Metacognitive Training (MCT)

MCT 4 B – To Empathize ... I

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How can I empathize with another person ...?
How can I empathize with another person ...?

Example: A person crosses their arms.

Why?
How can I empathize with another person ...

Example: A person crosses their arms.

Why?

What may help to answer the question?
How can I empathize with another person ...?

Example: A person crosses their arms.

**Why?**

What may help to answer the question?

- **Knowledge about the person** → Does the person tend to be arrogant or shy?
How can I empathize with another person ...?

Example: A person crosses their arms.

Why?

What may help to answer the question?

- **Knowledge about the person** → Does the person tend to be arrogant or shy?
- **Environment/situation** → When a person crosses their arms in the winter, he/she is probably cold!
How can I empathize with another person ...?

Example: A person crosses their arms.

Why?

What may help to answer the question?

- Knowledge about the person → Does the person tend to be arrogant or shy?
- Environment/situation → When a person crosses their arms in the winter, he/she is probably cold!
- Self-observation → On what occasions do I cross my arms? (Caution! Do not immediately infer from yourself to others)
How can I empathize with another person ...?

Example: A person crosses their arms.

Why?

What may help to answer the question?

- **Knowledge about the person** → Does the person tend to be arrogant or shy?
- **Environment/situation** → When a person crosses their arms in the winter, he/she is probably cold!
- **Self-observation** → On what occasions do I cross my arms? (Caution! Do not immediately infer from yourself to others)
- **Facial expression:** → Does the person look angry or friendly etc.?
Why are we doing this?

Studies show that many (but not all!) people with psychiatric problems (especially psychosis) have problems with the following:

- Difficulties detecting and evaluating the facial expressions of others (e.g. sadness, happiness).
Why are we doing this?

Studies show that many (but not all!) people with psychiatric problems (especially psychosis) have problems with the following:

- Difficulties detecting and evaluating the facial expressions of others (e.g. sadness, happiness).
- Difficulties deducing the motives/future activities of other persons from current behavior.
How problems with recognizing emotions promote misinterpretation during psychosis – examples

Stress and feelings of being in danger can lead to distorted perceptions of other people:

• A neutral facial expression is misinterpreted to be a cold, disregarding look.

• Encouraging words from your friends are not believed.

• A nervous face of a commuter on the bus is misinterpreted to be a warning (e.g. impending assault).

Can anyone contribute a short personal experience?
Task 1
Please name some human emotions/feelings

???
Please name some human emotions/feelings

- Joy
- Surprise
- Fear
- Sadness
- Anger
- Disgust
- Pain
Emotions/feelings
Sometimes, it is easy to understand how someone else feels, especially when you know the context.
Emotions/feelings
Sometimes, it is easy to understand how someone else feels, especially when you know the context.
It is more difficult when you do not know the person or the circumstances.

Please try to identify the emotional expression in pictures 1 to 6.
1. Happiness
2. Surprise
3. Fear
4. Sadness
5. Anger
6. Disgust
Can we make inferences about a person’s character or profession based on their appearance alone?

Who of these 4 gentlemen is an actor, an athlete, a psychotherapist or a serial killer? How confident are you?
Did you know?

Often, our stereotypes dominate our first impressions. For example, not all actors are attractive and not all murderers look brutal!

Eddie “Eagle” Edwards: Ski-jumper

Ted Bundy: Serial killer

Harald Effenberg: Actor

Alfred Adler: Psychotherapist
# When in Rome, do as the Romans do!

**Common misinterpretations of gestures**

<table>
<thead>
<tr>
<th>gesture/mimic</th>
<th>How is this gesture interpreted here vs. elsewhere?</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td>???</td>
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<td>Appreciated or inappropriate?</td>
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When in Rome, do as the Romans do!
Common misinterpretations of gestures

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| Intimate body contact  | Appreciated or inappropriate?                     |
# When in Rome, do as the Romans do!

## Common misinterpretations of gestures

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Depending on the (sub-)culture, intimate body contact is considered inappropriate (e.g. older persons in Western countries) or normal (e.g. younger persons, South Europe) when greeting someone. While hugs and kisses on the cheeks are rarely exchanged between men in Western cultures, this is normal in many Arabian, South European and former communist countries (“socialist brother kiss”).
Common misinterpretations of gestures across cultures

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## Common misinterpretations of gestures across cultures

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| Clothes            | **Misunderstandings adolescents ↔ adults!**  
Short dresses or tight fitting clothes are quite normal for many adolescents in Western countries but are regarded as inappropriate or provocative to older people or people from other cultures. |
Task 2

On the following slide, you will see a picture (or part of a picture).

Please try to figure out what the person in the picture is thinking or doing.

Please discuss with the group how confident you are in your evaluation.
What does this person feel or do? How confident are you?

1. Street musician
2. Man having his foot stepped on
3. Street fight
4. Man receives bad news
Passion!

1. Street musician
2. Man having his foot stepped on
3. Street fight
4. Man receives bad news
What does this person feel or do? How confident are you?

1. Woman at the dentist
2. Woman on the ghost train
3. Woman in the delivery room
4. Cheerful Ladies night
Joy!

1. Woman at the dentist
2. Woman on the ghost train
3. Woman in the delivery room
4. Cheerful Ladies night
What does this person feel or do? How confident are you?

1. Boy screaming for help after an earthquake
2. Demonstration (Uganda)
3. Player waves the Israeli flag
4. Singer in a gospel choir
1. Boy screaming for help after an earthquake

2. Demonstration (Uganda)

3. Player waves the Israeli flag

4. Singer in a gospel choir
What does this person feel or do? How confident are you?

1. Young woman is shouting something to her incarcerated boyfriend
2. Bargaining for best price at market
3. Hysterical fan
4. Singer performing live show
Tension!

1. Young woman is shouting something to her incarcerated boyfriend
2. Bargaining for best price at market
3. Hysterical fan (Tokio Hotel)
4. Singer performing live show
What does this person feel or do? How confident are you?

1. The athlete has been caught taking performance enhancing drugs
2. Player misses a very close chance
3. Man on the toilet
4. Man praying
1. The athlete has been caught taking performance enhancing drugs
2. Player misses a very close chance
3. Man on the toilet
4. Man praying
Optional: Videoclip

Video clip presentations that address today’s topic are available at the following web site:
http://www.uke.de/mct_videos

After the video, you may discuss how it is related to today’s topic.

[for trainers:]
Some movie clips contain language that may not be appropriate for all audiences and across all cultures. Please carefully pre-screen videos before showing]
What does this person feel or do? How confident are you?

1. Exhausted marathon runner
2. Unconscious man
3. Monk deep in prayer
4. Dschinghis Khan (Mongol emperor)
1. Exhausted marathon runner
2. unconscious man
3. Monk deep in prayer
4. Dschinghis Khan (Mongol emperor)
What does this person feel or do? How confident are you?

Cutout!

1. Angry police man
2. Conductor
3. Musician in a funeral procession (New Orleans)
4. Train conductor
1. Angry police man
2. Conductor
3. Musician in a funeral procession (New Orleans)
4. Train conductor
What does this person feel or do? How confident are you?

1. Man complains about parking ticket
2. Conductor introduces his orchestra
3. Actor receives great applause
4. Ballet rehearsal in street clothing
Anger!

1. Man complains about parking ticket
2. Conductor introduces his orchestra
3. Actor receives great applause
4. Ballet rehearsal in street clothing
The seven deadly sins

1. Gluttony
2. Lust
3. Greed
4. Pride
5. Sloth
6. Envy
7. Rage
The seven deadly sins

1. Lust
2. Gluttony
3. Greed
4. Sloth
5. Rage
6. Envy
7. Pride
What does this person feel or do? How confident are you?

1. Laughing Woman
2. Woman was just told that the plane her husband was on is missing
3. Woman enjoys someone else’s misfortune
4. Woman is told that she failed the exam
Happiness!

1. Laughing Woman
2. Woman was just told that the plane her husband was on is missing
3. Woman enjoys someone else’s misfortune
4. Woman is told that she failed the exam
What does this person feel or do? How confident are you?

1. Player can’t believe his lucky goal
2. Anger about referee’s decision
3. Disappointment about failed goal
4. Substitute is bored
Anger!

1. Player can’t believe his lucky goal
2. Anger about referee’s decision
3. Disappointment about failed goal
4. Substitute is bored
First conclusion!

- Facial expressions and gestures are not always definite!
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- Facial expressions and gestures are not always definite!
- Many people do not show facial emotion, by nature or due to illness (e.g. Parkinson’s disease), which makes it hard to deduce their inner feelings.
First conclusion!

- Facial expressions and gestures are not always definite!

- Many people do not show facial emotion, by nature or due to illness (e.g. Parkinson’s disease), which makes it hard to deduce their inner feelings.

- Additional information (situation, prior knowledge about that person, asking the person directly, if possible) should be considered before facial expressions and gestures are interpreted.
Task 3

- A sequence of pictures is shown to you.
- The pictures 1-3 are shown in reverse order, that is, picture 3 is presented first.
- After each picture is shown, you will be asked which out of 3 alternatives logically completes the sequence.
What is the intention of the man?

How does the story above proceed?

Please discuss the likelihood of the following options:

4a?

4b?

4c?
What is the intention of the man?

How does the story above proceed?

Please discuss the likelihood of the following options:
What is the intention of the man?

How does the story above proceed?

Please discuss the likelihood of the following options:
The correct answer is 4b!
What is the woman planning to do?

3

How does the story above proceed?

Please discuss the likelihood of the following options:
What is the woman planning to do?

How does the story above proceed?

Please discuss the likelihood of the following options:
What is the woman planning to do?

1

2

3

How does the story above proceed?

4a?

4b?

4c?

Please discuss the likelihood of the following options:
The correct answer is 4c!
What is the intention of the man?

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Please discuss the likelihood of the following options:
What is the intention of the man?

How does the story above proceed?

Please discuss the likelihood of the following options:
What is the intention of the man?

1

2

3

How does the story above proceed?

4a?

4b?

4c?

Please discuss the likelihood of the following options:
The correct answer is 4a!
What is the man planning to do??

How does the story above proceed?

Please discuss the likelihood of the following options:

4a?

4b?

4c?
What is the man planning to do??

2
How does the story above proceed?

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Please discuss the likelihood of the following options:

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What is the man planning to do??

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2

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3

How does the story above proceed?

Please discuss the likelihood of the following options:
What is the man planning to do?

How does the story above proceed?

Please discuss the likelihood of the following options:
The correct answer is 4a!
What is the intention of the man?

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The correct answer is 4b!
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Please discuss the likelihood of the following options:
What is the man planning to do?

How does the story above proceed?

Please discuss the likelihood of the following options:
The correct answer is 4a!
What is the intention of the man?

3

How does the story above proceed?

Please discuss the likelihood of the following options:

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4c?
What is the intention of the man?

How does the story above proceed?

Please discuss the likelihood of the following options:
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How does the story above proceed?

Please discuss the likelihood of the following options:
The correct answer is 4b!
What is the intention of the man?

How does the story above proceed?

Please discuss the likelihood of the following options:
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How does the story above proceed?

Please discuss the likelihood of the following options:
What is the intention of the man?

How does the story above proceed?

Please discuss the likelihood of the following options:
The correct answer is 4c!
Summary

- You should only draw firm conclusions about another person if you know the person well or if you have observed the person in different contexts.
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- To evaluate complex situations (like the ones just presented), it is crucial to consider all available information.
Summary

• You should only draw firm conclusions about another person if you know the person well or if you have observed the person in different contexts.

• To evaluate complex situations (like the ones just presented), it is crucial to consider all available information.

• The more information is considered, the more likely you are to make a correct judgment.
Task 4

• You will be shown a sequence of pictures that tell a story.

• The pictures will be accompanied by three possible outcomes.

• Your job is to determine which of the three outcomes is most likely to be the conclusion of the story.
What is the intention of the boy in red?

A. To ignore his friend.
B. To help his friend.
C. To learn how to grow a fruit tree.
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What is the intention of the boy in red?

A. To ignore his friend.
B. To help his friend.
C. To learn how to grow a fruit tree.
What is the boy in red doing?

A. Picking some flowers for his girlfriend.
B. Capturing a bee to make honey.
C. Playing a trick on his girlfriend.
What is the boy in red doing?

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What is the boy in red doing?

A. Picking some flowers for his girlfriend.
B. Capturing a bee to make honey.
C. Playing a trick on his girlfriend.
What are the boys planning?

A. To ask the lady out on a date.
B. To buy some candy.
C. To rob the store.
What are the boys planning?

A. To ask the lady out on a date.
B. To buy some candy.
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Transfer to everyday life

Learning Objectives:

- You should only draw firm conclusions about another person if you know the person well or if you have observed the person in different contexts.
Transfer to everyday life

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• You should only draw firm conclusions about another person if you know the person well or if you have observed the person in different contexts.

• Facial expressions and gestures are important clues to what a person feels but can be misleading at times.
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• You should only draw firm conclusions about another person if you know the person well or if you have observed the person in different contexts.

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Transfer to everyday life

Learning Objectives:

• You should only draw firm conclusions about another person if you know the person well or if you have observed the person in different contexts.

• Facial expressions and gestures are important clues to what a person feels but can be misleading at times.

• When evaluating complex situations, it is crucial to consider all available information.

• The more information is considered, the more likely you are to make a correct judgment.
What does this have to do with psychosis?

During psychosis, people tend to misinterpret or over-interpret facial expressions or actions.

**Example:** Virginia hides in her room for days because she thinks Nazis are after her.

**Background:** She met a bald man who had indeed given her a nasty look.

**But:** Maybe the man really gave her a nasty look but that does not mean that he is after her! Caution: Not every man with a bald head is a Nazi. He does not have her address and has no reason to be after her.
What does this have to do with psychosis?

During psychosis, people tend to misinterpret or over-interpret facial expressions or actions.

Example: Virginia hides in her room for days because she thinks Nazis are after her.

Background: She met a bald man who had indeed given her a nasty look.

But: Maybe the man really gave her a nasty look but that does not mean that he is after her! Caution: Not every man with a bald head is a Nazi. He does not have her address and has no reason to be after her.

A lot of things are in the eye of the beholder. Our emotions impact our perceptions. Especially when we are afraid or under a lot of pressure, our environment may seem hostile or threatening.
Thank you for your attention!

_for trainers:_

Please hand out worksheets. Introduce our app COGITO (download free of charge).
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<td>---</td>
<td>Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie</td>
<td>Crossed arms /Verschränkte Arme</td>
</tr>
<tr>
<td>underthehat</td>
<td>flickr</td>
<td>When a friend dies</td>
<td>CC</td>
<td>Context: Mourning (2 women in mourning, black &amp; white) /Trauer Kontextbild (2 Frauen in Trauer s/w)</td>
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<tr>
<td>meghantosh</td>
<td>flickr</td>
<td>super anger grrr</td>
<td>CC</td>
<td>Context: Anger /Wut Kontextbild</td>
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<tr>
<td>loungerie</td>
<td>Flickr</td>
<td>flickr marriage</td>
<td>CC</td>
<td>Context: happiness (wedding)/Freude Kontextbild (Hochzeit)</td>
</tr>
<tr>
<td>-bartimaeus-</td>
<td>Flickr</td>
<td>Oh my God!</td>
<td>CC</td>
<td>Context: disgust (disgusted man)/Ekel Kontextbild (angeekelter Mann)</td>
</tr>
<tr>
<td>j03</td>
<td>flickr</td>
<td>suprise!</td>
<td>CC</td>
<td>Context: surprise (surprised woman)/ Überraschung Kontextbild (überraschte Frau)</td>
</tr>
<tr>
<td>signither</td>
<td>flickr</td>
<td>In pain!</td>
<td>CC</td>
<td>Context: pain (injured athlete)/Schmerz Kontextbild (verletzter Sportler)</td>
</tr>
<tr>
<td>Andrei State</td>
<td>Homepage Andrei State</td>
<td>- - -</td>
<td>PP</td>
<td>Man with 6 different facial expressions/Mann mit 6 verschiedenen Gesichtsausdrücken</td>
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Despite persistent efforts, we were unable to find the source of this photo and for this reason regrettably we cannot acknowledge the photographer. We are confident that the fair use policy applies for the reproduction of the photo as it used solely for noncommercial and educational nonprofit purposes. Since it displays an event that has happened years ago we hope that its display does not negatively impact on the copyright holder. If you are the copyright holder or you know his/her name, please contact us so that we can credit the photographer and ask for official permission to reproduce.

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We presume that the photographer like the depicted Alfred Adler died more than 70 years ago and that the picture is now in the public domain.

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<td>flickr</td>
<td>Hit Singles and #1 Jamz</td>
<td>CC</td>
<td>Eddie “Eagle” Edwards</td>
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<tr>
<td>willbanks</td>
<td>flickr</td>
<td>HPIM1731</td>
<td>CC</td>
<td>Hand gesture/ Handbewegung</td>
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<td>Kanaka’s Paradise Life</td>
<td>flickr</td>
<td>Miniskirt Chicks</td>
<td>CC</td>
<td>Socialist brother’s kiss/ Sozialistischer Bruderkuss</td>
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<tr>
<td>Roland Vollmar</td>
<td>fotocommunity</td>
<td>Street</td>
<td>PP</td>
<td>Street musician/ Straßenmusikant</td>
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<td>Nico Gaycken</td>
<td>Mary Lou’s</td>
<td>- - -</td>
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<td>Cheerful women’s night/ Fröhlicher Frauenabend</td>
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<td>fotocommunity</td>
<td>Das war mutig.....und die ganze Welt schaute zu...</td>
<td>PP</td>
<td>Athlete sways the israelian ensign /Sportler schwenkt die israelische Nationalflagge</td>
</tr>
<tr>
<td>philippe leroyer</td>
<td>flickr</td>
<td>Tokyo Hotel Groupie - 14Jul07, Paris (France)</td>
<td>CC</td>
<td>Hysterical fan/Hysterischer Fan</td>
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<td>Bastian Beuttel</td>
<td>fotocommunity</td>
<td>private moments_8</td>
<td>PP</td>
<td>Man on toilet/Mann auf der Toilette</td>
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