

## Special Issue

# Unpacking Clients' Beliefs About Emotion Regulation in Therapy

### Message from the Guest Editors

This Special Issue will feature carefully curated articles that explore contemporary advances in how patients' and individuals' beliefs about emotion regulation (ER) contribute to the advancement of theory, assessment, and/or treatment across various clinical phenomena.

We aim to provide a more holistic understanding of therapeutic interventions. Relevant topics include, but are not limited to, the following:

- The role of patient and individual beliefs in emotion regulation, as they might relate to different types of mental health disorders;
- The efficacy of treatment programs (or the assessment of techniques) that focus on emotion regulation based on patient and individual beliefs;
- The utility and validity of clinical treatment techniques or psychotherapeutic interventions that outline the relationship between emotion regulation and self-monitoring of the process.

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### Guest Editors

Dr. Jennifer Marie Binzak Fugate

Prof. Dr. Sheila Macrine

Dr. Jason Malousek

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### Deadline for manuscript submissions

31 March 2026



## Behavioral Sciences

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## About the Journal

### Message from the Editor-in-Chief

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#### Editor-in-Chief

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 29.6 days after submission; acceptance to publication is undertaken in 3.4 days (median values for papers published in this journal in the first half of 2025).