

# Juliette Vazard

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**AOS:** Philosophy of Emotion, Cognitive Science

**AOC:** Philosophy of Mind, Epistemology, Value theory

## POSTDOCTORAL POSITIONS

Central European University, Postdoctoral Fellow, “Knowledge in Crisis” Project, 2024-2028

The University of Toronto, Postdoctoral Fellow, 2023-2024

City University of New York, Graduate Center, Postdoctoral Fellow, 2022-2023

University of Geneva, Swiss Center for Affective Sciences, Postdoctoral Fellow, 2021-2022

## EDUCATION

*PhD, Philosophy, Institut Jean Nicod, Ecole Normale Supérieure & The University of Geneva, July 2021*

Thesis: *The Anxious Inquirer: Emotions and Epistemic Uncertainty*

Committee: Fabrice Teroni (University of Geneva), Jérôme Dokic (Institut Jean Nicod)

Awarded with Highest Honors

*Visiting Graduate Student, New York University, Sept. 2019-May 2020*

Host professor: Jane Friedman

*MSc, Philosophy of Mental Disorder, King’s College London, May 2013*

Thesis: *Losing Control: The Philosophy and Psychopathology of Compulsion*

Committee: Jim Hopkins, Derek Bolton

*BA, Clinical Psychology, Paris VIII Sorbonne (remote program), May 2022*

*BA, Philosophy, Paris-Sorbonne IV, FR July 2011*

## PUBLICATIONS

### Journal Articles

Forthcoming. “Inquiring about the Future: The Epistemic Motivation in Hope”. *Canadian Journal of Philosophy*

Forthcoming. “Is Hope More Like Faith or More Like Worry?”. *Thought*

2024. “Imagining out of Hope”. *Philosophical Quarterly* (with Steve Humbert-Droz)

2023. “Losing the Light at the End of the Tunnel: Depression, Future Thinking, and Hope”. *Mind & Language*

2022. “Apprehending Anxiety: An Introduction to the Topical Collection on Worry and Wellbeing”, *Synthese*, 200(4), 1-17. (with Charlie Kurth)

2022. “The Doxastic Profile of the Compulsive Re-checker”, *Philosophical Explorations*, 1-16.

2022. “Feeling the Unknown: Emotions of Uncertainty and Their Valence”, *Erkenntnis*, 1-20.

2022. “Everyday Anxious Doubt”, *Synthese*, 200(3), 1-19.

2021. “The Noetic Feeling of Confusion” (with Catherine Audrin), *Philosophical Psychology*, 35(5), 757-770.

2021. “From Habits to Compulsions: Losing Control?”, *Philosophy, Psychiatry, & Psychology*, 28(2), 163-171.

2021. “Pas de Panique? (Don’t Panic?)” (with Constant Bonard), *Les Ateliers de l’Ethique/The Ethics Forum* (special issue on COVID-19 and Emotions), 16, 1.

2019. “(Un)reasonable Doubt as Affective Experience: Obsessive-Compulsive Disorder, Epistemic Anxiety and the Feeling of Uncertainty”, *Synthese*, 1-18.

2018. “Epistemic Anxiety, Adaptive Cognition, and Obsessive-Compulsive Disorder”, *Discipline Filosofiche*:

*Philosophical Perspectives on Affective Experience and Psychopathology*, 137.

### **Book Chapters & Encyclopedia Articles**

2024. "The Epistemic Virtue of Anxiety", in *Moral Psychology of Anxiety*, eds. Rondel, D. & Chopra, S. Rowman and Littlefield.
2019. "Darker Sides of Guilt" (with Julien Deonna), in *Moral Psychology of Guilt*, eds. Cokelet, B. & Maley, C. Rowman and Littlefield.
2019. "Passions et Psychopathologie", in *Dictionnaire des Passions Sociales*, ed. Origgi G., Presses Universitaires de France.
2018. "Anxiété", In *l'Encyclopédie Philosophique*, URL : <http://encyclo-philosophie.fr/anxiete-a/>.

### **Edited Volume**

2022. "Worry and Wellbeing: Understanding the Nature, Value, and Challenges of Anxiety". Topical Collection for the journal *Synthese*. Co-edited with Charlie Kurth

### **Book Review**

2022. Studying the Mind through its Disorders. Review of *Psychopathology and Philosophy of Mind*, eds. Cardella, V. & Gangemi, A. *Philosophical Psychology*.

### **Public Philosophy**

2023. "Future Thinking, Hope, and Depression", Invited contribution to the newsletter *New Work in Philosophy*
2023. "Hope and Prospective Cognition: Reframing the Role of Hopelessness in Depression", Invited contribution to *Imperfect Cognitions* blog
2023. "Perplexed? Embrace it! Confusion is a symptom of learning", Invited contribution to *Aeon/Psyche* online magazine: <https://psyche.co/ideas/perplexed-embrace-it-confusion-is-a-symptom-of-learning>
2022. "The Doxastic Profile of the Compulsive Rechecker", *Imperfect Cognitions* blog, October 11, 2022: <https://imperfectcognitions.blogspot.com/2022/10/the-doxastic-profile-of-compulsive.html>
2022. "Eco-Anxiety & Eco-Hope: Emotions and Climate Change", podcast broadcasted for the Museum of Natural History in Geneva, in collaboration with the Swiss Center for Affective Sciences, April 25 2022: <https://www.unige.ch/cisa/news/news/serie-de-podcasts-tout-contre-la-terre/>
2022. "Are Hopeful Imaginings Valuable?" (with Steve Humbert-Droz), *The Junkyard* blog, June 1 2022: <https://junkyardofthemind.com/blog/2022/5/28/are-hopeful-imaginings-valuable>
2019. "OCD and Epistemic Anxiety", *Imperfect Cognitions* blog, February 12 2019: <http://imperfectcognitions.blogspot.com/2019/02/ocd-and-epistemic-anxiety.html>

### **Under Review & In Progress**

- "Inquiring about The Future: The Epistemic Motivation in Hope" (under review)
- "Is Hope More Like faith or More Like Worry?" (under review)
- "Feeling Our Way into The Future: Temporal Cognition and Anticipatory Emotions" (in progress)
- "Beyond Doxastic States: Getting Emotional about Epistemic Rationality" (with Arturs Logins) (in progress)

### **GRANTS & FELLOWSHIPS**

Postdoc mobility Fellowship, Swiss National Science Foundation, Sept. 2022 - Sept. 2024

Two-year research grant awarded through competitive research proposal submission on the project  
“How we Feel the Future: Hope, Anxiety, and Hypothetical Thinking”  
Doc mobility Fellowship, Swiss National Science Foundation, Sept. 2019 - May 2020  
Nine-months of Visiting Scholarship at the New York University Philosophy Department  
FNS Project Grant, Swiss National Science Foundation, Sept. 2018 - Sept. 2021  
Three-year PhD funding awarded through competitive research proposal submission on the project  
“Feel bad, Live well! The Value of Negative Emotions for Well-being”  
Swiss Government Excellence Scholarship, the Swiss Confederation, Sept. 2017 - Sept. 2018  
One-year scholarship awarded through competitive research proposal submission to join the  
University of Geneva as a foreign scholar from France  
Studienkolleg zu Berlin Scholarship, Studienstiftung des Deutschen Volkes, Sept. 2010 - Sept. 2011  
Prestigious one-year scholarship program selecting thirty European students each year

## **TEACHING**

### **Courses**

Cognitive Science and Philosophy UN2655, Columbia University, Spring 2024  
Philosophy and Psychology 3035, Baruch College (CUNY), Spring 2024  
Philosophy 1500, Major Issues in Philosophy, Baruch College (CUNY), Spring 2023  
French 211, French language, Intermediate level class, Boston University, Fall 2015  
French 111, French language, Introductory level class, Boston University, Fall 2015  
French 211, French language, Intermediate level class, Boston University, Fall 2016  
French 102-01, French language, Introductory level class, Simmons College, Fall 2016  
French 102-02, French language, Introductory level class, Simmons College, Fall 2016

### **Co-taught**

Graduate Seminar, Art and Emotion (Philosophy of Mind, Aesthetics), with Fabrice Teroni, University of Geneva, Fall 2021

### **Teaching Assistant**

Advanced Undergraduate course, Meta-ethics (Value Theory, Ethics, Moral Psychology), University of Geneva, Spring 2019

### **Guest Lectures**

Emotions and Activism (as part of a Global Health course), University of Groningen, Spring 2023  
Emotions and Ethics (as part of a Business Ethics course), University of Groningen, Fall 2022, Fall 2023

### **Other**

Workshop Leader, Philosophy in French, French Cultural Center, Boston, Jan. 2016-August 2016  
Content Developer, “Encore” French textbook, Cengage Learning Publisher, Jan. 2016-August 2016

## **TALKS & CONFERENCES**

“The Diachronic Rationality of Hope”

*European Philosophical Society for the Study of Emotion*, University of Lisbon, June 2024

- Dubrovnik Workshop on “Emotion and Value”, June 2024 (invited)*
- “Imagining Futures: Anticipatory Emotions and the Salience of Possibilities”  
*Senior Philosophy Seminar, University of Glasgow, October 2023 (invited)*  
*Workshop “Affect and Intellect”, University of Aix-Marseille, October 2023 (invited)*  
*Emotion and Epistemology Meeting, Zhejiang University, August 2023 (invited)*
- “Emotions, Future Thinking, and Mental Health”  
 Keynote Address, *British Postgraduate Philosophy Association, Workshop in Philosophy & Mental Health, London School of Economics, June 2023 (invited)*
- “Emotions and Epistemic Humility in the Face of an Uncertain Future”  
*Contemporary Philosophy Seminar, University of Laval, Québec City, Nov. 2022 (invited)*
- “Desirable Futures: Reframing the Role of Hope in Depression”  
*International Society for Research on Emotion, University of Southern California, July 2022*  
*Meeting of the Society for Philosophy and Psychology, University of Milan, July 2022*
- “Feeling the Unknown: Hope, Anxiety, and Emotional Valence”  
*Seminar on Emotions, Norms, and Values, University of Geneva, October 2021 (invited)*
- “(Un)reasonable Doubt as Affective Experience”  
*Workshop “Doubt: Interdisciplinary Perspectives”, University of Helsinki, Nov. 2022 (invited)*  
*Groupe de Recherche en Epistémologie, Collège de France de Paris, December 2020 (invited)*  
*European Philosophical Society for the Study of Emotion, University of Pisa, June 2019*  
*Philosophy Seminar, University of Neuchatel, April 2019 (invited)*
- “The Epistemic Value of Anxiety”  
*Philosophy of Psychology Seminar, New York University, February 2020 (invited)*  
*Workshop “Philosophy of Emotion: New Perspectives”, City University of New York, December 2019 (invited)*  
*Western Michigan University Philosophy seminar, Kalamazoo, November 2019 (invited)*  
*Workshop “Cultivating Negative Emotions”, Swiss Center for Affective Sciences, June 2019*  
*Seminar on Emotions, Norms, and Values, University of Geneva, November 2018 (invited)*  
*Philosophy Seminar, University of Basel, May 2018 (invited)*
- “Feeling Epistemic Gaps: Feeling Confused and the Benefits of Deep Inquiry”  
*European Society for Philosophy & Psychology, University of Athens, September 2019*
- “From Habits to Compulsions: Metacognitive Feelings and the Sense of Control”  
*British Society for the History of Philosophy, University of Durham, April 2018*  
*Agency Lab Seminar, Institut Jean Nicod, Ecole Normale Supérieure de Paris, Sept. 2017 (invited)*

## **CONFERENCES ORGANIZED**

- “Norms and Deviations in Emotion”, University of Southern California, July 2022  
 Pre-conference to the Meeting of the International Society for the Study of Emotion
- “New Work in the Philosophy of Emotion”, the City University of New York, December 2019  
 Conference co-organised with Prof. Jesse Prinz and Dr. Sarah Arnaud (CUNY)
- “Cultivating Negative Emotions”, Swiss Center for Affective Sciences, June 2019  
 Interdisciplinary workshop with guest Prof. Charlie Kurth (Western Michigan University)
- “The Science of Well-being”, Swiss Center for Affective Sciences, February 2018  
 Interdisciplinary workshop with guest Prof. Anna Alexandrova (Cambridge University)

**SERVICE AS REFEREE**

*Mind & Language*

*Synthese*

*Erkenntnis*

*Philosophical Psychology*

*Emotion Review*

**REFERENCES**

Eric Mandelbaum, Associate Professor of Philosophy, City University of New York

Jennifer Nagel, Professor of Philosophy, University of Toronto

Jane Friedman, Associate Professor of Philosophy, New York University

Charlie Kurth, Professor of Philosophy, Western Michigan University

Fabrice Teroni, Professor of Philosophy, University of Geneva

Jérôme Dokic, Professor of Philosophy, Institut Jean Nicod

*Teaching Reference*: Elizabeth Edenberg, Assistant Professor of Philosophy, City University of New York

**LANGUAGES**

French: native speaker

English: fluent speaking and writing

Italian: fluent speaking and writing

German: intermediate speaking and writing

## DISSERTATION SUMMARY

In my dissertation I developed a revisionary model of the psychological nature of doubt as an affective experience.

Why does doubt arise in the mind? Moving away from a cartesian framework in which doubt emerges from *reflecting* on one's beliefs, I point out that doubt is most commonly something that we are "struck by". To account for our everyday experience, I put forward a model of the *affective* architecture of doubt. My model is informed by both experimental and clinical psychology. It not only sheds light on the underlying cognitive architecture of our inclinations to doubt, but allows me to defend normative claims about the kind of epistemic agency involved when we question and reassess our beliefs. Finally, this work engages with key issues in epistemology regarding the norms that govern inquiry: the conditions in which it is permissible to suspend judgement again, open a question back up for inquiry, and gather new evidence.

A lot has been said about how we form beliefs, and much less about how we lose or drop our beliefs, and about the distinct states and processes which occur when this happens. How do we move from believing *p*, to doubting it? Doubt, within a Cartesian rationalist framework, is viewed as a typical manifestation of the human capacity to reflect and reason on our beliefs. Yet, recent work in the philosophy and the psychology of emotion has revealed that emotional states – rather than reflective thinking – are more often than not at the origin of our cognitive activities. I thus argue for the claim that our everyday inclinations to experience doubt are determined by specific affective mechanisms. I focus on the emotion of *anxiety* particularly, and I show that our capacity to feel anxiety allows us to be sensitive to problematic uncertainties and epistemic threats, and that this often constitutes the basis for our inclinations to doubt. More particularly, following Kurth (2018) I propose to view anxiety as a family of emotions, which includes a moral kind of anxiety, a social kind, and an epistemic kind of anxiety. I put forward an account of the phenomenon of "epistemic anxiety" as defined by Nagel (2010) and Hookway (2008), which is both in-line with the epistemological intuitions of these authors, and with existing psychological work on anxiety.

In support of this hypothesis, I present the persistent and recurring doubt of patients with Obsessive-compulsive disorder (OCD) as a case study. I show that the doubt of OCD patients poses a puzzle for the traditional view of how we shift from belief to doubt. Accounting for such cases of doubt in patients who have insight requires us to posit that doubt emerges at a level of cognition that is distinct from the level at which these patients judge that their doubts are unjustified. I propose that the mechanisms which are dysfunctional in OCD are the ones which, when working properly, are at the origin of everyday doubt in healthy individuals. I use my model to explain how our "everyday" doubts differ from the recurrent doubts of individuals with Obsessive-compulsive disorder (OCD). I also argue that, by learning about the psychological anatomy of doubt, we may cultivate reasonable doubt by learning to properly exploit the affective signals responsible for doubt. When properly exploited, the ability to experience appropriate anxiety in the course of one's epistemic activities can be equated with what Roberts and Wood (2007) call *intellectual caution*. My model enriches Hookway's original claim according to which epistemic anxiety is a form of *virtue* which supports our ability to doubt reasonably.