

# Mindful Emotion Regulation: Recent Neural And Behavioral Evidence Of Effectiveness

Speaker: **Prof. Kirk Warren Brown**  
Virginia Commonwealth University

Date: 22 November 2018 (Thu)

Time: 18:30-20:30

Venue:

1/F Assembly Hall,  
Gratia Christian College  
5 Wai Chi Street,  
Shek Kip Mei, Kowloon

Direction to Venue:

MTR Kwun Tong Line  
1-minute walk from  
Shek Kip Mei MTR Station Exit C



Registration:



## Abstract

Effective regulation of negative emotions is key to decision-making, interpersonal harmony, mental and physical health, and other important domains of human functioning. The way in which attention is deployed in provocative situations has a major influence on downstream emotion processes and behaviors but it has been well-studied only in forms that are often maladaptive - rumination and distraction, for example. This presentation will highlight our recent neuroscientific and psychological research on an adaptive form of attention called mindfulness to show that this quality of attention fosters adaptive regulation of emotion. I will first show that mindfulness predicts milder appraisals, or judgments of emotional stimuli. I will then show how mindfulness predicts dampened "downstream" emotional and neurobiological responses to these stressors. The presentation highlights how such benefits can have positive implications for mental health and other outcomes in normative, vulnerable, and clinical populations.

## About the Speaker



Kirk Warren Brown is an Associate Professor of Social Psychology and Health Psychology at Virginia Commonwealth University, where he is also Director of the Contemplative Science and Education Core in the College Behavioral and Emotional Health Institute. His research centers on the importance of awareness of internal states and behavior to healthy human functioning, with a particular interest in the nature of mindfulness and the value of mindfulness training to enhance emotion regulation, behavior regulation, and well-being. He has authored numerous scholarly articles on these topics and published the Handbook of Mindfulness: Theory, Research, and Practice (2015) and the Oxford Handbook of Hypo-egoic Phenomena (2016). His work has been featured in a range of national and international media outlets. Dr. Brown is a Fellow of the Association for Psychological Science and the Society for Social and Personality Psychology. He also teaches the evidence-based Mindfulness-Based Stress Reduction program.



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