Welcome to

Training Module 4: To Empathise ... I
How can I empathise with another person ...?
How can I empathise with another person ...?

Example: A person touches his/her temple.

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

Example: A person touches his/her temple. *Why?* Indifference, concentration, tiredness, headache?
How can I empathise with another person ...?

Example: A person touches his/her temple. *Why?* Indifference, concentration, tiredness, headache?

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

Example: A person touches his/her temple. Why? Indifference, concentration, tiredness, headache?

What may help to answer the question?

- Knowledge about the person → Does the person suffer from migraines?
Example: A person touches his/her temple.  
*Why?* Indifference, concentration, tiredness, headache?

**What may help to answer the question?**

- **Knowledge about the person** → Does the person suffer from migraines?  
- **Environment/situation** → Did the person just have an all-night-party?
How can I empathise with another person ...?

Example: A person touches his/her temple.  

*Why?* Indifference, concentration, tiredness, headache?

**What may help to answer the question?**

- **Knowledge about the person** → Does the person suffer from migraines?
- **Environment/situation** → Did the person just have an all-night-party?
- **Self-observation** → On what occasions do I touch my temple? (Caution! Do not immediately infer from yourself to others!)
Example: A person touches his/her temple. *Why?* Indifference, concentration, tiredness, headache?

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- **Knowledge about the person** → Does the person suffer from migraines?
- **Environment/situation** → Did the person just have an all-night-party?
- **Self-observation** → On what occasions do I touch my temple? (*Caution!* Do not immediately infer from yourself to others!)
- **Facial expression:** → Does the person look tired, thoughtful, in pain etc.?
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).
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- Difficulties detecting and evaluating the facial expressions of others (e.g. sadness, happiness).

- Difficulties deducing the motives/future activities of other people from current behaviour.
Stress and feelings of being in danger can lead to distorted perceptions of other people:

- Understanding smile of the doctor is perceived as being laughed at.
- A surprised face is misinterpreted as fearful.
- The concentrated and thoughtful look of the therapist is misinterpreted as hostile.

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 if you know the context ...
Sometimes it is easy to understand how someone else feels ... especially if you know the context ...
It is more difficult when you do not know the person or the circumstances!

Please try to identify the emotional expressions in pictures 1 to 5.

How confident are you in your answers?
It is more difficult when you do not know the person or the circumstances!
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 psychiatrist 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!

Jeffrey Dahmer: Serial killer

Khaled Saleh: Actor

Aaron Beck: Psychotherapist

Babe Ruth: Legendary baseball hero
**When in Rome, do as the Romans do!**

Common misinterpretations of gestures

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<tr>
<th>gesture/mimic</th>
<th>How is this gesture interpreted here vs. elsewhere?</th>
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</thead>
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<td><img src="image2.png" alt="Image" /></td>
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<td><img src="image3.png" alt="Image" /></td>
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**Language**

<p>| Language | ??? |</p>
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</tr>
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<tr>
<td><img src="image0" alt="Image" /></td>
<td><strong>Europe/North America:</strong> gives the impression of being relaxed; perhaps a bit sloppy. In some arabic countries, the sole is regarded the dirtiest part of the body. It is therefore an insult to show the soles of your shoes to someone.</td>
</tr>
<tr>
<td><img src="image1" alt="Image" /></td>
<td>???</td>
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<td><img src="image2" alt="Image" /></td>
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**Language**

<p>| <img src="image3" alt="Image" /> | ??? |</p>
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Language

???
### When in Rome, do as the Romans do!

Common misinterpretations of gestures

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| ![USA and many other countries](image) | **USA and many other countries:** “well done!”, “superb”  
**Some African countries:** “go away!”  
**Many countries:** used for hitchhiking but not in all countries (see above!). |
| ![Language](image) | **Language:** “Digga” (Germany, literally: “Fatty”) or “Malaka” (Greece) can be friendly greetings within a certain peer group but are rude and inexcusable insults in most other contexts. |
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?

Cutout!

1. Man is crossing the finish line in a marathon
2. Man is angry
3. Man is shouting for help because his shirt was stolen
4. Man is worshipping the sun
Anger!

1. Man is crossing the finish line in a marathon
2. Man is angry
3. Man is shouting for help because his shirt was stolen
4. Man is worshipping the sun

Please read the acknowledgement at the end of the presentation.
What does this person feel or do? How confident are you?

Cutout!

1. A final pleading in court
2. Labor leader speaks to his comrades (in the 20s)
3. Fight in the market place
4. Musician singing a love song
Passion!

1. A final pleading in court
2. Labor leader speaks to his comrades (in the 20s)
3. Fight in the market place
4. Musician singing a love song
What does this person feel or do? How confident are you?

1. Snapshot of a sought-after African war-criminal (General Dbeki)
2. Man running a marathon
3. Desperate blind man
4. US politician while jogging amongst his bodyguards
1. Snapshot of a sought-after African war-criminal (General Dbeki)

2. Man running a marathon

3. Desperate blind man

4. US politician while jogging amongst his bodyguards
What does this person feel or do? How confident are you?

1. Player signing to his team
2. Blind Monk
3. Suspicious look
4. Archery
Concentration!

1. Player signing to his team
2. Blind Monk
3. Suspicious look
4. Archery
What does this person feel or do? How confident are you?

Cutout!

1. Ordering beverages at the bar
2. Coach encourages his team
3. Enraged broker
4. Man picks a fight
1. Ordering beverages at the bar
2. Coach encourages his team
3. Enraged broker
4. Man picks a fight
optional: Video clip presentations that address today's topic are available at the following website: 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. Woman is eating maggots with disgust
2. Embarrassed woman lowers her head
3. Praying woman
4. Woman enjoys someone else’s misfortune
Disgust!

1. Woman is eating maggots with disgust

2. Embarrassed woman lowers her head

3. Praying woman

4. Woman enjoys someone else’s misfortune
Cutout!

What does this person feel or do? How confident are you?

1. Before the punchup
2. Reciting poet
3. Flirting
4. Insulting gesture
1. Before the punchup
2. Reciting poet
3. Flirting
4. Insulting gesture
What does this person feel or do? How confident are you?

1. Bride saying “yes” at her wedding
2. Woman in the pub
3. Woman proudly presents her wedding ring to a friend
4. Woman complains about parking ticket
Happiness!

1. Bride saying “yes” at her wedding

2. Woman in the pub

3. Woman proudly presents her wedding ring to a friend

4. Woman complains about parking ticket
What does this person feel or do? How confident are you?

**Cutout!**

1. Aggressive fan (hooligan)
2. Cheerful barkeeper
3. Fight
4. Player celebrating goal
Happiness!

1. Aggressive fan (hooligan)
2. Cheerful barkeeper
3. Fight
4. Player celebrating goal
What does this person feel or do? How confident are you?

Cutout!

1. Survivor of mine accident
2. Worker at break
3. The failed strike
4. Fancy dress (mine worker)
1. Survivor of mine accident
2. Worker at break
3. The failed strike
4. Fancy dress (mine worker)
Man reading:
• love letter (blushing in the next picture)
• interesting article (taking notes in the next picture)
• rejection letter (outburst of anger in the next picture)
• jokes (laughing in the next picture)
Man reading:

- love letter (blushing in the next picture)
- interesting article (taking notes in the next picture)
- rejection letter (outburst of anger in the next picture)
- jokes (laughing in the next picture)
First conclusion!

- Facial expressions and gestures are not always definite!
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.
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 man planning to do?

3

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?

Please discuss the likelihood of the following options:

4a?

4b?

4c?
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 4c!
What is the intention of the woman?

How does the story above proceed?

Please discuss the likelihood of the following options:

4a?
4b?
4c?
What is the intention of the woman?

How does the story above proceed?

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

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?

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:
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!
What is the woman planning to do?

How does the story above proceed?

Please discuss the likelihood of the following options:

4a?

4b?

4c?
What is the woman planning to do?

2
How does the story above proceed?

3

Please discuss the likelihood of the following options:

4a?

4b?

4c?
What is the woman planning to do?

1

How does the story above proceed?

Please discuss the likelihood of the following options:

2

3

4a?

4b?

4c?
The correct answer is 4a!
What is the intention of the woman?

How does the story above proceed?

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

How does the story above proceed?

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

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?

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?

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 boy?

How does the story above proceed?

Please discuss the likelihood of the following options:

4a?

4b?

4c?
What is the intention of the boy?

How does the story above proceed?

Please discuss the likelihood of the following options:

4a?

4b?

4c?
What is the intention of the boy?

How does the story above proceed?

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?

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 4b!
What is the intention of the woman?

How does the story above proceed?

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

How does the story above proceed?

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

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?

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?

1 2 3

How does the story above proceed?

4a? 4b? 4c?

Please discuss the likelihood of the following options:
The correct answer is 4b!
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.
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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 judgement.
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 are the boys planning?

(A) To invite the other boy to play ball with them.
(B) To play a prank.
(C) To get an autograph from a soccer champion.
What are the boys planning?

(A) To invite the other boy to play ball with them.
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What are the boys planning?

(A) To invite the other boy to play ball with them.
(B) To play a prank.
(C) To get an autograph from a soccer champion.
What are the men doing?

(A) The men are doing a moon dance.
(B) The men are trying to escape.
(C) The men are exercising.
What are the men doing?

(A) The men are doing a moon dance.
(B) The men are trying to escape.
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What are the men doing?

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What are the men doing?

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(C) The men are exercising.
What are the men doing?

(A) The men are doing a moon dance.
(B) The men are trying to escape.
(C) The men are exercising.
What is the boy doing?

(A) Enjoying his birthday present.
(B) Wrapping a present.
(C) Trying to scare his sister.
What is the boy doing?

(A) Enjoying his birthday present.
(B) Wrapping a present.
(C) Trying to scare his sister.
What is the boy doing?

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What is the boy doing?

(A) Enjoying his birthday present.
(B) Wrapping a present.
(C) Trying to scare his sister.
To empathise ... I Module (4)
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.
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Facial expressions and gestures are important clues for what a person feels but can be misleading at times.
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When evaluating complex situations, it is crucial to consider all available information.
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Facial expressions and gestures are important clues for 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 judgement.
What does this have to do with psychosis?

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

**Example:** Walter was obsessed with the idea that he is Jodie Foster’s boyfriend. He wrote her love letters and made plans for the future.

**Background:** He saw Jodie Foster at a movie premiere. She waved at the crowd and glanced at him *as well as others* very cheerfully.
During psychosis, people tend to misinterpret or over-interpret facial expressions or actions.

**Example:** Walter was obsessed with the idea that he is Jodie Foster’s boyfriend. He wrote her love letters and made plans for the future.

**Background:** He saw Jodie Foster at a movie premiere. She waved at the crowd and glanced at him *as well as others* very cheerfully.

A lot of things are in the eye of the beholder. Our emotions impact on our perceptions, especially when we feel threatened. When we are anxious, our environment seems hostile. When we are extremely happy, an exaggerated feeling of invincibility and being loved may arise.
for trainers:
Please hand out worksheets. Introduce our app “MCT & More” (download free of charge).

www.uke.de/mct_app
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<td>Who's the bully</td>
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<td>flickr</td>
<td>The happy couple</td>
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<td>Happiness (marriage)/Freude (Hochzeit)</td>
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<td>ben·millet</td>
<td>flickr</td>
<td>Day 64 Rotten potatoes</td>
<td>CC</td>
<td>Disgust (rotten potatoes)/Ekel (vergammelte Kartoffeln)</td>
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<td>manville</td>
<td>flickr</td>
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<td>Marathon runner/Marathonläufer</td>
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<td>Mary Lou´s</td>
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<td>PP</td>
<td>Ordering beverages at the bar/Bestellung am Tresen</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Name Photographer/Artist Name / Fotograf/Künstler</th>
<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>
</tr>
</thead>
<tbody>
<tr>
<td>RTL Granada Productions Lisa Fitz</td>
<td>PP by the management of Lisa Fitz and granada productions/PP durch das Management von Lisa Fitz sowie granada productions/</td>
<td>Woman is eating maggots/Frau isst Maden</td>
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<tr>
<td>Steffen Moritz - - - -</td>
<td>PP</td>
<td>Yannis</td>
<td></td>
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<tr>
<td>Nico Gaycken Mary Lou´s - - -</td>
<td>PP</td>
<td>Woman in the pub/Frau in Kneipe</td>
<td></td>
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</tr>
<tr>
<td>Nico Gaycken Mary Lou´s - - -</td>
<td>PP</td>
<td>Cheerful barkeeper/Fröhlicher Barkeeper</td>
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<tr>
<td>Eberhard Kamm fotocommunity Schicht am Schacht</td>
<td>PP</td>
<td>Worker at break/Arbeiter bei der Pause</td>
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<tr>
<td>Jens Mittelsdorf fotocommunity sich schwarz ärgern2</td>
<td>PP</td>
<td>Rejection letter/Ablehnungsbescheid</td>
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<td></td>
</tr>
<tr>
<td>Yves Sarfati - - -</td>
<td>PP</td>
<td>Several sequences in black and white: artist, mother, watch, matches, cake, necklace, umbrella, shoes, fireplace, tree/ Verschiedene schwarz- weiße Bildersequenzen Künstler, Mutter, Uhr, Streichholz, Kuchen, Kette, Regenschirm, Schuhe, Kamin, Baum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Martin Brüne - - -</td>
<td>PP</td>
<td>Several coloured sequences: trick, jailbreak, fear/Verschiedene farbige Bildersequenzen Streich, Ausbruch, Schreck</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>