

## EMOTIONS AS BRIDGE BETWEEN PSYCHE AND BODY

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Emotions are psychic phenomena that are experienced in the body. Therefore, emotions are considered the bridge between the psyche and the body.

There are a lot of explanatory models for understanding emotions, some of them are very specific, and some are general. The general integrative theory of emotions named "Circular emotional reaction" (CER) will be presented for better understanding of nature, dynamics, internal and external (transactional) functions of emotions (Milivojević 1993, 1999, 2007).

Some of the basic postulates of CER model are:

People feel emotions as reactions to stimuli that they subjectively perceive and understand as important. Therefore, the most useful way of thinking on emotions is to use syntagm "emotional reactions".

The basic function of an emotion is to prepare the body for adaptive activity. Latin word *emotio* consists of prefix *e*, and root *movere*, meaning "to put in the motion".

Emotional reactions are result of sequential and cascade processing of information. The CER model includes eight steps:

1. Objective situation → 2. Perception of objective situation → 3. Attribution of meaning to perceived situation → 4. Attribution of value to inferred meaning → 5. Emotional bodily reaction → 6. Behavioral tendency → 7. Thinking on adaptive reaction → 8. Action → 1. Effect on objective situation.

Described eight stage process can be conscious or unconscious. People can be aware only on some parts of this process.

Every emotional reaction is an attempt to obtain adaptation to important changes in given situation. Only adequate emotional reactions can fulfill that goal.

Standard classification of positive and negative emotions could be misleading. Therefore, we prefer use of terms unpleasant and pleasant emotional reactions. Both unpleasant and pleasant emotional reactions can be adequate and inadequate.

Three major points in CER model that are responsible for inadequate emotional reactions are atypical attribution of meaning to stimulus situation; atypical attribution of value to inferred meaning; and socially unacceptable expression of emotional reaction (action).

Inadequate emotional reactions have not adaptive value, and could be reasons for personal maladaptation and life problems.

Helping our clients and patients to fully reconstruct and understand CER for specific inadequate emotional reaction enables them to understand themselves and to relate to different parts of the process. When they accept responsibility for their emotional reaction they can change it.

The concept of emotional literacy and illiteracy is very important for clients and patients, as well for professional in the field of mental health. The better we understand emotional reactions and differentiate between them, we will have the better empathy and orientation in social world.

### References:

1. Milivojević Z: *Psychotherapy and Understanding of Emotions, Prometej, Novi Sad, 1993*
2. Milivojević Z: *Emotions, Psihopolis, Novi Sad, 1999*
3. Milivojević Z: *Emotions, Third edition, Psihopolis, Novi Sad, 2007*

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## BENEFITS NOT ONLY FOR THE BODY - EMPIRICAL RESULTS OF THE IMPACT OF SPORTS ON PSYCHIATRIC DISORDERS

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Schizophrenia is a severe brain disorder characterised by positive, negative, affective and cognitive symptoms and can be regarded as a disorder of impaired neural plasticity. This lecture focusses on the beneficial role of aerobic exercise in schizophrenia and its underlying mechanisms.