Weill Cornell Medicine Psychiatry Psychology Grand Rounds



Thursday, April 17th, 2025 12:00pm-1:00pm

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Robert L. Leahy PhD

Clinical Professor of Psychology in Psychiatry, Weill Cornell Medicine



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Robert L. Leahy was educated at Yale University (BA, MS, PhD) and completed a post-doctoral fellowship at the University of Pennsylvania School of Medicine under the direction of Aaron Beck, the founder of cognitive therapy. He is the author and editor of 30 books that have been translated into 23languages. Leahy is the Director of the American Institute for Cognitive Therapy in New York City, Clinical Professor of Psychology in the Department of Psychiatry at Weill-Cornell Medical College, Past President of the Association of Behavioral and Cognitive Therapy, the Academy of Cognitive Therapy and the International Association for Cognitive Therapy. He is the recipient of the Aaron T. Beck Award from the Academy of Cognitive Therapy and the Outstanding Clinician Award from ABCT.

THINKING ABOUT OTHER PEOPLE'S FEELINGS: AN EMOTIONAL SCHEMA MODEL

ABSTRACT

Emotion theory has largely focused on how we regulate our own emotions, but an emerging area of interest is how we respond to the emotions of otherpeople. This is known as Interpersonal Emotion Regulation and includes how we perceive the emotions of others and what attempts we use to respond to or help regulate the emotions of other people. The Emotional Schema Model that has been developed by the presenter proposes that each of us have implicit theories of our own emotions and those of others. As applied to IER this includes our beliefs about the duration, need for control, normalcy, validation, expression, acceptance of feelings, tolerance for ambivalence and other dimensions of emotion. How do we react when someone elsebecomes dysregulated? Can we accept the emotions that others express or do we believe we need them to stop feeling the way that they do? Do weresist validating them because we think this will reinforce complaining and rumination. How is IER related to attachment processes? What does it meanto the person who is upset when they are not validated? What are the problematic strategies for eliciting validation?

LEARNING OBJECTIVES

- 1. Identify three problematic strategies in responding to others' difficult emotions.
- 2. Identify three problematic beliefs about the emotions that others have.
- 3. Describe three problematic strategies for eliciting validation.

REFERENCES

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- 2. Niven, K., Hughes, D. J., Tan, J. K., & Wickett, R. (2024). Individual differences in interpersonal emotion regulation: What makes some people more (or less) successful than others? *Social and Personality Psychology Compass*, *18*(4). https://doi.org/10.1111/spc3.12951
- 3. Smith, A. M., Young, G., & Ford, B. Q. (2023). The interpersonal correlates of believing emotions are controllable. *Motivation and Emotion*, 47(3), 323–332. https://doi.org/10.1007/s11031-023-10016-3

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