

jaak panksepp emotions

jaak panksepp emotions represent a groundbreaking perspective in the study of affective neuroscience, focusing on the biological and neurological foundations of emotions. Jaak Panksepp, a renowned neuroscientist, pioneered the concept that emotions are rooted in specific brain circuits, which he termed "primary process emotions." His work emphasizes that emotions are not purely cognitive or social constructs but are deeply embedded in our mammalian brain structures. This article explores Jaak Panksepp's theories on emotions, detailing the primary emotional systems he identified and their implications for psychology and neuroscience. It also examines how his research has influenced the understanding of emotional experiences across species, highlighting the evolutionary basis of feelings. Readers will gain insight into the neurological underpinnings of emotions and learn about the practical applications of Panksepp's findings in mental health and behavioral science. The discussion includes a comprehensive overview of the seven core emotional systems and their significance in emotional regulation and behavior.

- Overview of Jaak Panksepp's Contribution to Emotions
- The Seven Primary Emotional Systems
- Neurological Basis of Jaak Panksepp's Emotional Theory
- Evolutionary Perspective on Emotions
- Applications of Panksepp's Emotional Model in Psychology

Overview of Jaak Panksepp's Contribution to Emotions

Jaak Panksepp's work revolutionized the understanding of emotions by introducing the concept of affective neuroscience, which integrates neuroscience and psychology to study emotions scientifically. He challenged traditional views that considered emotions as secondary phenomena arising only from cognition. Instead, Panksepp demonstrated that emotions have distinct neural circuits in the brain that generate raw emotional feelings. His research utilized animal models to identify these circuits, establishing that many emotional systems are conserved across mammalian species. This biological grounding of emotions provided a new framework for understanding affective experiences as evolutionary adaptations with survival value. Panksepp's approach has enabled researchers to explore emotions as primary brain processes rather than mere psychological constructs.

Defining Primary Process Emotions

Primary process emotions, according to Panksepp, are fundamental emotional states generated by subcortical brain regions. These emotions are pre-conscious, instinctual, and shared among mammals, forming the foundation for more complex emotional and cognitive processes. Unlike secondary or tertiary emotions that involve learning and higher brain functions, primary emotions arise from ancient brain circuits that regulate survival behaviors such as seeking, fear, and social bonding. This distinction highlights the importance of studying these core emotional systems to understand the biological basis of feelings across species.

The Seven Primary Emotional Systems

Jaak Panksepp identified seven primary emotional systems that are hardwired into the mammalian brain. Each system corresponds to specific neural circuits and produces distinct affective states that influence behavior and motivation. These systems form the core of the emotional experience and are crucial for survival and social interaction. Understanding these primary emotional systems sheds light on the universal nature of emotions and their role in shaping human and animal behavior.

List of the Seven Primary Emotional Systems

- **SEEKING:** Drives exploration, curiosity, and goal-directed behavior.
- **RAGE:** Triggers anger and aggressive responses.
- **FEAR:** Activates defensive behaviors and responses to threats.
- **CARE:** Promotes nurturing and social bonding.
- **PANIC/GRIEF:** Relates to separation distress and social attachment.
- **PLAY:** Facilitates social joy and learning through interaction.
- **LUST:** Governs sexual motivation and reproductive behaviors.

Characteristics and Functions of Each Emotional System

Each primary emotional system identified by Panksepp operates through specific subcortical brain circuits, predominantly in regions such as the periaqueductal gray, hypothalamus, and limbic structures. The SEEKING system is associated with dopamine pathways and is responsible for motivation and anticipation, encouraging organisms to explore their environment. The RAGE and FEAR systems prepare the organism for confrontation or avoidance in response to danger. CARE and PANIC/GRIEF systems

regulate social attachment and distress from separation, which are essential for maintaining social bonds. The PLAY system promotes social learning and cooperation, while LUST ensures reproductive success. Together, these systems provide a comprehensive framework for understanding the emotional life of mammals, including humans.

Neurological Basis of Jaak Panksepp's Emotional Theory

Central to Jaak Panksepp emotions is the identification of the neural substrates underlying affective states. His research employed electrical brain stimulation and behavioral studies in animals to map the brain circuits responsible for each primary emotion. He demonstrated that these circuits are ancient and conserved across mammalian species, indicating their fundamental role in survival and adaptation. This neurological basis supports the argument that emotions are intrinsic brain functions rather than learned responses or cognitive appraisals.

Brain Structures Involved in Primary Emotions

Panksepp identified several key brain structures involved in generating primary emotions. The periaqueductal gray (PAG) is critical for processing pain and defensive behaviors linked to FEAR and RAGE. The hypothalamus plays a vital role in regulating LUST and CARE-related behaviors. The nucleus accumbens and ventral tegmental area are integral to the SEEKING system due to their involvement in dopamine signaling. The anterior cingulate cortex and related limbic areas contribute to PANIC/GRIEF responses. These regions work in concert to produce the emotional states that drive behavior, highlighting the complexity and integration of emotional processing in the brain.

Methodologies Used by Panksepp

Panksepp utilized a range of experimental techniques, including intracranial electrical stimulation, lesion studies, and pharmacological interventions in animal models. He observed behavioral and affective changes resulting from stimulation or inhibition of specific brain areas, correlating these responses with distinct emotional states. His innovative use of animal laughter and play behavior as indicators of positive affect provided empirical support for the existence of primary emotional systems. These methodologies strengthened the scientific credibility of his emotional theory and advanced affective neuroscience as a discipline.

Evolutionary Perspective on Emotions

Jaak Panksepp emotions are deeply rooted in evolutionary biology, reflecting adaptive mechanisms that have been conserved throughout mammalian evolution. Emotions serve essential functions in survival, reproduction, and social organization. By studying emotional systems shared among mammals, Panksepp highlighted the continuity of

affective experiences across species. This evolutionary perspective underscores the biological importance of emotions and informs contemporary research on emotional disorders and their treatment.

Adaptive Functions of Primary Emotions

Each primary emotional system has evolved to address specific challenges faced by mammals in their environments. For example, the FEAR system triggers rapid responses to danger, enhancing survival chances. The CARE system supports offspring nurturing, ensuring species propagation. PLAY behavior fosters social skills and cognitive development, which are critical for complex social species. Understanding these adaptive functions helps explain why emotions are integral to behavioral regulation and why disruptions in these systems can lead to psychological disorders.

Applications of Panksepp's Emotional Model in Psychology

The implications of Jaak Panksepp emotions extend beyond basic neuroscience to clinical psychology, psychiatry, and behavioral therapy. His model provides a framework for understanding emotional disorders by pinpointing dysregulation in primary emotional systems. This approach has informed novel therapeutic strategies aimed at restoring balance in these affective circuits. Additionally, Panksepp's work has influenced animal welfare science, emphasizing the emotional capacities of animals and the importance of addressing their affective needs.

Impact on Mental Health Treatment

By identifying distinct neural circuits underlying emotions, Panksepp's theory has guided the development of pharmacological and behavioral interventions targeting specific emotional systems. For example, treatments for depression may focus on enhancing the SEEKING system to alleviate anhedonia, while anxiety therapies might address hyperactivity in the FEAR system. This targeted approach improves the effectiveness of mental health treatments and supports personalized medicine based on emotional neurobiology.

Relevance to Animal Welfare and Behavioral Science

Panksepp's findings have underscored the emotional lives of animals, challenging views that limit emotions to humans. Recognizing that animals experience primary emotions has led to improved standards in animal care and ethical considerations in research and husbandry. Furthermore, his work has contributed to behavioral science by providing insights into the emotional motivations behind animal behaviors, facilitating better management and enrichment practices.

Frequently Asked Questions

Who was Jaak Panksepp and what is he known for?

Jaak Panksepp was a neuroscientist and psychobiologist known for his pioneering research on the neural mechanisms of emotions, particularly in animals. He is often credited with founding the field of affective neuroscience.

What are Jaak Panksepp's primary contributions to the study of emotions?

Panksepp identified and mapped primal emotional systems in the brain, such as SEEKING, RAGE, FEAR, LUST, CARE, PANIC/GRIEF, and PLAY, demonstrating that these emotional systems are evolutionarily ancient and shared across mammalian species.

How did Jaak Panksepp define emotions in his research?

Panksepp defined emotions as neurobiological processes that generate affective experiences, which are essential for survival and are rooted in subcortical brain regions common to mammals.

What is the significance of Jaak Panksepp's 'affective neuroscience'?

Affective neuroscience, coined by Panksepp, is the study of the neural mechanisms of emotion. It bridges psychology and neuroscience by emphasizing the biological basis of feelings and emotional behavior.

Which brain systems did Jaak Panksepp identify as central to emotional processing?

He identified seven primary emotional systems: SEEKING, RAGE, FEAR, LUST, CARE, PANIC/GRIEF, and PLAY, each associated with specific neural circuits and neurotransmitters.

How does Jaak Panksepp's research impact our understanding of animal emotions?

His research provided strong evidence that animals experience core emotional states similar to humans, challenging previous behaviorist views and influencing animal welfare and ethical considerations.

What role does the SEEKING system play in Jaak Panksepp's emotional framework?

The SEEKING system is a fundamental emotional system driving curiosity, motivation, and

goal-directed behavior, associated with dopamine pathways and important for exploration and learning.

How can Jaak Panksepp's findings be applied in modern psychology and psychiatry?

His work informs treatments for mental health disorders by targeting emotional brain systems, helps develop better animal models for research, and enhances understanding of the biological roots of affective disorders.

Additional Resources

1. Brain Emotional Systems: The Legacy of Jaak Panksepp

This book explores the foundational work of Jaak Panksepp in identifying the primary emotional systems in the mammalian brain. It delves into how these systems drive behavior, motivation, and affective experiences. Readers gain insight into the neurobiological basis of emotions and the implications for psychology and psychiatry.

2. Emotional Neuroscience: The Science of Affective Brain Systems

Written by Jaak Panksepp himself, this seminal text presents a comprehensive overview of how emotions are generated in the brain. It combines neuroscience, psychology, and behavioral studies to explain the core emotional processes shared across mammals. The book is essential for understanding the interplay between brain circuits and emotional experiences.

3. The Archaeology of Mind: Neuroevolutionary Origins of Human Emotions

Co-authored by Panksepp, this book traces the evolutionary roots of emotions through the lens of affective neuroscience. It discusses how ancient brain systems underlie complex human feelings and behaviors. The authors argue for a deeper appreciation of emotions as evolutionary adaptations crucial for survival.

4. Feelings of Fear and Rage: Insights from Jaak Panksepp's Research

This book focuses on two of the primary emotional systems identified by Panksepp: fear and rage. It examines the neural circuits responsible for these emotions and their behavioral manifestations. The text also considers therapeutic approaches to managing pathological fear and aggression.

5. Play, Joy, and the Brain: Understanding Positive Emotions in Animals and Humans

Inspired by Panksepp's research on the SEEKING and PLAY systems, this book investigates the neuroscience behind joy and play behaviors. It highlights the importance of play for emotional development and mental health in both animals and humans. The book bridges affective neuroscience with developmental psychology.

6. Raw Affects: The Neurobiology of Emotions in Animals and Humans

This work explores the concept of raw, unfiltered emotional experiences as described by Panksepp's affective neuroscience framework. It discusses how these primal emotions form the foundation for complex feelings and consciousness. The book is a deep dive into the subjective nature of emotions from a neurobiological perspective.

7. *Emotional Brain Evolution: From Mammalian Systems to Human Feelings*

Focusing on the evolutionary trajectory of the emotional brain, this text builds on Panksepp's identification of core affective circuits. It examines how these systems have adapted and expanded in humans to support sophisticated emotional life. The book integrates findings from neuroscience, evolutionary biology, and psychology.

8. *Jaak Panksepp and the Affective Neuroscience Revolution*

This biography and scientific overview celebrates Panksepp's pioneering contributions to the study of emotions. It recounts his career, key discoveries, and the impact of affective neuroscience on modern psychology. Readers gain an appreciation for how his work reshaped our understanding of emotional processes.

9. *Emotions and the Brain: Foundations of Affective Neuroscience*

A comprehensive introduction to the field of affective neuroscience inspired by Panksepp's research, this book covers the neural substrates of primary emotions. It discusses methodologies, experimental findings, and clinical applications related to emotional brain systems. The text is suitable for students and professionals interested in the biological basis of emotions.

Jaak Panksepp Emotions

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jaak panksepp emotions: *Affective Neuroscience* Jaak Panksepp, 2004-09-30 In *Affective Neuroscience*, Jaak Panksepp provides the most up-to-date information about the brain-operating systems that organize the fundamental emotional tendencies of all mammals. Presenting complex material in a readable manner, the book offers a comprehensive summary of the fundamental neural sources of human and animal feelings, as well as a conceptual framework for studying emotional systems of the brain. Panksepp approaches emotions from the perspective of basic emotion theory but does not fail to address the complex issues raised by constructionist approaches.

jaak panksepp emotions: *Handbook of Emotions, Third Edition* Michael Lewis, Jeannette M. Haviland-Jones, Lisa Feldman Barrett, 2008-04-17 Widely regarded as the standard reference in the field, this handbook comprehensively examines all aspects of emotion and its role in human behavior. The editors and contributors are foremost authorities who describe major theories, findings, methods, and applications. The volume addresses the interface of emotional processes with biology, child development, social behavior, personality, cognition, and physical and mental health. Also presented are state-of-the-science perspectives on fear, anger, shame, disgust, positive emotions, sadness, and other distinct emotions. Illustrations include seven color plates.

jaak panksepp emotions: Categorical versus Dimensional Models of Affect Peter Zachar, Ralph D. Ellis, 2012-06-27 One of the most important theoretical and empirical issues in the scholarly study of emotion is whether there is a correct list of "basic" types of affect or whether all affective states are better modeled as a combination of locations on shared underlying dimensions. Many thinkers have written on this topic, yet the views of two scientists in particular are dominant. The first is Jaak Panksepp, the father of Affective Neuroscience. Panksepp conceptualizes affect as a

set of distinct categories. The leading proponent of the dimensional approach in scientific psychology is James Russell. According to Russell all affect can be decomposed into two underlying dimensions, pleasure versus displeasure and low arousal versus high arousal. In this volume Panksepp and Russell each articulate their positions on eleven fundamental questions about the nature of affect followed by a discussion of these target papers by noted emotion theorists and researchers. Russell and Panksepp respond both to each other and to the commentators. The discussion leads to some stark contrasts, with formidable arguments on both sides, and some interesting convergences between the two streams of work.

jaak panksepp emotions: Animal Emotions Kenneth L Davis, Christian Montag, 2020-06-16 *Animal Emotions: How They Drive Human Behavior* gives a concise overview of ancient mammalian emotions deeply rooted in the human brain. Jaak Panksepp, a world-renowned neuroscientist, dedicated his life career to the study of mammalian emotions and he carved out seven distinct emotional systems he called seeking, lust, care, and play (positive emotions), and fear, anger, and sadness (negative emotions), all exerting a tremendous influence on human behavior. Christian Montag, a neuroscientist and psychologist, and a long-time collaborator of Jaak Panksepp, revisits together with Kenneth L. Davis, one of Jaak's PhD students, Panksepp's theories and provides the reader with new insights into the nature of emotions and their role as survival tools, both for animals and for humans. They also raise new questions about the background of the research field Jaak Panksepp coined Affective Neuroscience. How are personality and psychopathology linked to animal emotions? Do animals feel the same way as we do? What are our emotional needs in a digital society, and what is key to a happy life?

jaak panksepp emotions: The Archaeology of Mind: Neuroevolutionary Origins of Human Emotions (Norton Series on Interpersonal Neurobiology) Jaak Panksepp, Lucy Biven, 2012-09-17 What makes us happy? What makes us sad? How do we come to feel a sense of enthusiasm? What fills us with lust, anger, fear, or tenderness? Traditional behavioral and cognitive neuroscience have yet to provide satisfactory answers. The Archaeology of Mind presents an affective neuroscience approach—which takes into consideration basic mental processes, brain functions, and emotional behaviors that all mammals share—to locate the neural mechanisms of emotional expression. It reveals—for the first time—the deep neural sources of our values and basic emotional feelings. This book elaborates on the seven emotional systems that explain how we live and behave. These systems originate in deep areas of the brain that are remarkably similar across all mammalian species. When they are disrupted, we find the origins of emotional disorders: - SEEKING: how the brain generates a euphoric and expectant response - FEAR: how the brain responds to the threat of physical danger and death - RAGE: sources of irritation and fury in the brain - LUST: how sexual desire and attachments are elaborated in the brain - CARE: sources of maternal nurturance - GRIEF: sources of non-sexual attachments - PLAY: how the brain generates joyous, rough-and-tumble interactions - SELF: a hypothesis explaining how affects might be elaborated in the brain The book offers an evidence-based evolutionary taxonomy of emotions and affects and, as such, a brand-new clinical paradigm for treating psychiatric disorders in clinical practice.

jaak panksepp emotions: Animal Emotions Christian Montag, Kenneth L. Davis, 2020 *Animal Emotions: How They Drive Human Behavior* gives a concise overview of ancient mammalian emotions deeply rooted in the human brain. Jaak Panksepp, a world-renowned neuroscientist, dedicated his life career to the study of mammalian emotions and he carved out seven distinct emotional systems he called seeking, lust, care, and play (positive emotions), and fear, anger, and sadness (negative emotions), all exerting a tremendous influence on human behavior. Christian Montag, a neuroscientist and psychologist, and a long-time collaborator of Jaak Panksepp, revisits together with Kenneth L. Davis, one of Jaak's PhD students, Panksepp's theories and provides the reader with new insights into the nature of emotions and their role as survival tools, both for animals and for humans. They also raise new questions about the background of the research field Jaak Panksepp coined Affective Neuroscience. How are personality and psychopathology linked to animal emotions? Do animals feel the same way as we do? What are our emotional needs in a digital society,

and what is key to a happy life?

jaak panksepp emotions: Emotions and Psychopathology Manfred Clynes, Jaak Panksepp, 2014-01-15

jaak panksepp emotions: Jungian and Interdisciplinary Analyses of Emotions Elizabeth Brodersen, Isabelle Meier, Valeria Céspedes Musso, 2025-04-09 This comprehensive collection of chapters concentrates on the multifaceted theme of emotions, and deepens our understanding of the role emotions play within the psyche. Leading international psychoanalysts and academics offer broad interdisciplinary dimensions using their own unique perspectives on the topic of emotions. Delineating into five parts, this volume focuses on key themes such as emotions, imagination, and method; the emotional basis of archetypes and complexes; relational trauma; mapping contagion across cultures; the contribution from neuroscience; and, finally, dreams and the transcendent. Clinical cases presented underline the important role unconscious, disassociated emotions play in the formation of symptomatology and how wholeness is facilitated through their acceptance. This collection offers a timely contribution to the interdisciplinary study of emotions placing Jungian psychology firmly within that framework. It will be of great interest to Jungian analysts, trainees, and psychotherapists, as well as interdisciplinary academic researchers interested in methodology, unconscious processes, transference, and dreams.

jaak panksepp emotions: Feelings and Emotions Antony S. R. Manstead, Nico Frijda, Agneta Fischer, 2004-04-05 Publisher Description

jaak panksepp emotions: Understanding Emotions Dacher Keltner, Keith Oatley, Jennifer M. Jenkins, 2018-11-29 Emotions are an inescapable part of the human experience. They motivate actions and reactions, guide our interpersonal and business relationships, inspire political and societal trends, and influence our sense of self and well-being. Emphasizing the broad practical reach of this field of study, *Understanding Emotions* draws from neuroscience, psychiatry, biology, genetics, the humanities, economics, and more to provide a strong foundation in core concepts. An easy-to-follow narrative arc encompasses the entire life span, while representative studies provide immediate insight into the real-world implications of important findings. This new Fourth Edition continues to provide clear and concise guidance toward the factors that drive emotion, with new, revised, and expanded discussions that reflect the current state of the field. Detailed coverage of social and anti-social motivations, moral judgment, empathy, psychological disorders, the physiological components of emotion, and many more equip students with the conceptual tools to probe deeper into the material and apply methods and techniques to their own personal lives.

jaak panksepp emotions: *The Neuroscience of Emotion* Ralph Adolphs, David J. Anderson, 2018-06-05 A new framework for the neuroscientific study of emotions in humans and animals *The Neuroscience of Emotion* presents a new framework for the neuroscientific study of emotion across species. Written by Ralph Adolphs and David J. Anderson, two leading authorities on the study of emotion, this accessible and original book recasts the discipline and demonstrates that in order to understand emotion, we need to examine its biological roots in humans and animals. Only through a comparative approach that encompasses work at the molecular, cellular, systems, and cognitive levels will we be able to comprehend what emotions do, how they evolved, how the brain shapes their development, and even how we might engineer them into robots in the future. Showing that emotions are ubiquitous across species and implemented in specific brain circuits, Adolphs and Anderson offer a broad foundation for thinking about emotions as evolved, functionally defined biological states. The authors discuss the techniques and findings from modern neuroscientific investigations of emotion and conclude with a survey of theories and future research directions. Featuring color illustrations throughout, *The Neuroscience of Emotion* synthesizes the latest in neuroscientific work to provide deeper insights into how emotions function in all of us.

jaak panksepp emotions: Film Structure and the Emotion System Greg M. Smith, 2003-10-13 Films evoke broad moods and cue particular emotions that can be broadly shared as well as individually experienced. Although the experience of emotion is central to the viewing of movies, film studies have neglected to focus attention on the emotions, relying instead on vague

psychoanalytic concepts of desire. *Film Structure and the Emotion System* synthesizes research on emotion in cognitive psychology and neurology in an effort to provide a more nuanced understanding of how film evokes emotion. Analysing a variety and range of films, including *Casablanca* and *Stranger than Paradise*, this book offers a grounded approach to the mechanisms through which films appeal to the human emotions, demonstrating the role of style and narration in this process.

jaak panksepp emotions: Emotions and Psychopathology Manfred Clynes, Jaak Panksepp, 2013-11-11 This book summarises the proceedings of a symposium on Emotions and Psychopathology which was held by the Department of Psychology of Bowling Green State University from September 26-27, 1986. It is coming to be realized that to understand the underlying structure and dynamics of many psychopathologies, it is essential to understand the nature of emotions. The aim of this symposium was to gather a group of investigators and thinkers who would have valuable and unique perspectives on the nature of emotions and on their relationship to psychic disorders. The main participants were Manfred Clynes, Helen Block Lewis, Michael Liebowitz, Marvin Minsky, Robert Plutchik, John Paul Scott and Jaak Panksepp. Ted Melnechuk chaired the half-day of round table discussion on the day following the symposium, and Gail Zivin and Larry Stettner presented informal position statements on ethology during the round table. On the evening before the symposium, Elliot Kal approaches Valenstein of The University of Michigan presented a pre-symposium colloquium entitled *Great and Desperate Cures* which summarized his most recent contribution to the Psychosurgery debate. We should like to refer you to his excellent book on the subject, with the same title, (Basic Books, 1986), which can help forewarn us of possible future worries in the application of biological technologies. Paul Byers who did not attend the meeting was invited to write a chapter summarizing cultural and societal issues which were not formally covered at the meeting.

jaak panksepp emotions: The Feeling Brain: The Biology and Psychology of Emotions Elizabeth Johnston, Leah Olson, 2015-05-11 A reader-friendly exploration of the science of emotion. After years of neglect by both mainstream biology and psychology, the study of emotions has emerged as a central topic of scientific inquiry in the vibrant new discipline of affective neuroscience. Elizabeth Johnston and Leah Olson trace how work in this rapidly expanding field speaks to fundamental questions about the nature of emotion: What is the function of emotions? What is the role of the body in emotions? What are feelings, and how do they relate to emotions? Why are emotions so difficult to control? Is there an emotional brain? The authors tackle these questions and more in this tasting menu of cutting-edge emotion research. They build their story around the path-breaking 19th century works of biologist Charles Darwin and psychologist and philosopher William James. James's 1884 article *What Is an Emotion?* continues to guide contemporary debate about minds, brains, and emotions, while Darwin's treatise on *The Expression of Emotions in Animals and Humans* squarely located the study of emotions as a critical concern in biology. Throughout their study, Johnston and Olson focus on the key scientists whose work has shaped the field, zeroing in on the most brilliant threads in the emerging tapestry of affective neuroscience. Beginning with early work on the brain substrates of emotion by such workers such as James Papez and Paul MacLean, who helped define an emotional brain, they then examine the role of emotion in higher brain functions such as cognition and decision-making. They then investigate the complex interrelations of emotion and pleasure, introducing along the way the work of major researchers such as Antonio Damasio and Joseph LeDoux. In doing so, they braid diverse strands of inquiry into a lucid and concise introduction to this burgeoning field, and begin to answer some of the most compelling questions in the field today. How does the science of normal emotion inform our understanding of emotional disorders? To what extent can we regulate our emotions? When can we trust our emotions and when might they lead us astray? How do emotions affect our memories, and vice versa? How can we best describe the relationship between emotion and cognition? Johnston and Olson lay out the most salient questions of contemporary affective neuroscience in this study, expertly situating them in their biological, psychological, and philosophical contexts. They offer a

compelling vision of an increasingly exciting and ambitious field for mental health professionals and the interested lay audience, as well as for undergraduate and graduate students.

jaak panksepp emotions: *The Logic of Love* Andrew J. B. Cameron, 2022-12-29 Overviewing what makes the intersection between emotion and ethics so confusing, this book surveys an older wisdom in how to manage it, using a range of Christian theologians and sources. More important even than 'managing', we begin to see a vision for a better set of affections to grow within and among us. In this vision emerges a practical and nuanced account of what the Christian tradition sometime summarises as 'love'. How may we recover a deep affection for what matters, both within ourselves and together in groups? This book also dialogues with a new movement in moral psychology, 'social intuitionism'. Cameron argues that researchers in this discipline have interests and conclusions that sometimes overlap with Christian sources, even where their respective lenses differ. In this way, the book overviews recent trends in moral psychology against a recent historical and contemporary cultural backdrop, whilst assaying major sources in Christian theology that offer guidance on moral psychology.

jaak panksepp emotions: *The History of Emotions* Jan Plamper, 2015 The history of emotions is one of the fastest growing fields in current historical debate, and this is the first book-length introduction to the field, synthesizing the current research, and offering direction for future study. The History of Emotions is organized around the debate between social constructivist and universalist theories of emotion that has shaped most emotions research in a variety of disciplines for more than a hundred years: social constructivists believe that emotions are largely learned and subject to historical change, while universalists insist on the timelessness and pan-culturalism of emotions. In historicizing and problematizing this binary, Jan Plamper opens emotions research beyond constructivism and universalism; he also maps a vast terrain of thought about feelings in anthropology, philosophy, sociology, linguistics, art history, political science, the life sciences - from nineteenth-century experimental psychology to the latest affective neuroscience - and history, from ancient times to the present day.

jaak panksepp emotions: *The Oxford Handbook of Emotion Dysregulation* Theodore P. Beauchaine, Sheila Elizabeth Crowell, 2020 Emotion dysregulation-which is often defined as the inability to modulate strong affective states including impulsivity, anger, fear, sadness, and anxiety-is observed in nearly all psychiatric disorders. These include internalizing disorders such as panic disorder and major depression, externalizing disorders such as conduct disorder and antisocial personality disorder, and various other disorders including schizophrenia, autism, and borderline personality disorder. Among many affected individuals, precursors to emotion dysregulation appear early in development, and often predate the emergence of diagnosable psychopathology. Collaborative work by Drs. Beauchaine and Crowell, and work by many others, suggests that emotion dysregulation arises from both familial (coercion, invalidation, abuse, neglect) and extra-familial (deviant peer group affiliations, social reinforcement) mechanisms. These studies point toward strategies for prevention and intervention. The Oxford Handbook of Emotion Dysregulation brings together experts whose work cuts across levels of analysis, including neurobiological, cognitive, and social, in studying emotion dysregulation. Contributing authors describe how early environmental risk exposures shape emotion dysregulation, how emotion dysregulation manifests in various forms of mental illness, and how emotion dysregulation is most effectively assessed and treated. This is the first text to assemble a highly accomplished group of authors to address conceptual issues in emotion dysregulation research, define the emotion dysregulation construct at levels of cognition, behavior, and social dynamics, describe cutting edge assessment techniques at neural, psychophysiological, and behavioral levels of analysis, and present contemporary treatment strategies. Conceptualizing emotion dysregulation as a core vulnerability to psychopathology is consistent with modern transdiagnostic approaches to diagnosis and treatment, including the Research Domain Criteria and the Unified Protocol, respectively.

jaak panksepp emotions: *Consciousness & Emotion* Ralph D. Ellis, Natika Newton, 2005-03-18 The papers in this volume of Consciousness & Emotion Book Series are organized

around the theme of enaction. Enactive emotional processes are not merely the recipients of information or the passive victims of input and learning. The organism first is engaged in an ongoing, complex pattern of self-organizational activity, for the purpose of maintaining a dynamical continuity of pattern across changes of subserving micro-constituents and environmental conditions, making use of multiple shunt mechanisms, feedback loops, and other complex dynamical features. Self-organizational structure is used to distinguish between action and mere reaction. Accordingly, the papers of this volume by leading students of emotion such as Jaak Panksepp, Luc Ciompi, Thomas Natsoulas, Farzaneh Pahlavan, Michela Balconi, Todd Lubart, Louise Sundararajan, Jordan Petersen and others address three main issues: I. Emotional influences on perception and thought II. Agency and choice III. Agency and moral value

jaak panksepp emotions: The Emotional Foundations of Personality Kenneth L. Davis, Jaak Panksepp, 2018-03-27 A CHOICE Magazine Outstanding Academic Title of 2018. A novel approach to understanding personality, based on evidence that we share more than we realize with other mammals. This book presents the wealth of scientific evidence that our personality emerges from evolved primary emotions shared by all mammals. Yes, your dog feels love—and many other things too. These subcortically generated emotions bias our actions, alter our perceptions, guide our learning, provide the basis for our thoughts and memories, and become regulated over the course of our lives. Understanding personality development from the perspective of mammals is a groundbreaking approach, and one that sheds new light on the ways in which we as humans respond to life events, both good and bad. Jaak Panksepp, famous for discovering laughter in rats and for creating the field of affective neuroscience, died in April 2017. This book forms part of his lasting legacy and impact on a wide range of scientific and humanistic disciplines. It will be essential reading for anyone trying to understand how we act in the world, and the world's impact on us.

jaak panksepp emotions: Emotions and Personhood Giovanni Stanghellini, René Rosfort, 2013-02-07 How does a person experience emotions? What is the relationship between the experiential and biological dimensions of emotions? How do emotions figure in a person's relation to the world and to other people? How do emotions feature in human vulnerability to mental illness? Do they play a significant role in the fragile balance between mental health and illness? If emotions are in fact significant, how are they relevant for treatment? Emotions and personhood are important notions within the field of mental health care. What they are, and how they are related though, is less evident. This book provides a framework for understanding this relationship. The authors argue for an account of emotions and personhood that attempts to understand human emotions from the combined approach of philosophy and psychopathology, taking its models particularly from hermeneutical phenomenology and from dialectical psychopathology. Within the book, the authors develop a basic set of concepts for understanding what emotional experience means for a human person, with the assumption that human emotional experience is fragile - a fact which entails vulnerability to mental disturbance. Drawing on research from psychiatry, psychopathology, philosophy, and neuroscience, the book will be valuable for both students and researchers in these disciplines, and more broadly, within the field of mental health.

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