

OPEN SEMINAR SERIES

**Tuesday 27 August 2013
12:00 - 13:00**

**SEERC Conference Room
3rd Floor Strategakis Bldg**

"An introduction to the revolting self"

By

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ABSTRACT

Over the past two decades psychological research on the basic emotion of disgust, and its complex relationship with mental health, has increased dramatically. Recently, attention has shifted to investigate the potential existence, and psychological impact, of maladaptive self-directed disgust reactions. Using mixed-methods data collected throughout my PhD, I will introduce the idea of "self-disgust" as an investigable psychological construct. Referring to qualitative findings suggestive of its subjective phenomenology, I will argue that, when maladaptive, self-disgust is best conceptualised as an enduring (dysfunctional) emotion schema, which appears to be associated with certain presentations of depression and a range of other psychological disorders. The quantitative measurement of self-disgust, and its link to other psychological phenomena, will be discussed, as will the possibility of experimentally manipulating state and trait levels of the construct. To close, the implications of my doctoral research, ongoing projects, and some ideas for future research will be reviewed.

The seminar series is open to all members of *staff and students* of CITY and to any *externals* that wish to attend.



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