



**אוניברסיטת בן-גוריון בנגב
הפקולטה למדעי הרוח והחברה**

המחלקה לחינוך
לימודי תואר שני
סילבוס לסטודנט
שנת הלימודים תשע"ז
-2016-2017

שם הקורס: וויסות עצמי ותודעה נטועה בגוף: סוגיות מחקריות

קוד הקורס: 129-2-0324 א' ו- סמ' ב' 129-2-0352

שם המרצה: ד"ר עידית שלו

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תאור הקורס

קורס מחקרי שנתי זה יסקור סוגיות תיאורטיות ומחקריות עכשוויות בחקר הוויסות וויסות עצמי, קוגניצית גוף וקשרים אפשריים ביניהם. נדון בשאלות כגון כיצד מתקדם האדם לעבר השגת מטרתו ומוסת את התנהגותו? האם תהליך זה הוא בהכרח מודע ורצוני? כיצד משפיעים תהליכים רגשיים, סביבתיים או פיזיקליים לא מודעים על וויסות עצמי? מהם המאפיינים של וויסות עצמי מוצלח ולקוי? תהליכים קוגניטיביים המבטאים הפרעות בוויסות עצמי כגון רומניציה ודמויים מנטליים אינטרוסיביים. שימוש בקוגניציה גוף או דמויים מנטליים לשיפור וויסות עצמי. בסמסטר הראשון הסטודנטים יתבקשו לקרוא ולהציג בכיתה מאמרים תיאורטיים ומחקריים מידי שבוע. הסטודנטים יפתחו הצעות למחקר בתחום. בסמסטר השני הפגישות יהיו אינדיבידואליות או קבוצתיות לקידום המחקר בתחום. בסוף הסמסטר יציגו קבוצות המחקר השונות את תוצאות מחקריהן.

דרישות הקורס

נוכחות חובה והשתתפות פעילה 10%

הצגת חומר תאורטי בכיתה 25%

ביקורת שבועית על מאמרים 25%

עבודה מסכמת 40%

פרשיות לימודים ומקורות לפי שיעורים

מהו וויסות עצמי?

Bargh, J. A., Gollwitzer, P. M., & Oettingen, G. (2010). Motivation. In S. T. Fiske, D. T.

Gilbert, & G. Lindzey (Eds.), Handbook of Social Psychology (5th ed.). New York: Wiley.

וויסות עצמי כמשאב מוגבל

Hagger, M. S., Wood, C., Stiff, C., & Chatzisarantis, N. L. D. (2010). Ego depletion and the strength model of self-control: A meta-analysis, 495-525.

Discussion:

Ryan, R. M., & Deci, E. L. (2008). From ego-depletion to vitality: Theory and findings concerning the facilitation of energy available to the self. *Social and Personality Psychology Compass*, 2, 702-717.

מודל תהליך לדילול משאבי האגו

Inzlicht, M., & Schmeichel, B. J. (2012). What Is Ego Depletion? Toward a Mechanistic Revision of the Resource Model of Self-Control. *Perspectives of Psychological Science*. DOI: 10.1177/1745691612454134.

Discussion:

Molden, D. C., Ming Hui, C., Scholer, A. A., Meier, B. P., Noreen, E. E., D'Agostino, P. R., & Martin, V. (2012). The motivational versus metabolic effects of carbohydrates on self-control. *Psychological Science*. doi:10.1177/0956797612439069

וויסות עצמי ללא מודעות

Bargh, J. A., & Morsella, E. (2010). Unconscious behavioral guidance systems. In C. Agnew, D. Carlston, W. Graziano, & J. Kelly (Eds.), *Then a miracle occurs: Focusing on behavior in social psychological theory and research* (pp. 89-118). New York, NY: Oxford University Press.

Discussion:

Huang, J.Y., & Bargh, J.A. (in press). The selfish goal: Autonomously operating motivational structures as the proximal cause of human judgment and behavior. [Target article]. *Behavioral and Brain Sciences*.

תהליכים אוטומטיים

Moors, A., & De Houwer, J. (2006). Automaticity: a theoretical and conceptual analysis. *Psychological bulletin*, 132(2), 297.

Discussion:

Custers, R., & Aarts, H. (2010). The unconscious will: How the pursuit of goals operates outside of conscious awareness. *Science*, 329, 47-50.

מתי פריימינג משפיע על התנהגות?

Loersch, C., & Payne, B. K. (2011). The situated inference model of priming: An integrative account of construal, behavior, and goal priming. *Perspectives on Psychological Science*, 6, 234-252.

Discussion:

Dijksterhuis, A., & Nordgren, L. F. (2006). A theory of unconscious thought. *Perspectives on Psychological Science*, 1, 95-109.

האם מחשבה מודעת משפיעה על התנהגות?

Baumeister, R. F., Masicampo, E. J., & Vohs, K. D. (2011). Do conscious thoughts cause behavior? *Annual Review of Psychology*, 62, 331–361.

Discussion:

Baumeister, R. and Bargh, J. Conscious and unconscious: toward an integrative understanding of human mental life and function. In *Dual Process Theories in Social Psychology* (2nd edn) (Sherman, J. and Trope, Y., eds), Guilford (in press).

תודעה נטועה בגוף

Meier, B. P., Schnall, S., Schwarz, N., & Bargh, J. A. (2012). Embodiment in social psychology. *Topics in Cognitive Science*. DOI: 10.1111/j.1756-8765.2012.01212.x

Discussion:

Williams, L. E., Huang, J. Y., & Bargh, J. A. (2009). The scaffolded mind: Higher mental processes are grounded in early experience of the physical world. *European Journal of Social Psychology*, 39, 1257-1267.

משאפורות

Meier, B. P., Scholer, A. A., & Fincher-Kiefer, R. (in press). Conceptual metaphor theory and person perception. In M. J. Landau, M. D. Robinson, and B. P. Meier (Editors). *The power of metaphor: Examining its influence on social life*. Washington, D.C.: American Psychological Association.

Discussion

Macrae, C. N, Brittany M. Christian & Lynden K. Miles Chapter draft prepared for J. P. Forgas & E. Harmon-Jones (Eds.), *The control within: Motivation and its regulation*. New York: Psychology Press.

תודעה נטועה בגוף, תפיסה וויסות עצמי

Balci, E., & Cole, S. (2009). Body in mind: The role of embodied cognition in self-regulation. *Social and Personality Psychology Compass*, 759-76.

Discussion:

Firestone, C., & Scholl, B. J. (in press). "Top-down" effects where none should be found: The El Greco fallacy in perception research. *Psychological Science*

ליקויים בויסות עצמי

Koole, S.L., Tops, M., Strübin, S, Bouw, J., Schneider, I.K. & Jostmann, N.B. (forthcoming). The Ego Fixation Hypothesis: Involuntary Persistence of Self-Control. In J. P. Forgas & E. Harmon-Jones (Eds.), *The control within: Motivation and its regulation*. New York, NY, US: Psychology Press.

Discussion:

Johnson, S. L. & Carver, C.S. (2010). Goal dysregulation in the affective disorders In.

A. M. Kring, D.M. Sloan (Eds.), Emotion regulation and psychopathology: A transdiagnostic approach to etiology and treatment, Guilford, New York (pp. 204-229).

וויסות רגשי אימפליציטי

Koole, S. L., & Rothermund, K. (2011). "I feel better but I don't know why": The psychology of implicit emotion regulation. *Cognition and Emotion*, 25, 389-399.

Discussion:

Gyurak, A., Gross, J. J. & Etkin, A. (2011). Explicit and implicit emotion regulation: A dual-process framework. *Cognition & Emotion*, 25, 400–412.

ליקויים בוויסות רגשי אסטרטגיות

Werner, K. & Gross, J. J. (2010). Emotion regulation in psychopathology: Insight from basic science. In A. M. Kring, D.M. Sloan (Eds.), *Emotion regulation and psychopathology: A transdiagnostic approach to etiology and treatment*, Guilford, New York (pp. 13-38)

Discussion:

Concoran, K. M., Farb, N, Anderson, A. & Segal, Z. V. (2010) Mindfulness and Emotion Regulation. In A. M. Kring, D.M. Sloan (Eds.), *Emotion regulation and psychopathology: A transdiagnostic approach to etiology and treatment*, Guilford, New York (339-556).

Taylor T. C. & Nader, A. (2010). Attention and Emotion Regulation. In A. M. Kring, D.M. Sloan (Eds.), *Emotion regulation and psychopathology: A transdiagnostic approach to etiology and treatment*, Guilford, New York (380-405).

Research of Embodiment and Self Regulation

Dr. Idit Shalev

Course code: 0342

Place/Time: Monday 12:15-13:45; Building no.28, Room 106 (Fall)

Instructor: Dr. Idit Shalev

Office hours: Wednesday 12:00-13:00, room 155

Email: shalevid@bgu.ac.il

General Course Description

The contemporary research questions of research of embodiment self regulation will be presented to assist students in understanding the role of self regulation in everyday life and psychopathology and to develop research proposals. The course will establish the students' notion of self regulation and its association to contemporary perspectives of social cognition and intervention. We will examine the contemporary research and its association to broadened contemporary research questions of social cognition and cognitive science (e.g. the association between conscious choice and behavior, when does priming effect behavior, conscious and nonconscious self and emotion regulation). Based on the social cognition perspective, we will discuss the contribution of environmental, physical or emotional experiences to adaptive versus maladaptive self regulation. Use of self regulatory mechanisms to facilitate psychological health will be discussed.

On successful completion of the course, the student should be able to:

1. Be familiar with contemporary theory and research of self regulation.
2. Develop the ability to examine and criticize research procedures and theoretical perspectives.
3. Integrate basic research of self and emotion regulation and contemporary basic research of psychological intervention (e.g., mindfulness, priming based intervention, self distancing).
4. Develop experimental research proposals on self regulation.

Requirements and Grading:

The course includes lectures, theoretic and empirical presentations, discussions on papers read at home and development of new research proposals.

The course is based on theoretic papers and meta-analyses. The students will submit weekly responses on papers read at home (50 words summary of the paper, 2 strengths and 2 liabilities of the paper) for discussion. The students will present their responses in class over the discussions. Additionally, a different weekly paper of the specific topic will be presented by every student. Based on the research topics and discussions the students will develop a research proposal. In the second semester will be devoted to conducting the research and presentation of the results the end of the year.

Assessment:

Attendants: %10

Essays : %25

Presentations: %25

Research proposal: %40

Class Schedule and Required Reading :

1. What is self-regulation?

Bargh, J. A., Gollwitzer, P. M., & Oettingen, G. (2010). Motivation. In S. T. Fiske, D. T. Gilbert, & G. Lindzey (Eds.), *Handbook of Social Psychology* (5th ed.). New York: Wiley.

2. Self regulation as a limited resource

Hagger, M. S., Wood, C., Stiff, C., & Chatzisarantis, N. L. D. (2010). Ego depletion and the strength model of self-control: A meta-analysis, 495-525.

Discussion:

Ryan, R. M., & Deci, E. L. (2008). From ego-depletion to vitality: Theory and findings concerning the facilitation of energy available to the self. *Social and Personality Psychology Compass*, 2, 702-717.

3. The process model for ego depletion

Inzlicht, M., & Schmeichel, B. J. (2012). What Is Ego Depletion? Toward a Mechanistic Revision of the Resource Model of Self-Control. *Perspectives of Psychological Science*. DOI: 10.1177/1745691612454134.

Discussion:

Molden, D. C., Ming Hui, C., Scholer, A. A., Meier, B. P., Noreen, E. E., D'Agostino, P. R., & Martin, V. (2012). The motivational versus metabolic effects of carbohydrates on self-control. *Psychological Science*. doi: 10.1177/0956797612439069

4. Non conscious self regulation

Bargh, J. A., & Morsella, E. (2010). Unconscious behavioral guidance systems. In C. Agnew, D Carlston, W Graziano, & J. Kelly (Eds.), *Then a miracle occurs: Focusing on behavior in social psychological theory and research* (pp. 89-118). New York, NY: Oxford University Press.

Discussion:

Huang, J.Y., & Bargh, J.A. (in press). The selfish goal: Autonomously operating motivational structures as the proximal cause of human judgment and behavior.

[Target article]. *Behavioral and Brain Sciences*

5. What is automaticity?

Moors, A., & De Houwer, J. (2006). Automaticity: a theoretical and conceptual analysis. *Psychological bulletin*, 132(2), 297.

Discussion:

Custers, R., & Aarts, H. (2010). The unconscious will: How the pursuit of goals operates outside of conscious awareness. *Science*, 329, 47-50.

6. When does priming effect behavior?

Loersch, C., & Payne, B. K. (2011). The situated inference model of priming: An integrative account of construal, behavior, and goal priming. *Perspectives on Psychological Science*, 6, 234-252.

Discussion:

Dijksterhuis, A., & Nordgren, L. F. (2006). A theory of unconscious thought. *Perspectives on Psychological Science*, 1, 95-109.

7. Do conscious thoughts cause behavior?

Baumeister, R. F., Masicampo, E. J., & Vohs, K. D. (2011). Do conscious thoughts cause behavior? *Annual Review of Psychology*, 62, 331–361.

Discussion:

Baumeister, R. and Bargh, J. Conscious and unconscious: toward an integrative understanding of human mental life and function. In *Dual Process Theories in Social Psychology* (2nd edn) (Sherman, J. and Trope, Y., eds), Guilford (in press).

8. Embodiment

Meier, B. P., Schnall, S., Schwarz, N., & Bargh, J. A. (2012). Embodiment in social psychology. *Topics in Cognitive Science*. DOI: 10.1111/j.1756-8765.2012.01212.x

Discussion:

Williams, L. E., Huang, J. Y., & Bargh, J. A. (2009). The scaffolded mind: Higher mental processes are grounded in early experience of the physical world. *European Journal of Social Psychology*, 39, 1257-1267.

9. Metaphors

Meier, B. P., Scholer, A. A., & Fincher-Kiefer, R. (in press). Conceptual metaphor theory and person perception. In M. J. Landau, M. D. Robinson, and B. P. Meier (Editors). *The power of metaphor: Examining its influence on social life*. Washington, D.C.: American Psychological Association.

Discussion

Macrae, C. N, Brittany M. Christian & Lynden K. Miles Chapter draft prepared for J. P. Forgas & E. Harmon-Jones (Eds.), *The control within: Motivation and its regulation*. New York: Psychology Press.

10. Perception, embodiment and self regulation

Balci, E., & Cole, S. (2009). Body in mind: The role of embodied cognition in self-regulation. *Social and Personality Psychology Compass*, 759-76.

Discussion:

Firestone, C., & Scholl, B. J. (in press). "Top-down" effects where none should be found: The El Greco fallacy in perception research. *Psychological Science*

11. Self dysregulation

Koole, S.L., Tops, M., Strübin, S, Bouw, J., Schneider, I.K. & Jostmann, N.B. (forthcoming). The Ego Fixation Hypothesis: Involuntary Persistence of Self-Control. In J. P. Forgas & E. Harmon-Jones (Eds.), *The control within: Motivation and its regulation*. New York, NY, US: Psychology Press.

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Johnson, S. L. & Carver, C.S. (2010). Goal dysregulation in the affective disorders In. A. M. Kring, D.M. Sloan (Eds.), *Emotion regulation and psychopathology: A transdiagnostic approach to etiology and treatment*, Guilford, New York (pp. 204-229).

12. Implicit emotion regulation

Koole, S. L., & Rothermund, K. (2011). "I feel better but I don't know why": The psychology of implicit emotion regulation. *Cognition and Emotion*, 25, 389-399.

Discussion:

Gyurak, A., Gross, J. J. & Etkin, A. (2011). Explicit and implicit emotion regulation: A dual-process framework. *Cognition & Emotion*, 25, 400-412.

13. Emotion dysregulation and strategies to regulate emotion

Werner, K. & Gross, J. J. (2010). Emotion regulation in psychopathology: Insight from basic science. In. A. M. Kring, D.M. Sloan (Eds.), *Emotion regulation and psychopathology: A transdiagnostic approach to etiology and treatment*, Guilford, New York (pp. 13-38)

Discussion:

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Taylor T. C. & Nader, A. (2010). Attention and Emotion Regulation. In. A. M. Kring, D.M. Sloan (Eds.), *Emotion regulation and psychopathology: A transdiagnostic approach to etiology and treatment*, Guilford, New York (380-405).