

TEG-Blue: The Emotional Gradient Blueprint

An Integrative Architecture for Emotional Intelligence

Theoretical Foundations, Original Contributions,
and Intellectual Contribution Record

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Technical Report / Theoretical Working Paper

February 2026

Prior development evidence: GitHub (github.com/emotionalblueprint), 2024–present

Related publication: “Detecting Regulatory States in Natural Language”

Zenodo, DOI: 10.5281/zenodo.18428907

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Abstract

This paper presents the complete theoretical architecture of TEG-Blue (The Emotional Gradient Blueprint), an integrative framework for emotional intelligence developed by the author between 2024 and 2026. TEG-Blue synthesizes polyvagal theory, attachment theory, dual-process cognition, trauma research, social psychology, critical theory, and systems thinking into a unified architecture with four core components: (1) a 4-Mode Gradient mapping regulatory states along a continuous spectrum from Connection through Protection, Control, and Domination; (2) a 12-level Mapping System providing theoretical foundations spanning individual biology to systemic dynamics; (3) a personalization engine (the Circuit Board); and (4) practical assessment instruments (the Emotional Tools).

This document serves as a formal record of the author's original intellectual contributions, explicitly delineating what TEG-Blue synthesizes from existing research and what constitutes novel theoretical propositions. The purpose is to establish priority, provide a citable reference, and safeguard the integrity of this independent scholarly work. The framework has been under continuous development with timestamped evidence on GitHub since 2024, and an empirical validation study has been published on Zenodo (DOI: 10.5281/zenodo.18428907).

Keywords: emotional intelligence, emotional regulation, polyvagal theory, integrative framework, nervous system states, regulatory gradient, trauma-informed theory, self-awareness, emotional architecture

1. Introduction

1.1 Purpose of This Document

TEG-Blue represents over two years of independent theoretical development, synthesizing research from more than fifteen academic disciplines into a single, unified architecture for understanding human emotional and behavioral organization. This document serves three purposes:

First, it provides a comprehensive overview of the TEG-Blue architecture and its theoretical foundations. **Second**, it explicitly names and records every original contribution made by the author, distinguishing novel theoretical propositions from existing research that has been integrated. **Third**, it establishes an immutable, timestamped, citable record of intellectual priority for these contributions.

1.2 The Problem TEG-Blue Addresses

Existing research in emotional intelligence, nervous system regulation, trauma, attachment, and social systems has produced valuable knowledge across many disciplines. However, this knowledge remains largely siloed: polyvagal theory explains autonomic states but does not connect to social stratification; attachment theory maps relational patterns but does not scale to institutional dynamics; critical theory identifies structural inequality but rarely maps the emotional mechanisms that produce it.

TEG-Blue addresses this gap by providing an integrative architecture that connects individual biology to systemic dynamics through a single, continuous mechanism: the emotional gradient. The framework's central proposition is that the same nervous system mechanism that governs an individual's emotional state also operates at relational, organizational, cultural, and systemic scales, producing predictable patterns at every level.

1.3 Development Timeline and Evidence

This framework has been under continuous development since 2024, with the following evidence trail:

GitHub Repository (github.com/emotionalblueprint): Timestamped commits documenting framework development from 2024 to present, including all Map Levels, tools, and architectural documents.

Published Validation Study: “Detecting Regulatory States in Natural Language,” published on Zenodo (DOI: 10.5281/zenodo.18428907). This study analyzed over 10,000 Reddit posts and found that self-awareness markers predict de-escalation on the gradient.

Website (teg-blue.org): Public documentation of the framework, tools, and research, archived on the Wayback Machine.

ORCID: 0009-0005-2394-7162, establishing the author’s research identity.

2. The TEG-Blue Architecture

TEG-Blue consists of four interconnected components that form a bidirectional system. No component stands alone; each provides a different entry point into the same integrated understanding.

2.1 Component 1: The 4-Mode Gradient

The 4-Mode Gradient maps four regulatory states along a continuous spectrum based on perceived safety. This is not a typology or personality system; it describes temporary, state-dependent nervous system configurations that any person can move through.

Mode	Regulatory State	Core Orientation	Empathy Access
Connection	Safety perceived; ventral vagal activation	Engagement, curiosity, care, repair	Full access
Protection	Threat perceived; sympathetic/dorsal vagal	Defense, boundary, withdrawal, vigilance	Narrowed
Control	Safety through predictability	Management, strategy, containment	Strategic/selective
Domination	Safety through power alone	Enforcement, suppression, entitlement	Collapsed/offline

2.2 Component 2: The 12-Level Mapping System

The Mapping System provides theoretical foundations organized into three arcs:

#	Map Level	Arc	Core Question
1	The Emotional Gradient	<i>Formation</i>	How does the emotional compass work?
2	The Ego-Persona Construct	<i>Formation</i>	How does identity form as protection?
3	Cognitive Coherence	<i>Formation</i>	How does cognition maintain the mask?
4	The Invisible Rules	<i>Scaling</i>	Where do the social stories come from?
5	The Filter of Worth	<i>Scaling</i>	How does following rules become sorting?
6	The Architecture of Bias	<i>Scaling</i>	How does sorting become “truth”?
7	The Anatomy of Tyranny	<i>Turning Point</i>	How does protection escalate to domination?
8	Return to the Real Self	<i>Healing</i>	How does the mask loosen?
9	Neurodivergence	<i>Healing</i>	How do different systems navigate?
10	Generational Bridges	<i>Healing</i>	How do patterns pass and interrupt?
11	Human Paradoxes	<i>Healing</i>	Why do contradictions emerge?
12	Two Information Systems	<i>Healing</i>	What is the complete architecture?

2.3 Component 3: The Circuit Board

The Circuit Board is a personalization engine with six interactive panels that translate universal frameworks into individual experience. It calculates a user’s specific position on the gradient based on inputs about societal friction, childhood conditioning, current regulatory state, escalation pathway, internal layer configuration, and perceptual mode. Each panel maps directly to specific Map Levels.

2.4 Component 4: The Emotional Tools

Eleven practical instruments for pattern recognition, self-assessment, and regulation practice. Every gradient-based tool mirrors the 4-Mode Gradient structure, showing how a given dimension (empathy, accountability, confidence, integrity, etc.) expresses differently across each regulatory state. Tools include: Empathy Gradient, Accountability Scale, Control-Care Gradient, Confidence Gradient, Entitlement Gradient, Integrity Gradient, Green Flags Checklist, Red Flags Checklist, Hurt vs. Harm, Emotional Hurt Clarifier, and Emotional Maturity Signals.

2.5 The Dual Ordering System

A key architectural insight is that TEG-Blue's Map Levels operate under two distinct ordering logics:

The Pedagogical Sequence (1-12) follows how the system develops in a human being: biology first, then identity, cognition, social rules, worth systems, bias, escalation, and finally repair and integration.

The Gradient Connection Order (1→12→7→4→5→6→2→3) follows what you need to understand to comprehend the gradient: what it is, the complete architecture, how escalation works, what feeds and reinforces it, what maintains position, and why people get stuck.

This dual ordering reveals that explanatory architecture differs from developmental chronology—a distinction that existing frameworks do not make explicit.

3. Theoretical Foundations Integrated

TEG-Blue integrates research from the following major traditions. This section names what was synthesized and from whom, establishing clear attribution for the existing science upon which the framework builds.

Domain	Key Theories Integrated	Key Researchers
Polyvagal Theory & Neuroscience	Autonomic nervous system states; neuroception; social engagement system; somatic markers; threat detection	<i>Porges, Damasio, LeDoux, Panksepp, Barrett</i>
Attachment Theory	Attachment as regulatory system; attachment patterns; internal working models; earned security	<i>Bowlby, Ainsworth, Main, Schore, Crittenden</i>
Dual-Process Cognition	System 1/System 2; heuristics and biases; predictive coding	<i>Kahneman, Tversky, Stanovich, Evans, Friston</i>
Trauma Research	Developmental trauma; complex PTSD; body-based memory; somatic experiencing	<i>van der Kolk, Herman, Levine, Ogden, Fisher</i>
Developmental Psychology	True Self/False Self; identity stages; sense of self; interpersonal neurobiology	<i>Winnicott, Erikson, Stern, Siegel, Tronick</i>
Parts Work / IFS	Internal Family Systems; structural dissociation; self and parts	<i>Schwartz, Fisher, van der Hart</i>
Social Psychology	Cognitive dissonance; social identity; system justification; obedience and authority	<i>Festinger, Tajfel, Turner, Jost, Milgram, Zimbardo</i>

Sociology & Critical Theory	Social reproduction; cultural capital; dramaturgical theory; intersectionality	<i>Bourdieu, Goffman, Crenshaw, Collins</i>
Network Science	Eigenvector centrality; scale-free networks; social capital	<i>Bonacich, Barabási, Granovetter, Lin</i>
Power & Perpetrator Research	How power changes cognition; moral disengagement; shame-rage dynamics	<i>Keltner, Bandura, Staub, Gilligan, Bancroft</i>
Family Systems	Intergenerational transmission; structural family therapy; epigenetics of trauma	<i>Bowen, Minuchin, Yehuda</i>
Neurodiversity Research	Social model of disability; neurodiversity paradigm; intense world theory	<i>Singer, Walker, Markram, Maté</i>
Emotion Regulation	Process model; window of tolerance; dialectical behavior therapy; broaden-and-build	<i>Gross, Siegel, Linehan, Fredrickson</i>
Philosophy	Dialectics; paradox; banality of evil	<i>Hegel, Kierkegaard, Arendt</i>
Cultural Wisdom	Ubuntu philosophy; Indigenous elder models; collective healing traditions	<i>Various traditions</i>

The above represents what TEG-Blue builds upon. The following section details what TEG-Blue itself contributes beyond these foundations.

4. Original Contributions: What TEG-Blue Adds

This section constitutes the core intellectual contribution record. Each entry names a novel theoretical proposition, the Map Level(s) where it is developed, and how it extends beyond the existing research it synthesizes. These are ideas originated by the author through the process of integrative theoretical work.

4.1 Architectural Innovations

4.1.1 The Continuous Gradient Model

Existing theories treat emotional and regulatory states as discrete categories (secure/insecure attachment, ventral/sympathetic/dorsal vagal states, System 1/System 2). TEG-Blue proposes that these states exist on a continuous gradient, with fluid transitions governed by perceived safety. This is not merely a semantic shift—it changes how we understand movement, stuck-ness, and the possibility of return.

Developed across: Map Levels 1, 7, 12; 4-Mode Gradient

4.1.2 Four Patterns from One Mechanism

Polyvagal theory identifies three autonomic states. TEG-Blue extends this to four regulatory patterns (Connection, Protection, Control, Domination), proposing that Control and Domination are emergent human patterns that arise from the interaction of autonomic states with social cognition, identity, and power. These are not additional biological states but emergent configurations of the same nervous system mechanism operating within human social complexity.

Developed across: Map Level 12; 4-Mode Gradient

4.1.3 Same Mechanism, All Scales

TEG-Blue proposes that the gradient mechanism operates identically across individual, relational, organizational, cultural, and systemic scales. The same pattern that governs an individual's emotional state also explains family dynamics, institutional behavior, and cultural patterns. This is a unifying claim that no single existing theory makes.

Developed across: Map Levels 1–12; system-wide architecture

4.1.4 The Dual Ordering Architecture

The discovery that the 12 Map Levels require two distinct ordering logics—a pedagogical sequence (developmental chronology) and a gradient connection order (explanatory architecture)—reveals that how knowledge develops in a person differs fundamentally from how to understand what you're seeing. This insight has implications for how integrative frameworks should be structured and taught.

Developed in: The Dual Ordering System document

4.1.5 Bidirectional Navigation Architecture

TEG-Blue's four components (Gradient, Maps, Circuit Board, Tools) are designed for bidirectional entry: any starting point connects to all others. A comprehensive cross-reference matrix links 33 elements, enabling users to navigate from practical observation to theoretical understanding and back. This architecture is itself an original contribution to framework design.

Developed across: The Interconnected System; connection matrices

4.2 Theoretical Propositions by Map Level

Map Level 1: The Emotional Gradient

Original propositions: Emotions are information, not irrationality to be managed. Mode determines everything—perception, capacity, empathy, flexibility. The same emotion has two faces depending on nervous system state. Calibration (not control or suppression) is the key mechanism. Mode awareness creates choice where reactivity once ruled. Regulation failure is a state problem, not a character flaw.

What this extends: Porges’ polyvagal theory, Gross’s emotion regulation model, Siegel’s window of tolerance, Barrett’s constructed emotion.

Map Level 2: The Ego-Persona Construct

Original propositions: Identity is constructed, not discovered—the Real Self exists before identity; the Role Mask is built on top. Three specific conditions (unpredictability, incongruence, invalidation) produce predictable adaptive patterns. “Feeling = Being” is identified as the mechanism through which identity forms via felt experience before cognition comes online. The mask is functional, not pathological—it solved a real problem; the cost comes later. Healing requires building capacities, not fixing what’s “broken.”

What this extends: Winnicott’s True/False Self, Bowlby’s attachment, Schwartz’s IFS, Kohut’s self psychology.

Map Level 3: Cognitive Coherence

Original propositions: Fragmentation is the constant tension between three inner layers (Real Self, Logic Layer, Role Mask)—not simply “ego” or “parts.” False coherence is named as the central adult mechanism: regulatory success at the cost of truth. Logic is reframed as an emotional part, not neutral reasoning. The “role upgrade trap” is identified: healing efforts can become new performances. Individual fragmentation is linked to social reward systems.

What this extends: Freud’s defense mechanisms, Jung’s Persona, Festinger’s cognitive dissonance, Goffman’s dramaturgical theory, IFS.

Map Level 4: The Invisible Rules

Original propositions: Six specific rule systems (Roles, Obedience, Performance, Dominance, Punishment, Entitlement) govern emotional life, absorbed before conscious awareness. Threat drives internalization—the nervous system prioritizes rule-following as regulation. Rules are transmitted somatically, not just cognitively. Gender scripts are reframed as emotional training. Rules escalate under sustained threat. Naming the emotional layer of social reproduction adds specificity that sociology alone does not provide.

What this extends: Bourdieu’s habitus, Young’s schema therapy, Porges’ polyvagal theory, feminist theory, critical race theory.

Map Level 5: The Filter of Worth

Original propositions: Worth sorting is a nervous system mechanism, not a moral judgment—it emerges when threat-organized systems route credibility through safety signals. A specific five-step loop is mapped: threat sensitivity → validation-seeking → power concentration → proxy formalization → self-blame internalization. Three capitals (economic, social, cultural) function as safety proxies. Merit is named as a myth in filtered systems—visibility follows capital, not value. The somatic cost of structural invisibility is mapped: collapse, hypervigilance, nervous system shutdown. Eigenvector centrality (worth by association) is connected to emotional worth-sorting.

What this extends: Bourdieu's forms of capital, network science, social dominance theory, intersectionality, allostatic load research.

Map Level 6: The Architecture of Bias

Original propositions: Bias is not only cognitive error but emotional protection—rooted in shame, fear, and survival states. Bias functions as a pattern-recognition system that is intelligent in healthy form but becomes distorted when hijacked by unresolved threat. State-dependent perception means the same situation is perceived differently depending on gradient position. Bias serves the current mode—it is regulatory, not random.

What this extends: Kahneman's heuristics and biases, Friston's predictive coding, implicit bias research, social identity theory, Porges' neuroception.

Map Level 7: The Anatomy of Tyranny

Original propositions: The escalation pathway from Protection → Control → Domination is mapped as a continuous, predictable process with identifiable transition points. "The Crossroads" is named as the specific turning point where automatic protection shifts to deliberate strategy. Empathy collapse is framed as state-dependent—not character-based. The question shifts from "What kind of person is this?" to "What is this nervous system organized around right now?" The "reputation shield" and "weaponized forgiveness" are named as specific mechanisms that protect domination.

What this extends: Keltner's power research, Bandura's moral disengagement, Staub's perpetrator psychology, Bancroft's coercive control, Gilligan's shame-rage research.

Map Level 8: Return to the Real Self

Original propositions: Healing is reframed as return—not becoming someone new, but reconnecting with who was always there. "Role Mask Loosening" is named as a gradual process distinct from mask destruction. Multiple doorways to return are mapped: somatic, emotional, cognitive, relational, and grief-based. "Truth

tolerance” is identified as a developing capacity. The mask becomes a tool rather than a prison. Individual loosening is the mechanism for interrupting generational inheritance.

What this extends: Winnicott’s True Self, Bowlby’s secure base, IFS, somatic experiencing, self-compassion research, corrective emotional experience.

Map Level 9: Neurodivergence & Emotional Evolution

Original propositions: Neurodiversity is moved beyond diagnosis into emotional architecture and systemic design. Difference is rhythm, not flaw—divergence is reframed as variation in emotional-cognitive pacing. Masking is mapped as regulatory cost, not deception. “Unmasking ≠ healing”—healing requires systems that can meet divergent rhythms, not just tolerate them. Gifts are mapped, not romanticized—pattern recognition, intuition, and sensitivity are charted as real contributions. The evolutionary role of divergent minds is clarified.

What this extends: Singer’s neurodiversity paradigm, Markram’s intense world theory, Maté’s developmental framing, social model of disability.

Map Level 10: Generational Bridges

Original propositions: Intergenerational repair is reframed from moral duty into emotional truth-telling and legacy building. Inheritance is named clearly—showing how unmet needs and rigid roles pass in silence. Compassion is separated from obligation. True elderhood is distinguished from toxic power. Belonging can be rebuilt through chosen family. Respect ≠ submission.

What this extends: Bowen’s family systems, Yehuda’s epigenetics, narrative therapy, Ubuntu philosophy, Indigenous elder models.

Map Level 11: Human Paradoxes

Original propositions: Paradox is reframed as emotional logic in disguise—a survival map trying to hold two truths at once. Contradictions are mapped to survival states, making them predictable rather than pathological. Paradox is reframed as coherence—the body’s attempt to preserve belonging and safety simultaneously. Paradox is connected to lineage—many contradictions are inherited survival patterns. Individual and systemic paradoxes are linked through the same logic.

What this extends: Hegel’s dialectics, Kierkegaard’s paradox, Festinger’s cognitive dissonance, Fisher’s parts work, Bateson’s double bind.

Map Level 12: Two Information Systems

Original propositions: Two systems, one architecture—cognitive and emotional as parallel, interdependent, with emotional as primary (not secondary, as Kahneman’s

framing implies). Four patterns from one gradient—the full spectrum of human regulatory organization. State explains behavior—not personality, not morality, not character. The gradient mechanism operates identically across all scales. Awareness enables navigation—from unconscious repetition to conscious choice.

What this extends: Kahneman’s dual-process theory, Porges’ polyvagal theory, attachment theory, social psychology’s situational research.

4.3 Applied and Structural Innovations

4.3.1 The Circuit Board as Personalization Engine

The concept of an interactive system that calculates an individual’s specific gradient position by integrating societal factors (system friction), developmental history (childhood conditioning), current regulatory state, and perceptual mode is original. No existing framework provides a comparable personalization mechanism that connects individual experience to structural conditions.

4.3.2 Gradient-Mirrored Assessment Tools

The design principle that every assessment tool mirrors the 4-Mode Gradient—showing how empathy, accountability, confidence, integrity, and other dimensions express differently at each regulatory state—is an original applied contribution. This principle ensures consistency across all practical instruments and directly connects assessment to the theoretical architecture.

4.3.3 Orientation-Not-Diagnosis Philosophy

TEG-Blue’s foundational philosophical stance—that emotional states are information to be understood rather than pathology to be diagnosed—represents a deliberate design choice that permeates every component. While individual researchers have advocated non-pathologizing approaches, TEG-Blue is the first framework to build this philosophy into a complete, multi-scale architecture with practical tools.

4.3.4 Original Terminology

The following terms are originated by the author within the TEG-Blue framework:

Term	Definition/Usage
4-Mode Gradient	The continuous spectrum of Connection → Protection → Control → Domination
Pattern A/B/C/D	Connection, Protection, Control, Domination as named regulatory patterns
The Crossroads	The transition point where protection becomes deliberate

	strategy
Role Mask Loosening	The gradual process of reducing the mask's grip without destroying its function
False Coherence	Regulatory success at the cost of emotional truth
The Role Upgrade Trap	When healing efforts become new performances
Truth Tolerance	The developing capacity to hold emotional truth without collapse
Mode Hijack	Rapid involuntary shift into Protection triggered by present cues resembling past danger
Threat Lock	Chronic Protection Mode activation; the system stuck in defense
The Filter of Worth	The socio-regulatory structure that mistakes safety signals for human value
Worth Sorting	The process of determining credibility through safety proxies
The Three Capitals	Economic, social, and cultural capital as safety proxies in worth-sorting
Reputation Shield	Accumulated social capital protecting someone from accountability
Weaponized Forgiveness	Forgiveness demanded as obligation to end accountability
Emotional Circuit Board	Interactive personalization engine mapping individual gradient position
System Friction Score	Calculated measure of external pressure from structural conditions
Mode Lens	How current gradient position shapes perception of the same topic
Gradient Connection Order	The explanatory sequence for understanding the 4-Mode Gradient

5. Empirical Validation

The theoretical architecture described above has received initial empirical support through the author's published validation study:

Study: "Detecting Regulatory States in Natural Language"

Published: Zenodo (DOI: 10.5281/zenodo.18428907)

Dataset: Over 10,000 Reddit posts analyzed

Key finding: Self-awareness, measured through "complexity markers" in natural language, predicted whether individuals escalated toward harm or returned to connection when challenged. Individuals showing higher complexity were more

likely to return to Connection Mode rather than escalating toward Control or Domination.

This finding supports the framework’s core proposition that awareness—specifically, the capacity for self-reflective complexity—is the mechanism that enables gradient mobility.

6. Significance and Positioning

6.1 What This Framework Is

TEG-Blue is an integrative theoretical architecture that bridges individual biology and systemic dynamics through a unified mechanism. It provides both theoretical depth (through the Mapping System) and practical application (through the Tools and Circuit Board), making it accessible to researchers, clinicians, educators, and individuals seeking self-understanding.

6.2 What This Framework Is Not

TEG-Blue does not claim to replace the theories it synthesizes. Polyvagal theory, attachment theory, dual-process cognition, and other foundational frameworks retain their full validity and importance. TEG-Blue’s contribution is the integration—showing how these separate bodies of knowledge describe different aspects of a single mechanism, and building practical tools that make this integrated understanding accessible.

6.3 Relationship to Existing Work

The author has made every effort to clearly attribute existing theories and name the researchers whose work TEG-Blue builds upon. Each Map Level contains explicit cross-theoretical alignment tables that show: (a) what existing theories say, (b) how TEG-Blue integrates them, and (c) what TEG-Blue uniquely adds. This transparency is both an ethical commitment and a structural feature of the framework.

7. Intellectual Property Statement

The TEG-Blue framework—including its architecture, original theoretical propositions, terminology, tools, and design principles—represents the independent intellectual work of Anna Paretas-Artacho, developed between 2024 and 2026.

This work is protected under Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License (CC BY-NC-ND 4.0). This means:

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The timestamped evidence trail (GitHub commits from 2024, Zenodo publications, website archives) establishes priority for these ideas. Any work published after these dates that reproduces TEG-Blue's original propositions, architecture, or terminology without attribution should be understood in this context.

How to Cite This Work

Paretas-Artacho, A. (2026). TEG-Blue: The Emotional Gradient Blueprint — An Integrative Architecture for Emotional Intelligence. Theoretical Foundations, Original Contributions, and Intellectual Contribution Record. Technical Report. Zenodo. <https://doi.org/10.5281/zenodo.18499576>

8. References to Foundational Research

The following is a non-exhaustive list of the researchers and theories that TEG-Blue builds upon, organized alphabetically. Full references are provided in each Map Level document.

Ainsworth, M. D. S. — Attachment patterns; Strange Situation
 Arendt, H. — Banality of evil; political philosophy
 Bancroft, L. — Coercive control; abuser psychology
 Bandura, A. — Moral disengagement; social learning theory
 Barabási, A.-L. — Scale-free networks; network science
 Barrett, L. F. — Theory of constructed emotion
 Bateson, G. — Double bind theory; systems thinking
 Bourdieu, P. — Social/cultural capital; habitus; social reproduction
 Bowen, M. — Family systems theory
 Bowlby, J. — Attachment theory; internal working models

Crenshaw, K. — Intersectionality
Crittenden, P. — Dynamic-maturational model of attachment
Damasio, A. — Somatic marker hypothesis; feeling as cognition
Erikson, E. — Psychosocial development; identity; generativity
Festinger, L. — Cognitive dissonance theory
Fisher, J. — Trauma-informed parts work; structural dissociation
Fredrickson, B. — Broaden-and-build theory
Friston, K. — Free energy principle; predictive coding
Gilligan, J. — Violence and shame; humiliated fury
Goffman, E. — Dramaturgical theory; presentation of self; stigma
Gross, J. — Process model of emotion regulation
Herman, J. — Complex PTSD; trauma and recovery
Jost, J. — System justification theory
Jung, C. G. — The Persona; Shadow; individuation
Kahneman, D. — System 1/System 2; heuristics and biases
Keltner, D. — Power paradox; how power changes cognition
Kohut, H. — Self psychology; mirroring and idealization
LeDoux, J. — Threat detection; amygdala function
Levine, P. — Somatic Experiencing; trauma completion
Linehan, M. — Dialectical Behavior Therapy
Main, M. — Adult Attachment Interview; disorganized attachment
Markram, H. & K. — Intense world theory
Maté, G. — ADHD as adaptation; The Myth of Normal
Milgram, S. — Obedience to authority
Neff, K. — Self-compassion research
Ogden, P. — Sensorimotor Psychotherapy
Panksepp, J. — Affective neuroscience; primary emotional systems
Porges, S. — Polyvagal Theory; neuroception; social engagement
Rogers, C. — Organismic valuing; unconditional positive regard
Schore, A. — Affect regulation; right hemisphere development
Schwartz, R. — Internal Family Systems
Siegel, D. — Interpersonal neurobiology; window of tolerance; mindsight
Singer, J. — Neurodiversity paradigm

Staub, E. — Perpetrator psychology; roots of evil
Stern, D. — Sense of self; emergent self development
Tajfel, H. & Turner, J. — Social identity theory
Tronick, E. — Still Face experiment; mutual regulation
van der Kolk, B. — Developmental trauma; body-based memory
Walker, P. — Complex PTSD; fawn response
Winnicott, D. W. — True Self / False Self; good-enough mothering
Yehuda, R. — Epigenetics of trauma; intergenerational transmission
Young, J. — Schema Therapy; early maladaptive schemas
Zimbardo, P. — Situational factors in behavior; Stanford Prison Experiment