

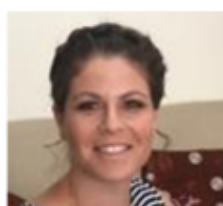


הפקולטה למדעי החברה
המחלקה לפסיכולוגיה
מצויינות קלינית, מצויינות מחקרית



2018-19 Psychology Department Seminar Presents:

The Self-Distancing Book Club



Dr. Shimrit Daches **Dr. Elena Stephan**
Psychology, Bar-Ilan



Dr. Julia Elad-Strenger
Political Studies, Bar-Ilan

Over the past few years, a substantial amount of evidence has demonstrated the benefits of distancing as a self-regulatory tool. In the seminar we will present several different lines of work that relate to the concept of psychological distancing and invite the audience to discuss the benefits of psychological distancing.

Whereas self-distancing involves increasing psychological distance from the self, social-distancing involves emotional and behavioral separation between groups. Dr. Elad-Strenger will discuss the manifestations and social functions of distancing in intergroup relations. A different type of distancing is to distance oneself from negative information, a specifically challenging task for individuals vulnerable to depression. Dr. Daches will discuss novel interventions aimed to increase the ability to distance oneself from negative information. Mental time-travel may be considered another instance of psychological distancing from the self here and now with unique cognitive and motivational consequences. Dr. Stephan will address coping benefits of imagining the self in the future and the past.



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Chapter Two - Self-Distancing: Theory, Research, and Current Directions

E. Kross *✉, O. Ayduk †, ‡✉

Sunday, May 12, 2019

12:00-13:30, Room 301

Anna & Max Webb and Family Psychology Building