emotion Regulation



SYLLABUS

VU Amsterdam Summer School

July 6-17, 2026

Any general questions for the Summer School support team? Contact amsterdamsummerschool@vu.nl.



Course Details

Title	Dealing with Your Feelings: The Psychology of Emotion Regulation
Coordinator(s)	Prof. Dr. Sander L. Koole
Other lecturers	To be announced
Form(s) of tuition	On campus
Approximate contact hours	50
Approximate self-study hours	34

Teaching staff (in order of appearance)

Prof. Dr. Sander L. Koole + guest lecturers

Course description

Emotion regulation consists of the set of processes whereby people manage their emotions. Emotion regulation is linked to better mental and physical health, relationship satisfaction, and work performance. It is therefore vital to learn more about the psychology of emotion regulation. This summer course aims to provide students with a) knowledge regarding the state of the art of modern emotion regulation research; b) critical thinking and presentation skills; c) tools for developing new research and real-world applications of emotion regulation research. Among the topics covered in the course are: Emotion regulation strategies, emotion regulation flexibility, mindfulness, embodied emotion regulation, interpersonal emotion regulation, psychopathology and psychotherapy.

Learning objectives

1. Establish a sound knowledge of and insight into the major modern theories of, and scientific research on, emotion regulation.
2. Learn to generate and discuss new and critical questions about emotion regulation research.
3. Learn to how to develop new, theory-driven empirical research in the area of emotion regulation; and to provide feedback to research proposals by peers.
4. Learn how to apply insights from emotion regulation to research to address individual problems.
5. Develop oral and written presentation skills to communicate effectively on scientific topics.

Assignments and Assessment*

- (1) Read assigned literature
- (2a) Submit two thought questions prior to each lecture.

(2b) Read the thought questions from fellow students and select the three questions you are most interested in. The purpose of this exercise is to ensure that you inform yourselves about another's thought questions. This promotes discussions during class.

(2c) Participants are to participate in all classes.

(3/4a) Write a research proposal (RP) or application proposal (AP), to be submitted within two weeks of the end date of the course.

(3/4b) Provide peer feedback to 3 drafts of research proposals from their fellow students.

(5) Present your proposal before the group.

* The numbers of assignments correspond with the learning goals that were mentioned previously).

Provisional reading list

Class 1: Koole, S. L., & Aldao, A. (2016). The self-regulation of emotion: Theoretical and empirical advances. In K. D. Vohs & R. F. Baumeister (Eds.), *Handbook of self-regulation* (3rd edition). New York: Guilford.

Petrova, K., & Gross, J. J. (2023). The future of emotion regulation research: Broadening our field of view. *Affective Science*, 4(4), 609-616.

Class 3: Bonanno, G. A., & Burton, C. L. (2013). Regulatory flexibility: An individual differences perspective on coping and emotion regulation. *Perspectives on psychological science*, 8(6), 591-612.
Sheppes, G. (2020). Transcending the “good & bad” and “here & now” in emotion regulation: Costs and benefits of strategies across regulatory stages. *Advances in experimental social psychology*, 61, 185-236.

Class 5: Niven, K., & López-Pérez, B. (2025). Interpersonal emotion regulation: Reflecting on progress and charting the path forward. *Emotion*, 25(2), 277.

Rimé, B. (2009). Emotion elicits the social sharing of emotion: Theory and empirical review. *Emotion Review*, 1(1), 60-85.

Class 6: Wright, R. N., Adcock, R. A., & LaBar, K. S. (2025). Learning emotion regulation: An integrative framework. *Psychological Review*, 132(1), 173.

Koole, S. L., & Tschacher, W. (2016). Synchrony in psychotherapy: A review and an integrative framework for the therapeutic alliance. *Frontiers in psychology*, 7, 862.

Class 8: Rodriguez, M., & Kross, E. (2023). Sensory emotion regulation. *Trends in Cognitive Sciences*, 27, 379-390.

Ugurlu, Ö., & Keltner, D. (2026). Touch as emotion regulation. *Frontiers in Psychology*, 16, 1418374.

Course Schedule

Date	Topic	Location	Time
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Monday, July 6 Class 1	<i>Morning</i> Welcome, organization, & overview <i>Afternoon</i> Intro <i>The psychology of emotion Regulation</i> <i>Social activity VU campus</i>		10:00 – 12:30 13:30 -15:00 From 15:00
Tuesday, July 7 Class 2	<i>Morning</i> Workshop <i>Writing a Proposal</i> <i>Afternoon</i> Submit TQs 1 Submit Top 3 TQs		10:00 – 12:30 13:00 17:00
Wednesday, July 8 Class 3	<i>Morning</i> Workshop <i>Proposal Outlines 1</i>		10:00 – 12:30
Thursday, July 9 Class 4	<i>Morning</i> Workshop: <i>Methods</i> <i>Afternoon</i> Submit TQs 2 Student presentations, part 1 Submit Top 3 TQs	Canvas Canvas	10:00 – 12:30 13:00 14:00 -17:00 20:00
Friday, July 10 Class 5	<i>Morning</i> Lecture <i>Interpersonal Emotion Regulation</i> <i>Afternoon</i> Submit TQs 3 Student presentations, part 2 Submit Top 3 TQs	Canvas Canvas	10:00 – 12:30 13:00 14:00 -17:00 20:00
Saturday, July 11	Submit proposal outline Social program (voluntary)	Canvas	Noon

Schedule Week 2

Date	Topic	Location	Time
Monday July 13 Class 6	<i>Morning/Early afternoon</i> Submit TQs 4		11:00

	Submit Top 3 TQs <i>Afternoon</i> <i>Class Enhancing Emotion regulation</i>		14:00 15:00 -17:00
Tuesday, July 14 Class 7	<i>Morning</i> Write draft proposal/Question hour <i>Afternoon</i> Student presentations, part 3		11:00 – 13:00 1300 -15:00
Wednesday, July 15 Class 8	<i>Morning</i> <i>Class Embodied emotion regulation</i>		10:00 – 12:30
Thursday, July 16	<i>Morning</i> Write peer feedback on proposals/presentations. Submit peer feedback for 3 students <i>Afternoon</i> Student presentations, part 4		10:00 – 12:00 noon 14:00 -17:00
Friday, July 17	<i>Morning</i> Workshop proposals Closing of the Summer Course		10:00 – 13:00 13:30 – 14:00
Monday, July 27	Submit final proposal	Email	Noon (CET)

