



Metacognitive Training (MCT)

MCT 6 A – To Empathize ... II

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



Psalmz-Llima



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

eyes?

body language/
posture?

hands?

language?

clothes?

other? ...





What other sources of information may be considered? How reliable are these?

- prior knowledge on person (hearsay): for example, a remark by a friend
- prior knowledge on similar persons/groups: e.g. *rapper*
- “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 shall focus on the strengths and weaknesses of these social cues.




Please discuss the advantages and disadvantages of the following feature for making a judgment about a person

<p>Language: What somebody says and how he/she says it</p> 	<p>Important clue: ???</p>
<p>Example:</p> <div data-bbox="112 976 843 1215" style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;"> <p>The people have no bread ... why don't they eat cake instead?</p> </div> <p>Ascribed to Marie Antoinette (1755-1793); sarcasm, naivety, unawareness of the living conditions of the poor?</p>	<p>Caution: ???</p>




Please discuss the advantages and disadvantages of the following feature for making a judgment about a person

<p>Language: What somebody says and how he/she says it</p> 	<p>Important clue:</p> <p>Content: Language is very important for direct communication.</p> <p>Tone: Intonation (sarcastic, smug), word choice (arrogant, factual etc.) can tell you a lot about someone.</p>
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Previous knowledge about a specific person



Important clue:

???

Caution:

???



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- Previous knowledge can help when making judgments about a person, particularly if you have met this person in a similar situation before.

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Important clue:

- Previous knowledge can help when making judgments about a person, particularly if you have met this person in a similar situation before.

Caution:

- People may act differently depending on either the situation, their present mood, or due to chance. No one is always completely happy or sad, or good or evil in every situation. Someone can be very outgoing with his family and at the same time be very shy with friends – or vice versa. Sometimes you may even be surprised with how differently you behave on various occasions.



Please discuss the advantages and disadvantages of the following feature for making a judgment about a person

Intuition



Dogs are said to be able to sense whether people pose a threat or not.

Important clue:

???

Caution:

???



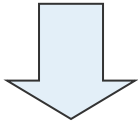
Please discuss the advantages and disadvantages of the following feature for making a judgment about a person

Intuition



Funny, scary?

Depends on your mood!



Fear

Pleasure



e.g. horror-film
("It")



Memory of a circus

Important clue:

- Intuition can be understood as knowledge based on experience. Sometimes our instinct is better than reason!

Caution:

???



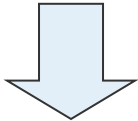
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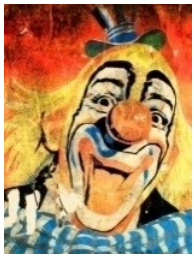
Caution:

- Our present emotions can influence our perception/thought.
Examples:
 1. Anger: tendency to feel misunderstood or mistrusted.
 2. Depression: everything seems "darker" than it actually is.



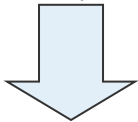
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Examples:
 1. Anger: tendency to feel misunderstood or mistrusted.
 2. Depression: everything seems "darker" than it actually is.
- We should listen to our instincts, but not trust them blindly.



Appearance and reality!

... none of the previously discussed aspects (e.g. 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).



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- 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

Event	Explanation during psychosis	Other explanations
A man on the bus looks at you for a long time.	The persecutor finally reveals himself.	Due to your conspicuous behavior (e.g. wearing sunglasses), you provoked the looks yourself.
Boss criticizes your mistakes.	<i>You are convinced that you are about to be fired.</i>	Boss overreacted a bit but does not plan to fire you – he's generally a bit grumpy.
Friend reads a newspaper article about bad school achievements.	He is hinting at the bad school marks you got as a child.	Pure coincidence – friend has an interest in the news, he doesn't know about your problems at school.

Can anyone contribute a short personal experience?



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!
- What additional information is needed to provide definite answers to the questions at the end?



What do you think the girl will bring her grandma as a present for the next birthday?

Will grandma be delighted?



Grandmother's Birthday

What will the girl bring her grandma next year?



Probably: A box of toffees again because grandmother was so enthusiastic the last time.

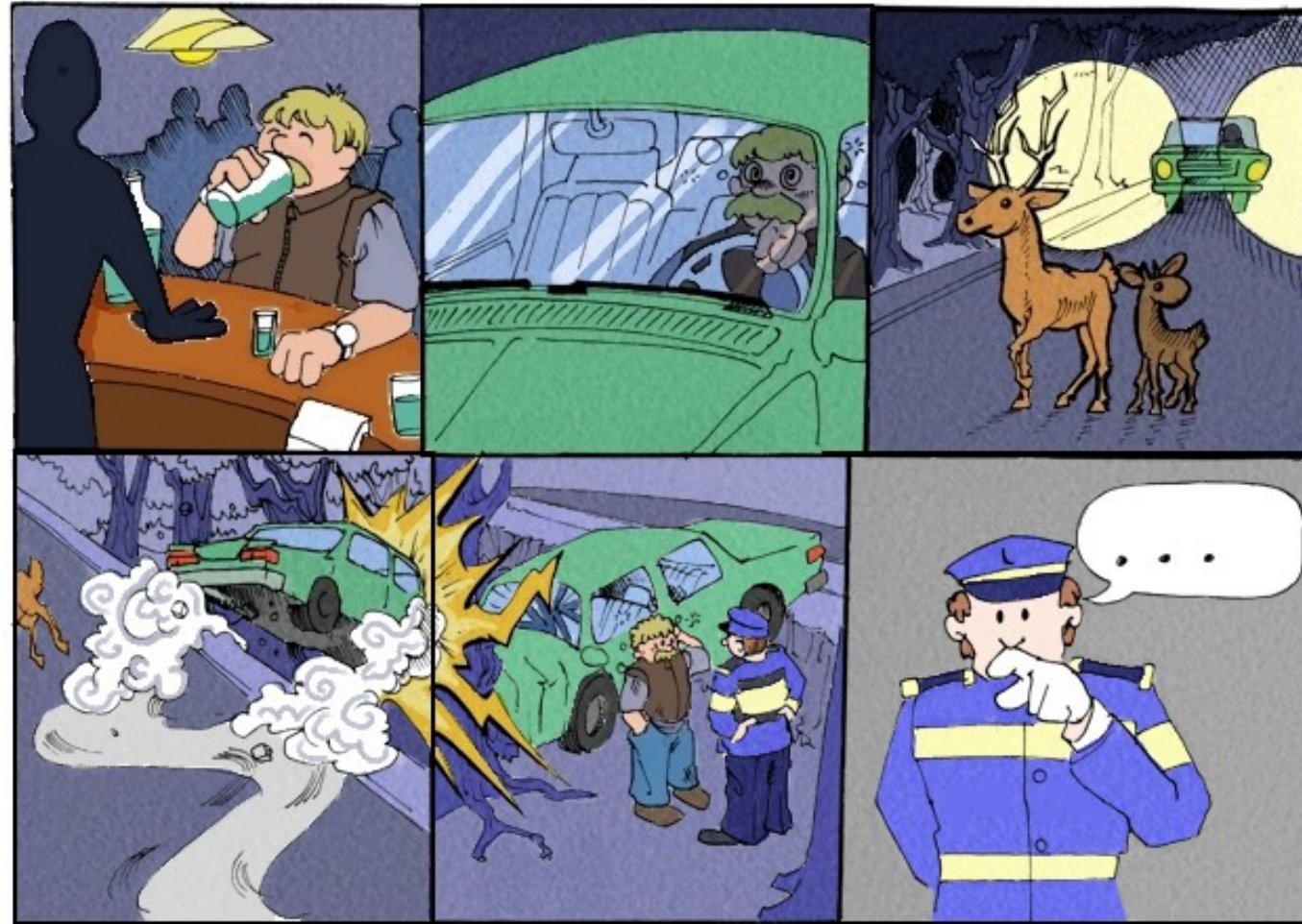
Unlikely: The girl has noticed that grandmother doesn't like toffees, so she will bring something different the next birthday.



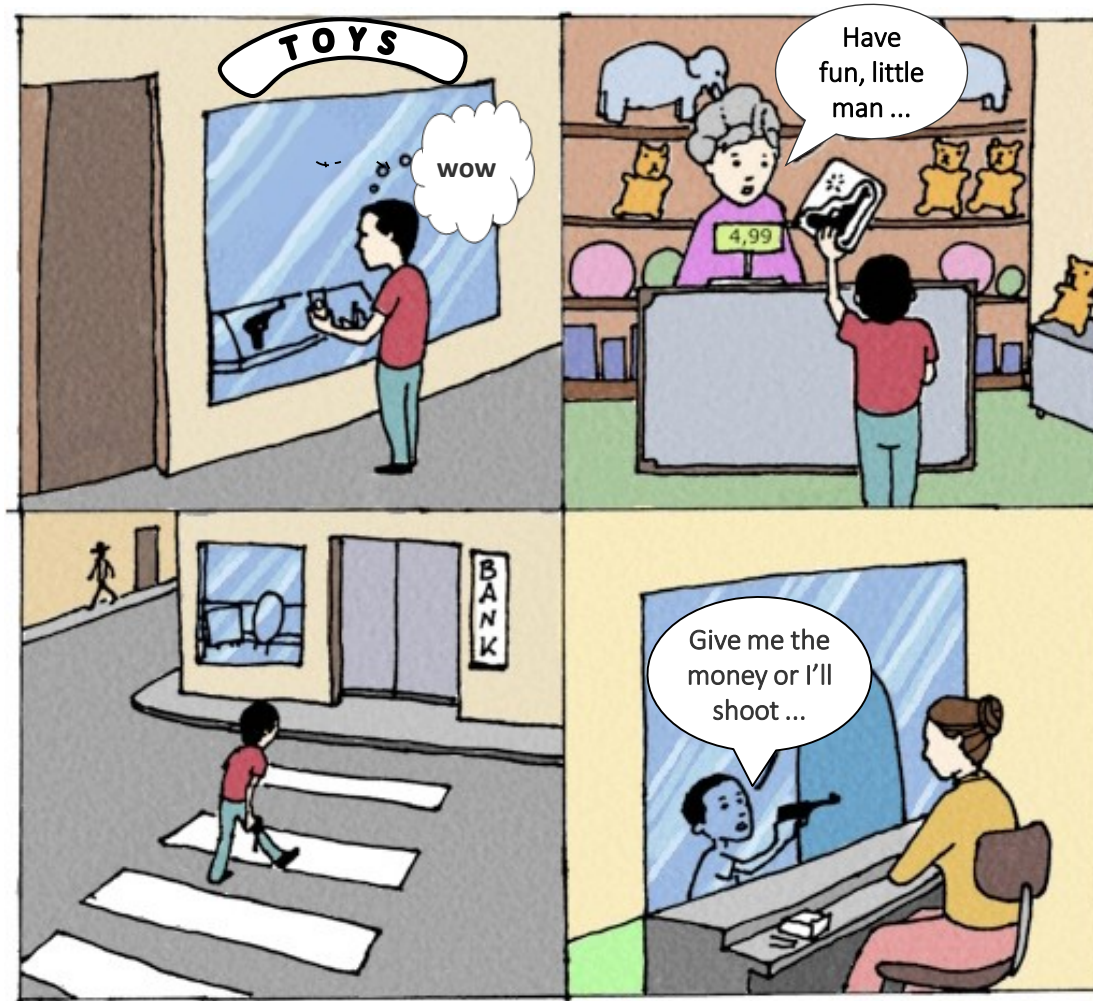
Let's go!



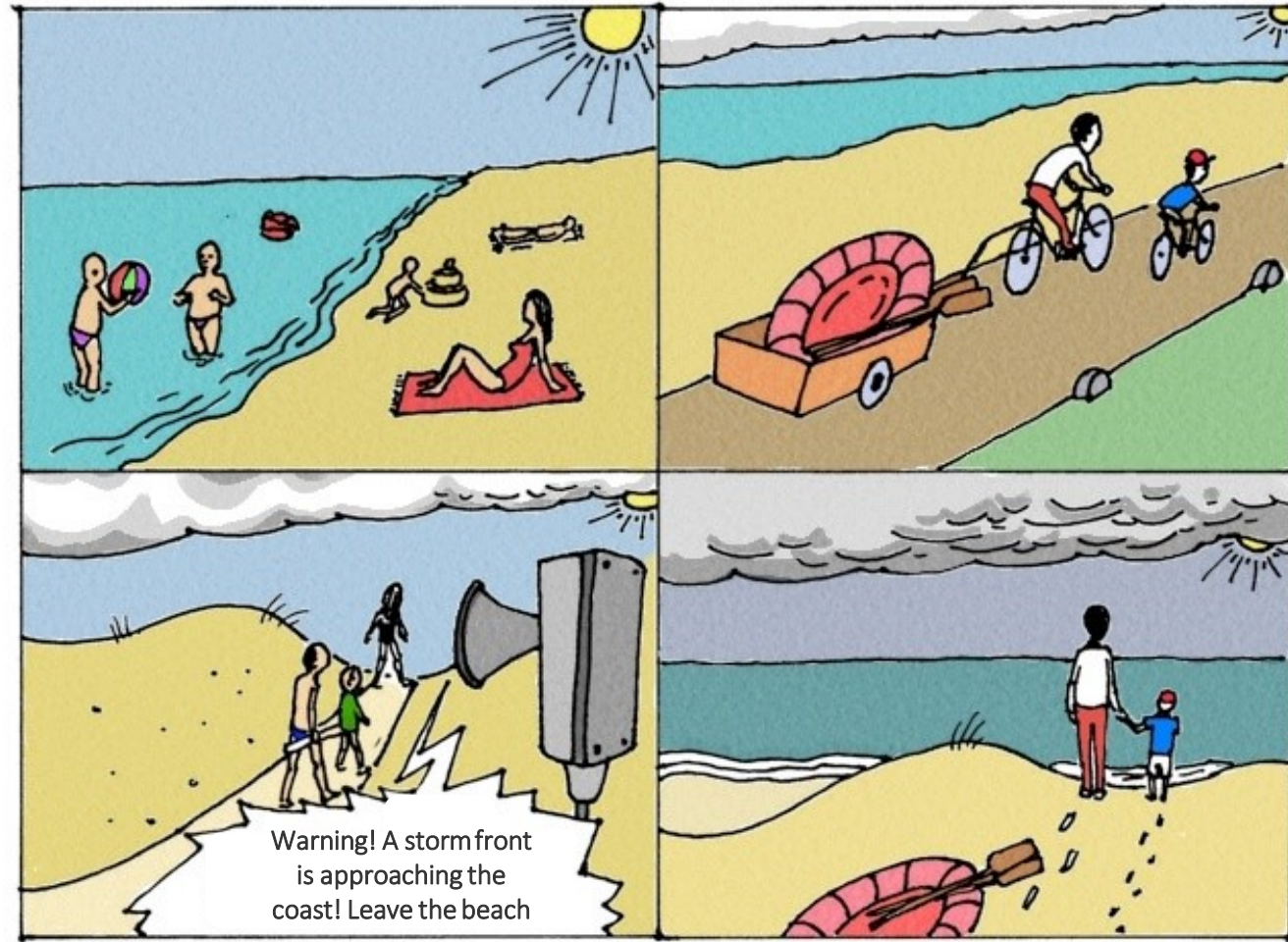
Is the boss cold-hearted? Do we need additional information to decide?



What might the police officer think ...? Is he entirely correct or partly correct?



Is the bank employee frightened?



Will father and son go boating?



Optional: Videoclip

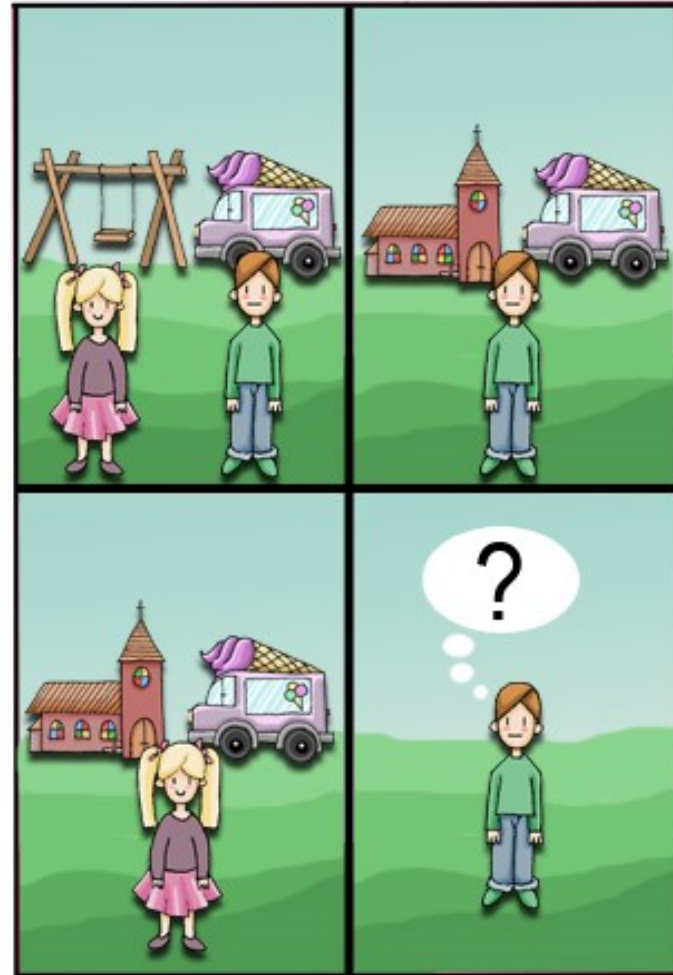
Video clip presentations that address today's topic are available at the following web site:
http://www.uke.de/mct_videos

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

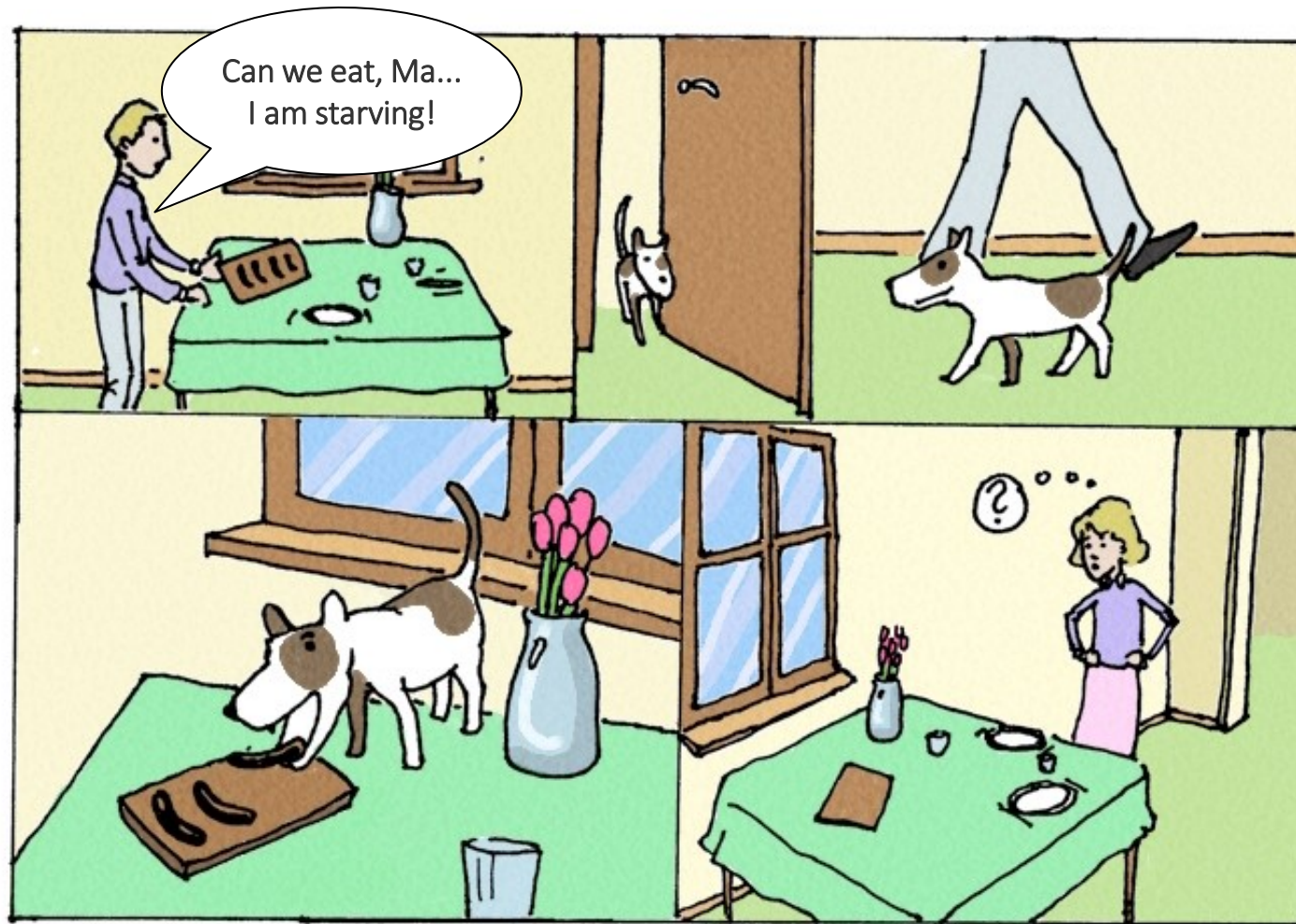
[for trainers:

Some movie clips contain language that may not be appropriate for all audiences and across all cultures. Please carefully pre-screen videos before showing]

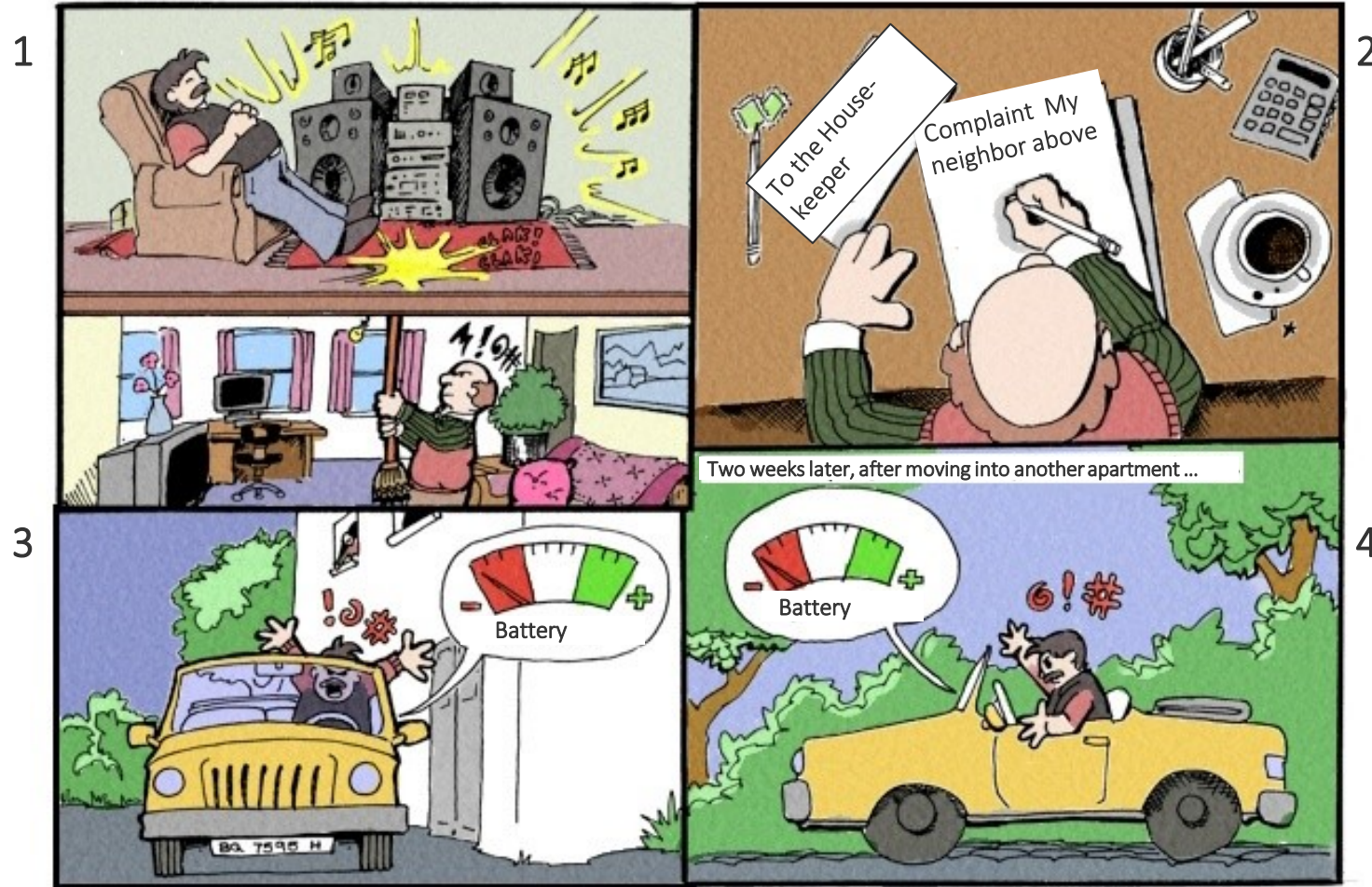




According to John, where did Mary last see the ice cream van?
At the park or at church?



What does the mother think ...? Is she correct?



Why was the battery dead the 1st time? And the 2nd time?
How might the car owner have interpreted the situation?



Transfer to everyday life

Learning Objectives:

- Many misunderstandings and even conflicts arise because people guess incorrectly 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

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- Many misunderstandings and even conflicts arise because people guess incorrectly 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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- 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: Marvin feels mocked!

Background: Marvin enters the entrance hall of the airport after customs, where people are waiting and looking in his direction. Two of them start laughing loudly.

But: Of course, all of those who are waiting are scanning the arriving passengers to pick up friends or clients. The two people laughing have probably not seen each other for a long time and are exchanging holiday memories.

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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Llima	flickr	Psalmz	CC	Rapper
Thomas Hawk	flickr	Lips	CC	Red lips/Rote Lippen
Volker Henkel	fotomoment.de	emotionen	PP	Different facial expressions of 3 men/Verschiedene Gesichtsausdrücke v. 3 Männern
storm_gal	flickr	Wolf Dog	CC	Intuition (dog/Hund)
bricolage.108	flickr	Circus ring	CC	Funny clown/Lustiger Clown
MisterSquirrel	flickr	Pennywise	CC	Evil clown/Böser Clown
def110	flickr	Zirkus - circus	CC	Circus/Zirkus
Marina Ruiz-Villarreal	---	---	Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie	Comic strips: grandmother, accident, bad news, neighbour/Bildergeschichten: Großmutter, Unfall, schlechte Nachrichten, Nachbar
---	---	---	Picture has been taken from the following book chapter/ Das Bild wurde dem folgenden Buchkapitel entliehen: Moritz, S. (2005), Kognitive Dysfunktionen schizophrener Patienten. In D.F. Braus (Ed.), Schizophrenie (pp. 15-27). Stuttgart: Schattauer	Comic strip: John & Mary/ Bildergeschichte John & Mary
M.A./ Christin Hoche	---	---	Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie	Comic strips: bank, boating, sausage/Bildergeschichten Bank, Bootfahren, Wurst