Metacognitive Training (MCT)

MCT 6 B BADE – To Empathize ... Il

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When you get to know someone, where do you look first?

How reliable are these cues for a good evaluation?
When you get to know someone, where do you look first?

How reliable are these cues for a good evaluation?

- eyes?
- language?
- body language/posture?
- clothes?
- hands?
- other?...
What other sources of information may be considered? How reliable are these?
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- prior knowledge on person (hearsay): for example, a remark by a friend

- prior knowledge on similar persons/groups: e.g. biker

- “gut feeling”/intuition

- something written: for example, from e-mails or internet chats
Advantages and disadvantages of certain social cues

Now that we have discussed aspects contributing to the appraisal of a person, we want to focus on the strengths and weaknesses of these social cues.
Please discuss the advantages and disadvantages of the following feature for making a judgement about a person

<table>
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**Praying or being cold?**

**Caution:**

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Caution:
• Sometimes, you have to read between the lines to understand the meaning. However, this can lead to incorrect conclusions!
• A new study shows that email-writers and email-readers are very confident about the “tone” of an email. In reality, there is a congruency of about 56%, which is little above chance!
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**Caution:**

• People often act in a non-stereotypical way! People who share a certain faith or people from certain countries are sometimes confronted with prejudices (e.g. muslims are fanatic; US-Americans are arrogant and only eat junk-food).
Appearance and reality!

... none of the previously discussed aspects (e.g. body language) can be completely trusted on their own!

One has to consider all aspects!
In combination, they help with judging a complex situation ...
Why are we doing this?

Studies show that many (but not all!) people with mental health problems (especially psychosis) have problems in the following areas:

• Difficulties detecting and evaluating the facial expressions of others (e.g. joy, grief).
Why are we doing this?

Studies show that many (but not all!) people with mental health problems (especially psychosis) have problems in the following areas:

- Difficulties detecting and evaluating the facial expressions of others (e.g. joy, grief).
- Difficulties deducing the motives/future activities of other persons from ongoing behavior.
How lack of empathy promotes misinterpretations during psychosis – examples

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<tr>
<th>Event</th>
<th>Explanation during psychosis</th>
<th>Other explanations</th>
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<tr>
<td>After the doctor talked to you, he laughs with the nurse.</td>
<td>“They are laughing about me.”</td>
<td>Pure coincidence, doctor and nurse were talking about something else.</td>
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<td>Pedestrian looks at you twice and also turns around later.</td>
<td>You are convinced the man is chasing you.</td>
<td>Pedestrian is irritated, because you appeared horrified at his first look. He turns again to find out what is wrong.</td>
</tr>
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<td>Another person blinks at you.</td>
<td>This morse code is a warning.</td>
<td>The person is blinded by the sun; coincidence, interest.</td>
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Exercise

- In the following exercises, you will be presented with comic strips.
- Please discuss what the characters in the story may think about each other.
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• You have to distinguish between information available to you and information the characters have about one another!
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• Please discuss what the characters in the story may think about each other.

Important

• You have to distinguish between information available to you and information the characters have about one another!

• What additional information is needed to provide definite answers to the questions at the end?
Example: An overweight man falls off a chair

What might people think ...? Are they correct?
An overweight man falls off a chair
What might most people think?

Likely: Man is too heavy for chair.

Less likely: Man has tilted on his chair; chair is too fragile.

Very unlikely assumption that people may have had but is TRUE: Chair has been cut with a saw – unlikely assumption because no one observed the boy in the first picture sawing the leg of the chair!
Let’s go!
How might the woman feel in the situation?

The lights are green!
What might the man think?
Have you seen that annoying job satisfaction questionnaire?

Could you please tell me when this book is due?

I do not answer such stupid questions!

What might the man think?
What does the park ranger probably think ...? Is he correct?
What does the park ranger probably think ...? Is he correct?
What might the man in front of the picture think ...? Is he correct?
What might the man in front of the picture think ...? Is he correct?
What is the mother thinking? Do we need additional information to decide?
What is the mother thinking? Do we need additional information to decide?
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 might the man walking the dog think?
What might the man walking the dog think?
Ms Miller, may I invite you for a cup of coffee?

I am sorry, I already have other plans for today.

What might the man in the final picture think ...?
Is he correct?
What might the man in the final picture think ...?
Is he correct?
Transfer to everyday life

Learning Objectives:

- Many misunderstandings and even conflicts arise because people guess incorrectly of what is on other people’s minds (e.g. if you do not tell your friends that you are feeling bad at the moment, you cannot expect them to be more considerate!)
Transfer to everyday life

Learning Objectives:

- Many misunderstandings and even conflicts arise because people guess incorrectly of what is on other people’s minds (e.g. if you do not tell your friends that you are feeling bad at the moment, you cannot expect them to be more considerate!)

- Try to evaluate complex social situations from different perspectives and consider all available information. The more information considered, the more likely an appropriate judgment will be reached.
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Learning Objectives:

- Many misunderstandings and even conflicts arise because people guess incorrectly of what is on other people’s minds (e.g. if you do not tell your friends that you are feeling bad at the moment, you cannot expect them to be more considerate!)

- Try to evaluate complex social situations from different perspectives and consider all available information. The more information considered, the more likely an appropriate judgment will be reached.

- Caution: Our current state of mood influences how we perceive our environment (e.g. how you appraise a person).
What does this have to do with psychosis?

During psychosis many (but not all!) people are in danger of misinterpreting or over-interpreting facial expressions and actions.

**Example:** Neil feels stared at, he has the feeling that: “They are out to get me.”

**Background:** Neil has been fearful/frightened for weeks and is wearing dark sunglasses for disguise.

**But:** Because of his peculiar behavior, he is attracting special attention. Others are looking at him to try to figure out why he is acting the way he is.

We all make mistakes! Always take different perspectives into account.
Thank you for your attention!

*for trainers:*

Please hand out worksheets. Introduce our app COGITO (download free of charge).

www.uke.de/mct_app
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<th>Source/Quelle</th>
<th>Picture Name/Name des Bildes</th>
<th>CC = used with corresponding creative commons license; PP = used with personal permission of artist</th>
<th>Description/Kurzbeschreibung</th>
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<tbody>
<tr>
<td>Lili Vieira de Carvalho</td>
<td>flickr</td>
<td>Tattoo poser</td>
<td>CC</td>
<td>Rocker</td>
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<td>Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie</td>
<td>Praying – being cold/Beten - Frieren</td>
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<tr>
<td>Muffet</td>
<td>flickr</td>
<td>letters</td>
<td>CC</td>
<td>Written statements (old, handwritten letters)/Schriftliche Außerung (alte, handgeschriebene Briefe)</td>
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<tr>
<td>don2g</td>
<td>flickr</td>
<td>turkish parade</td>
<td>CC</td>
<td>„typical turkish/muslim?” (turkish parade)/“Typisch türkisch?” (türkische Parade)</td>
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<tr>
<td>stephcarter</td>
<td>flickr</td>
<td>Froehliche Weihnachten!!! (Day 44)</td>
<td>CC</td>
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<td>Britta Block</td>
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<td>Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie</td>
<td>Comic strip: library/Bildergeschichte: Bücherei</td>
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<td>M.A./Christin Hoche</td>
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<td>Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie</td>
<td>Comic strips: car, illness/Bildergeschichten Auto, Krankheit</td>
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