

# Juliette Vazard

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**AOS:** Philosophy of Mind, Epistemology, Cognitive science

**AOC:** Meta-ethics, Philosophy of Action, Philosophy of Mental Health

## POSTDOCTORAL RESEARCH

The University of Toronto, Postdoctoral Fellow, Sept. 2023-August 2024

Swiss National Science Foundation, Mobility Research Grant

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

Swiss National Science Foundation, Mobility Research Grant

## ACADEMIC EMPLOYMENT

Baruch College, Adjunct Assistant Professor, Spring 2023

Teaching a Philosophy 1500 Intro course, “Major Issues in Philosophy”

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

Research group on “Emotions, Values, and Norms”

Boston University, Lecturer in French, Sept. 2015-Dec. 2016

Taught four undergraduate courses of French language and culture

Simmons College, Lecturer in French, Sept. 2015-June. 2016

Taught two undergraduate courses of French language and culture

French Cultural Center of Boston, Workshop Leader, Sept. 2015-June. 2016

Led ten workshops of Philosophy in French for a large audience

## 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, Jérôme Dokic, Jennifer Nagel, Michael Brady, Elisabeth Pacherie, Anne Meylan

Awarded with Highest Honors

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

“Doc mobility” Fellowship from the Swiss National Science Foundation

Host professor: Jane Friedman

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

Thesis: “Losing Control: Compulsion in Philosophy and Psychopathology”

Committee: Matteo Mameli, Derek Bolton

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

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

## **PUBLICATIONS**

### **Journal Articles**

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" (with Charlie Kurth), *Synthese*, 200(4), 1-17.
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**

- Forthcoming. "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 (Passions and Psychopathology)", In G. Origgi (dir.), *Dictionnaire des Passions Sociales*, Presses Universitaires de France.
2018. "Anxiété", In M. Kristanek (ed.), *l'Encyclopédie Philosophique*, URL : <http://encyclo-phil.fr/anxiete-a/>.

### **Edited Volumes & Special Issues**

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**

"Imagining out of Hope" (with Steve Humbert-Droz) (under review)  
"Inquiring about The Future: The Epistemic Motivation in Hope" (under review)  
"Is Hope More Like faith or More Like Worry?" (under review)  
"Anticipatory Emotions and Risk-weighted rationality" (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 scholarship as a Visiting Scholar at New York University  
"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 PhD scholarship awarded through competitive research proposal submission to join the University of Geneva as a foreign scholar  
"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**

Philosophy 1500, "Major Issues in Philosophy", Introductory level class, Baruch College, 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**

"Art and Emotion" (Philosophy of Mind, Aesthetics), Co-taught as postdoc, Graduate Seminar, University of Geneva, Fall 2021

#### **Teaching Assistant**

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

### **Guest Lectures**

“Emotions and Activism”, University of Groningen (as part of a Global Health course), Spring 2023

“Emotions and Ethics”, University of Groningen (as part of a Business Ethics course), Fall 2022

### **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**

“Anticipatory Emotions and Risk Sensitivity”

*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 (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
- “Philosophy of Emotion: New Perspectives”, the City University of New York, December 2019  
Conference co-organised with Professor Jesse Prinz and Doctor Sarah Arnaud
- “Cultivating Negative Emotions”, Swiss Center for Affective Sciences, June 2019  
Interdisciplinary workshop with guest Professor Charlie Kurth
- “The Science of Well-being”, Swiss Center for Affective Sciences, February 2018  
Interdisciplinary workshop with guest Professor Anna Alexandrova

## **SERVICE AS REFEREE**

*Mind & Language*  
*Synthese*  
*Philosophical Psychology*

## **REFERENCES**

Jennifer Nagel, Professor of Philosophy, University of Toronto  
Eric Mandelbaum, Associate Professor of Philosophy, City University of New York  
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  
*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.