

# Inteligencia Emocional para tiempos de crisis

**Dr. Pablo Fernández Berrocal**  
Catedrático de Psicología  
*Laboratorio de Emociones*  
**Universidad de Málaga**  
[@pabloberrocal](mailto:pabloberrocal@uma.es)

## Modelo de IE de Mayer y Salovey (1997)



## Ready Mind Project Institute for Learning & Brain Sciences

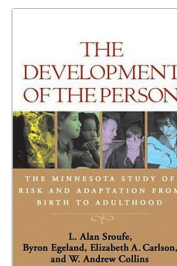


## Minnesota Longitudinal Study of Risk and Adaptation

### Comienza año 1975

A los 18 meses

- Pueden predecir si un adolescente terminará sus estudios en el instituto
- **20%** estilo de apego inseguro evitativo





### Venganza y Perdon

**Michael E. McCullough**      **Philip Zimbardo**

This slide features two side-by-side portraits. On the left is Michael E. McCullough, a man with light brown hair wearing a blue shirt. On the right is Philip Zimbardo, a man with a mustache and glasses, resting his chin on his hands.

### Against empathy. Paul Bloom

This slide contains a portrait of Paul Bloom on the left and a cover of Boston Review magazine on the right. The magazine cover features the title "empathy" in a stylized font, with a teddy bear illustration below it. The cover also includes the text "FINDING THE GOOD IN STUNNED-YOUTH" and "SPRING IN REVIEW".

### Simon Baron-Cohen

This slide contains a portrait of Simon Baron-Cohen on the left and a cover of Boston Review magazine on the right. The magazine cover is identical to the one in the previous slide, featuring the title "empathy" and a teddy bear illustration.