

CHORA

Title: Come Co-regulate with CHORA: A Comforting, Haptic Co-regulating Adjunct for Facilitating Emotion Regulation

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Abstract:

Emotion regulation plays a crucial role in well-being. The practice of cognitive reappraisal is an effective regulation strategy, but it is difficult to practice, particularly in severe and chronic situations. We propose three physiological and cognitive pathways through which touch interaction could impact the cognitive reappraisal process through some form of a “CHORA”: a comforting, haptic co-regulating adjunct. We will demonstrate how one possible robot-like CHORA might activate these pathways to (1) activate alternative appraisals, (2) lower arousal to facilitate cognitive flexibility, and (3) support ongoing entrainment of a reappraisal practice. Visitors can personalize and co-regulate with this robot CHORA.

Demo Description Image:

