

Change in Emotion in Psychotherapy

1 ECTS

Teacher: Prof. Dr. Ueli Kramer, Dep. Psychiatry, CHUV

Level: Introductory

Pre-requirements: none

Objectives:

The introductory course and tutorial will discuss methods to assess change in emotion in the clinical context, and in particular in psychotherapy. This course is a good complement to “Introduction to Psychotherapy Research”. Change in emotion is understood as a multicomponent multimethod phenomenon, as such, approaches combining self-report, observational methods, with physiological and neurobiological assessments will be discussed. Five functional domains of emotion will be discussed in the course, that are emotion awareness, appraisal, regulation, memory and transformation.

Assessment:

Participants are expected to be present to all three course sessions, and to actively participate.

Participants should become familiar with the literature on the topic by reading the materials listed below before each course session. Those materials will be made available on Moodle (please see below).

As final course assessment, participants will have to provide a 1-2 page term paper after the course discussing one of the questions below:

1. Discuss one functional domain of emotion, define it and present at least two different methods to assess it.
2. Discuss two functional domains of emotion, by selecting the same method and by discussing challenges and opportunities.
3. Discuss at least two methodological problems in the study of change in emotion in psychotherapy.

General reading:

Samson, A. C., Sander, D., & Kramer, U. (2024). *Change in emotion and mental health*. Academic Press.

Course sessions:

Session 1 (February 13th, 2026, 08:00-12:00)

Change in emotion: a multi-component multi-method phenomenon

Readings:

- Eberhardt, S. T., Schaffrath, J., Moggia, D., Schwartz, B., Jaehde, M., Rubel, J. A., Baur, T., André, E., & Lutz, W. (2025). Decoding emotions: Exploring the validity of sentiment analysis in psychotherapy. *Psychotherapy Research*, 35(2), 174-189. <https://doi.org/10.1080/10503307.2024.2322522>
- Grandjean, L., Beuchat, H., Pascual-Leone, A., Martin-Soelch, C., Draganski, B., & Kramer, U. (2025). Multicomponent multimethod assessment of emotional change in psychotherapy research: initial validation of a neurobehavioral paradigm. *Psychopathology and Behavioral Assessment*, 47:21. <https://doi.org/10.1007/s10862-025-10201-3>
- Peluso, P. R., & Freund, R. R. (2018). Therapist and client emotional expression and psychotherapy outcomes: A meta-analysis. *Psychotherapy*, 55(4), 461.
- Sander, D. (2022). Feelings, and the multicomponential approach to emotions. *Emotion Researcher*, 32-37. <http://emotionresearcher>.
- Schiller, D. ... Rizzo, A. (2024). The human affectome. *Neuroscience and Biobehavioral Reviews*, 105450
- Sonderland, N. M., Solbakken, D. E., Eilertsen, M. N., & Monsen, J. T. (2023). Emotional changes and outcomes in psychotherapy: A systematic review and meta-analysis. *Journal of Consulting and Clinical Psychology*. <https://doi.org/10.1037/ccp000081>
- Steppan, M., Zimmermann, R., Fürer, L., Southward, M., Koenig, J., Kaess, M., Kleinbub, J. R., Roth, V., & Schmeck, K. (2024). Machine learning facial emotion classifiers in psychotherapy research: A proof-of-concept study. *Psychopathology*, 57, 159-168. <https://doi.org/10.1159/000534811>

Session 2: (February 27th, 2026, 08:00-12:00)

Emotion awareness, appraisal and regulation

Readings:

- Daros, A. R., Haefner, S. A., Asadi, S., Kazi, S., Rodak, T., & Quilty, L. C. (2021). A metaanalysis of emotional regulation outcomes in psychological interventions for youth with depression and anxiety. *Nature human behavior*, 5(10), 1443–1457.
- Dixon-Gordon, K., Waite, E. E., Gaines, A. N., & Constantino, M. J. (2024). Emotion regulation as a mechanism of change in psychotherapy. In A. C. Samson, D. Sander, &

U. Kramer (Eds.). *Change in emotion and mental health* (pp. 287-304). Academic Press.

- Iwakabe, S., Nakamura, K., & Thoma, N. C. (2023). Enhancing emotion regulation. In C. E. Hill, & J. C. Norcross (Eds.), *Psychotherapy skills and methods that work* (pp. 502-546). Oxford. <https://doi.org/10.1093/oso/9780197611012.003.0017>
- Lane, R. D., & Smith, R. (2021). Levels of Emotional Awareness: Theory and Measurement of a Socio-Emotional Skill. *Journal of Intelligence*, 1(9), 42. <https://doi.org/10.3390/jintelligence9030042>
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Session 3: (March 6th, 2026, 08:00-12:00)

Emotion memory and transformation

Readings:

- Greenberg, L. S., & Pascual-Leone, A. (2024). Changing emotion with emotion. In A. C. Samson, D. Sander, & U. Kramer (Eds.). *Change in emotion and mental health* (pp. 325-355). Academic Press.
- Lane, R. D., & Nadel, L. (Eds.). (2020). *Neuroscience of enduring change: Implications for psychotherapy*. Oxford University Press.
- Lee, J. L. C., Nader, K., & Schiller, D. (2017). An update on memory reconsolidation updating. *Trends in Cognitive Sciences*, 21(7). <http://dx.doi.org/10.1016/j.tics.2017.04.006>
- Pascual-Leone, A. (2009). Dynamic emotional processing in experiential therapy: Two steps forward, one step back. *Journal of Consulting and Clinical Psychology*, 77(1), 113.
- Pascual-Leone, A. (2018). How clients “change emotion with emotion”: A programme of research on emotional processing. *Psychotherapy Research*, 28(2), 165-82.
- Schafer, M., & Schiller, D. (2025). Social avoidance can be quantified as navigation in abstract social space. *Communications Psychology*, 3(51). <https://doi.org/10.1038/s44271-025-00215-8>

Course location

University Institute of Psychotherapy, Department of Psychiatry, Place Chauderon 18, 1003 Lausanne. Salle Bovet (5th floor).

Registration

The course is limited to 12 participants. Register before February 1st, 2026, by writing a mail to Indscourses@gmail.com (with your supervisor in copy) and stating the course title as subject.

Reading materials on Moodle

For accessing the course materials, please do the following:

- go to "<https://moodle2.unil.ch>"
- log in with your institutional/university address
- click on "[Faculté de Biologie et de Médecine](#)" > "[Ecole doctorale / doctoral school](#)" > "[Lemanic Neuroscience Doctoral School](#)"
- the materials will be stored under "Change in Emotion in Psychotherapy"

In case of persisting problems please contact the LNDS coordinator: Ulrike.toepel@unil.ch.