



Metacognitive Training (MCT)

MCT 4 A – To Empathize ... I

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How can I empathize with another person ...?

???



How can I empathize with another person ...?

Example: A person touches his/her temple.

Why?





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- Knowledge about the person → Does the person suffer from migraines?



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- Environment/situation → Did the person just have an all-night-party?



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- **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!)



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- **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.?



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).



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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 people 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:

- 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

???



???



???



???



???



???





Emotions/feelings

Sometimes it is easy to understand how someone else feels, especially if you know the context

Sadness



Anger



Happiness



Disgust

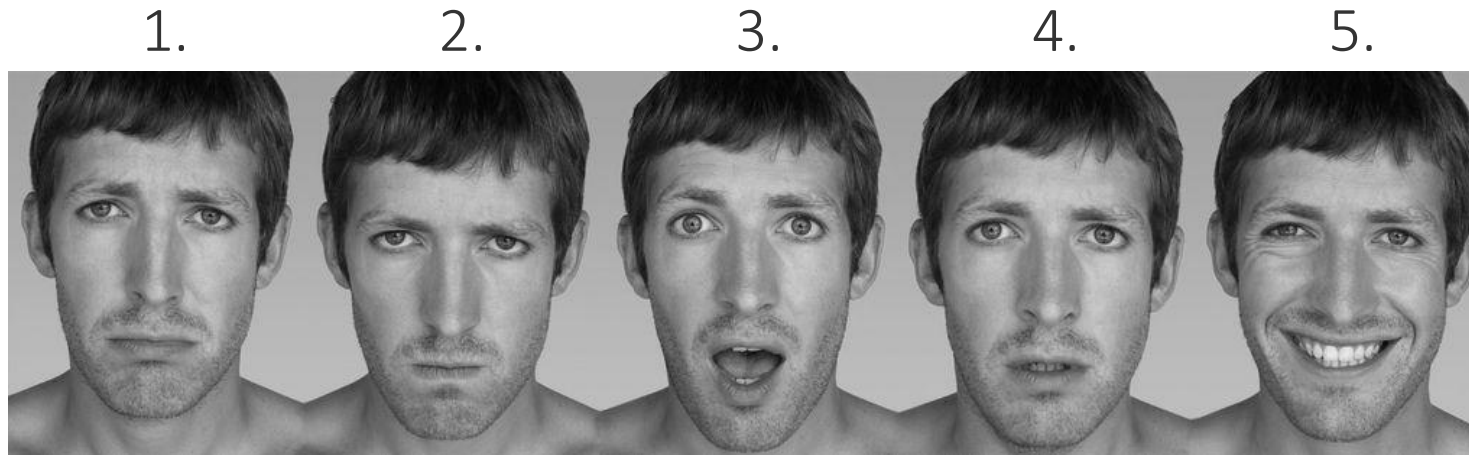


Surprise



Pain





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?



Sadness

Anger

Surprise

Fear

Happiness

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 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!



Jeffrey Dahmer:
Serial killer



Aaron Beck:
Psychotherapist



Babe Ruth:
Legendary baseball
hero






Khaled Saleh:
Actor



When in Rome, do as the Romans do!




Common misinterpretations of gestures

gesture/mimic	How is this gesture interpreted here vs. elsewhere?
	<p>???</p>
	<p>???</p>
<p>Language</p> 	<p>???</p>



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Common misinterpretations of gestures

gesture/mimic	How is this gesture interpreted here vs. elsewhere?
	<p>Europe/North America: gives the impression of being relaxed; perhaps a bit sloppy</p> <p>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.</p>
	<p>???</p>
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	<p>USA and many other countries: “well done!”, “superb”</p> <p>some African countries: “go away!”</p> <p>Many countries: used for hitchhiking but not in all countries (see above!).</p>
<p>Language</p> 	<p>???</p>



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	<p>USA and many other countries: “well done!”, “superb”</p> <p>some African countries: “go away!”</p> <p>Many countries: used for hitchhiking but not in all countries (see above!).</p>
<p>Language</p> 	<p>“Dicker” (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.</p>



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!



Please read the acknowledgement at the end of the presentation.

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



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 1920s)
3. Fight at 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 1920s)
3. Fight at the market place
4. Musician singing a love song



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

Cutout!



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)
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4. US politician while jogging amongst his bodyguards



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

Cutout!



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



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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?

Cutout!



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



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

Cutout!



1. Before the punchup
2. Reciting poet
3. Flirting
4. Insulting gesture



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

Cutout!



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
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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
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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)



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



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)



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First conclusion!

- Facial expressions and gestures are not always definite!



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- 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.

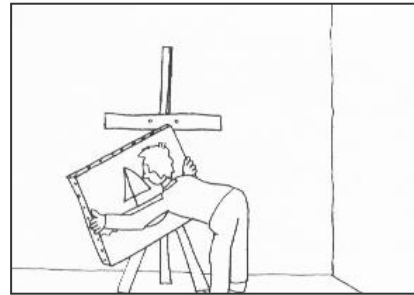


Task 3

- 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.



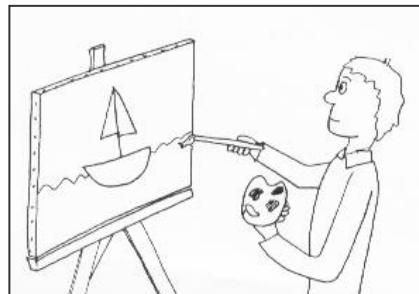
What is the man planning to do?



3

How does the story above proceed?

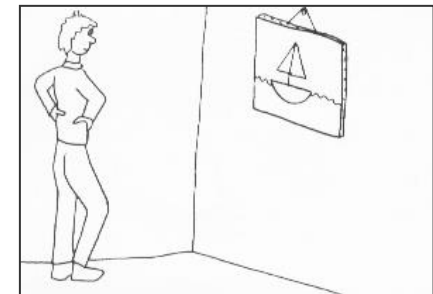
Please discuss the likelihood of the following options:



4a?



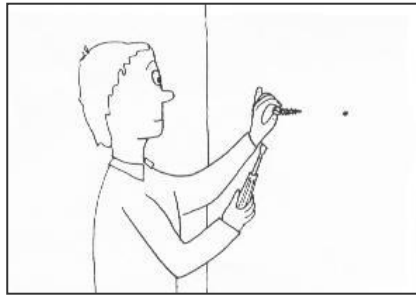
4b?



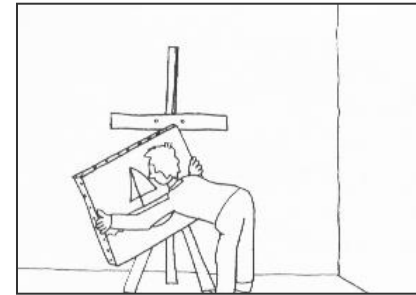
4c?



What is the man planning to do?



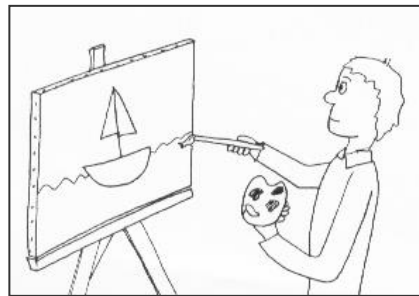
2



3

How does the story above proceed?

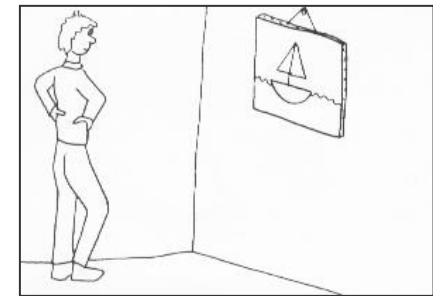
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4a?



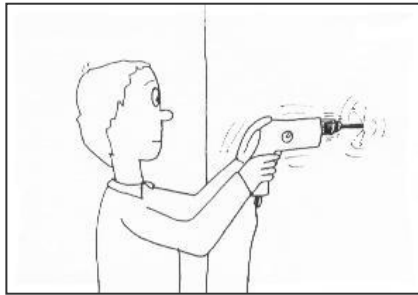
4b?



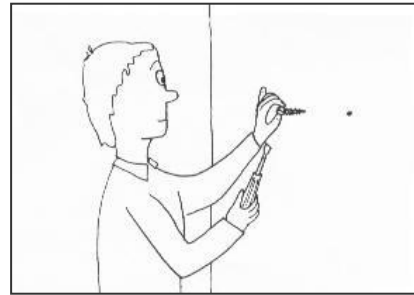
4c?



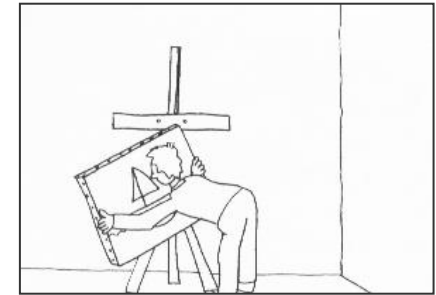
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1



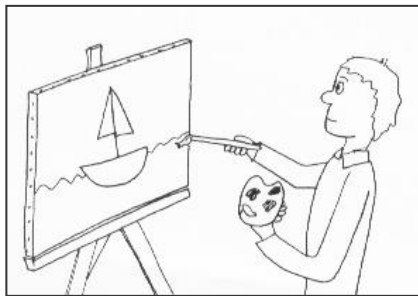
2



3

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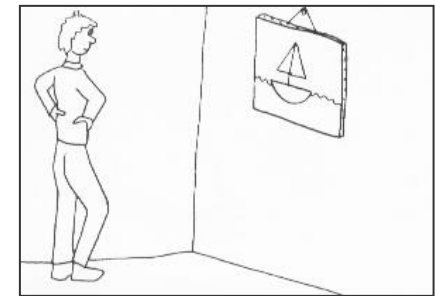
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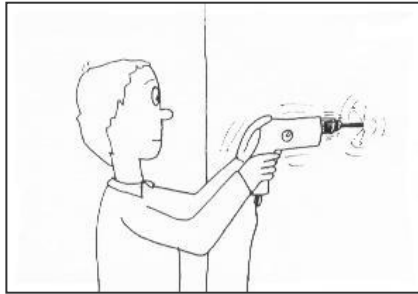
4b?



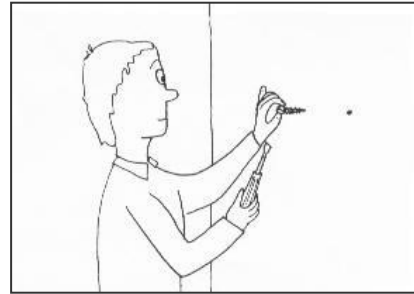
4c?



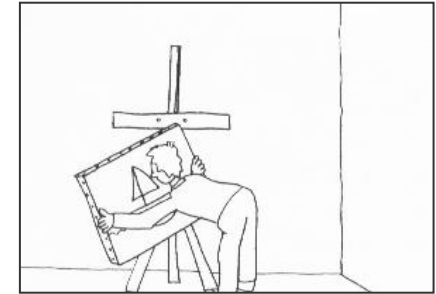
The correct answer is 4c!



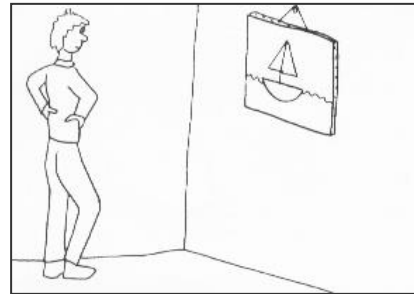
1



2



3



4c



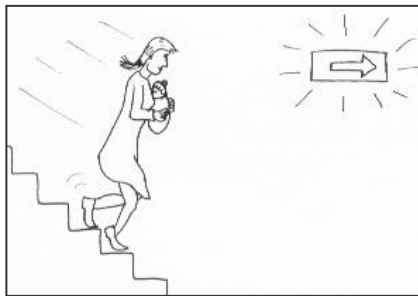
What is the intention of the woman?



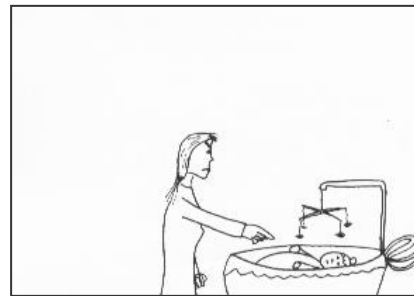
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



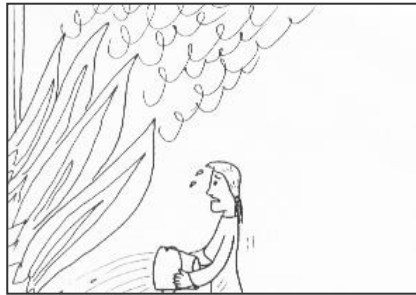
4b?



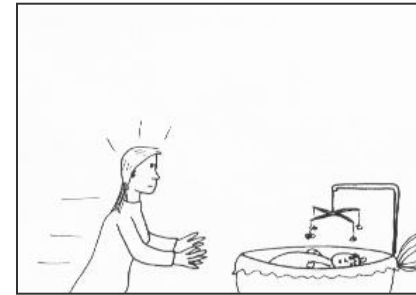
4c?



What is the intention of the woman?



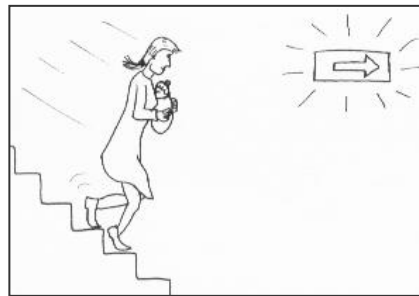
2



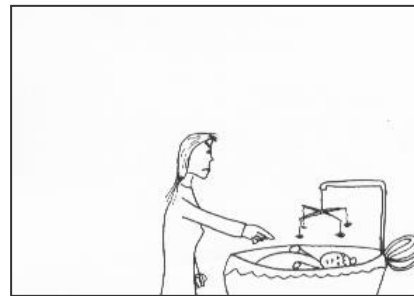
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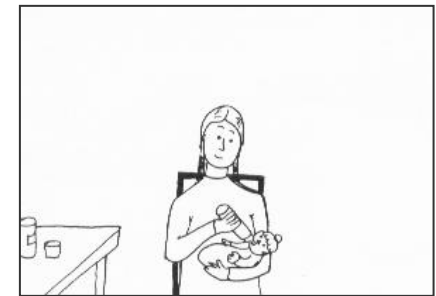
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4b?



4c?



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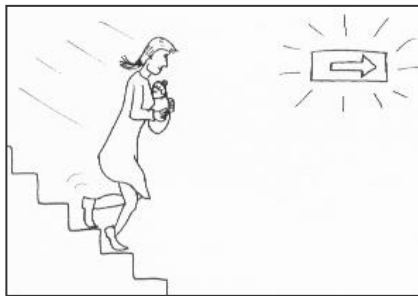
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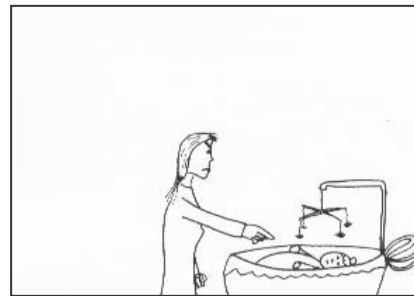
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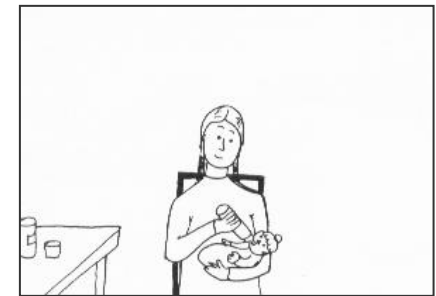
Please discuss the likelihood of the following options:



4a?



4b?



4c?



The correct answer is 4a!



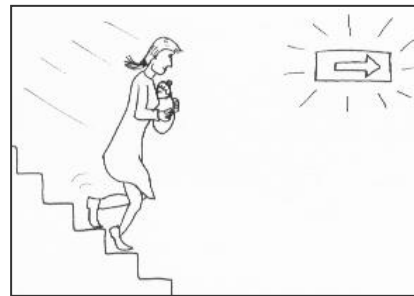
1



2



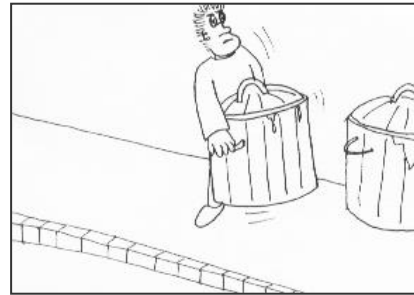
3



4a



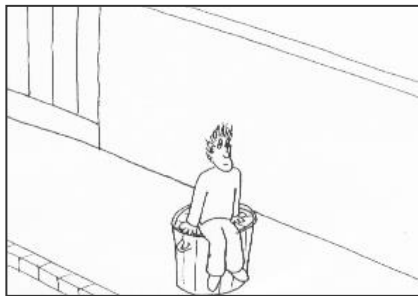
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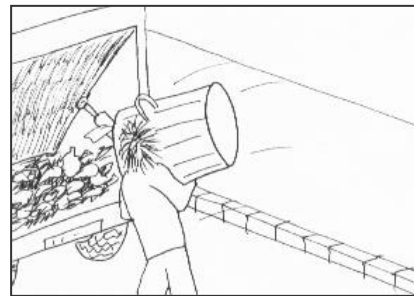
3

How does the story above proceed?

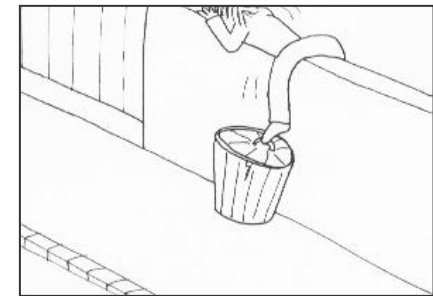
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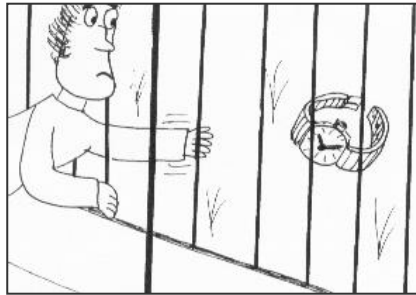
4b?



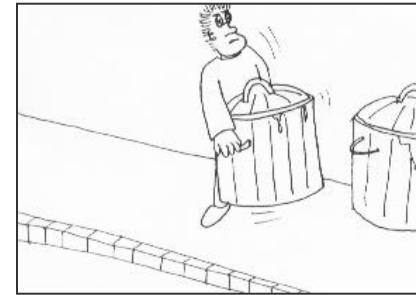
4c?



What is the intention of the man?



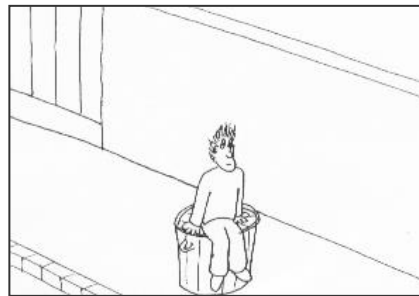
2



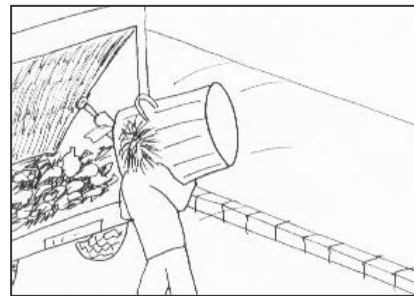
3

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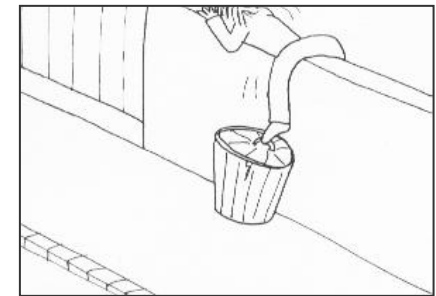
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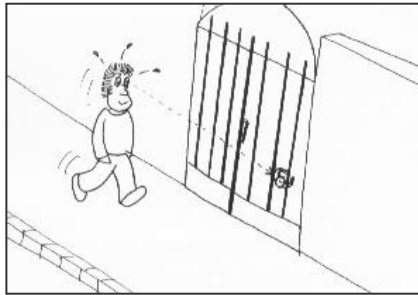
4b?



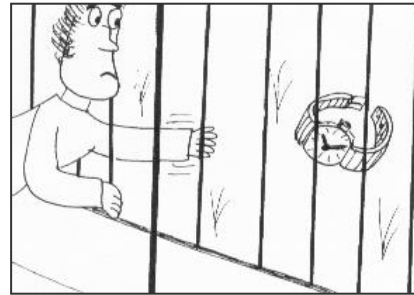
4c?



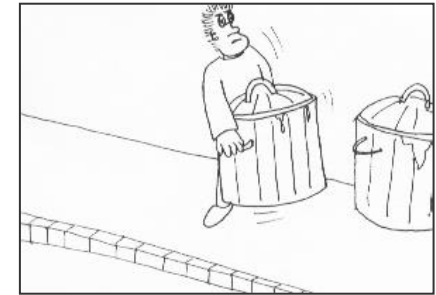
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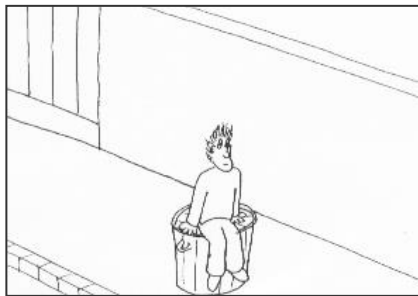
2



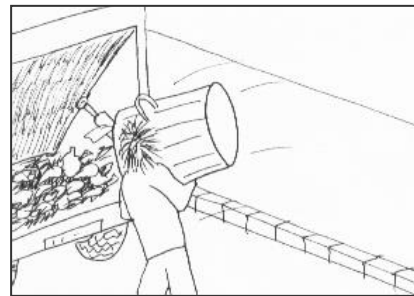
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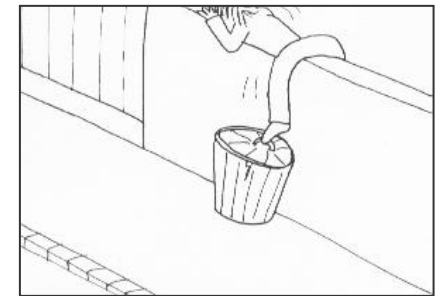
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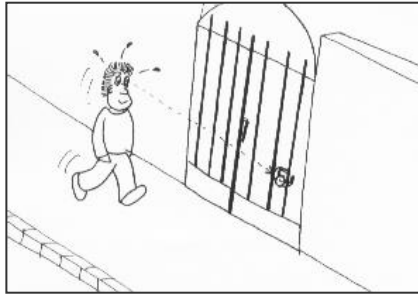
4b?



4c?



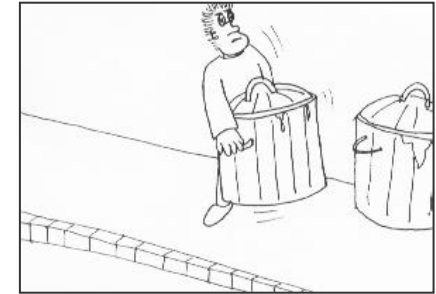
The correct answer is 4c!



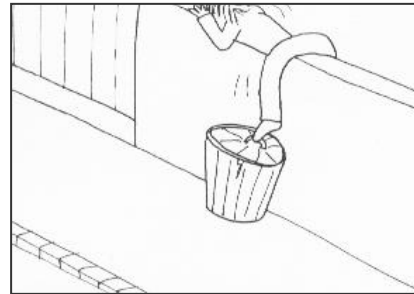
1



2



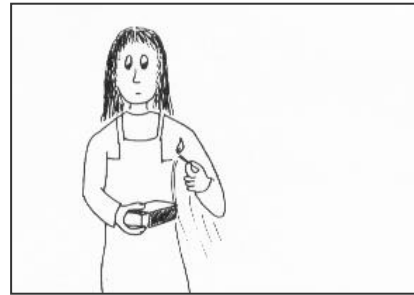
3



4c



What is the woman planning to do?



3

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



3

How does the story above proceed?

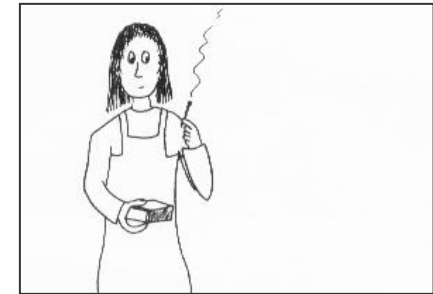
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4b?



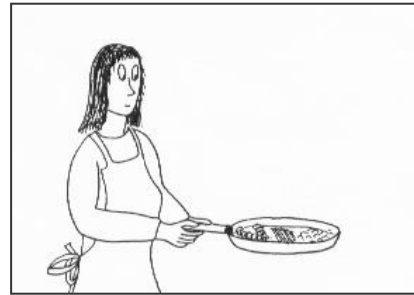
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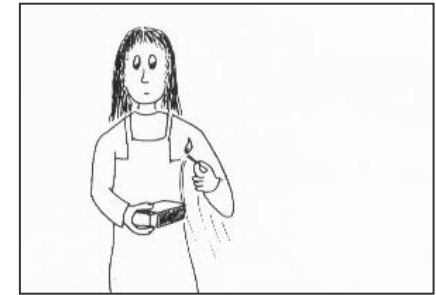
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1



2



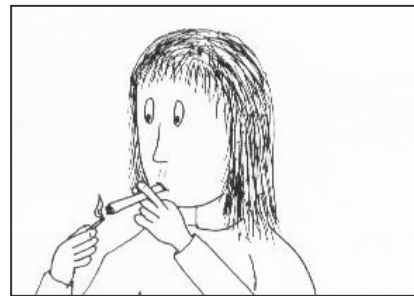
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How does the story above proceed?

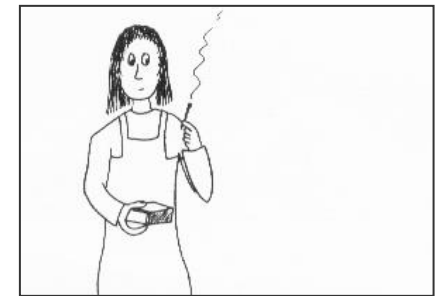
Please discuss the likelihood of the following options:



4a?



4b?



4c?



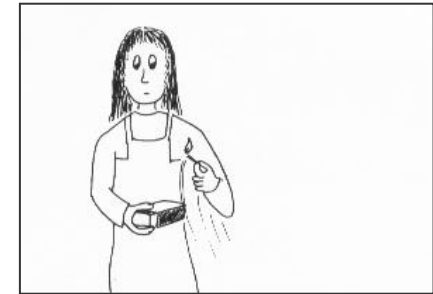
The correct answer is 4a!



1



2



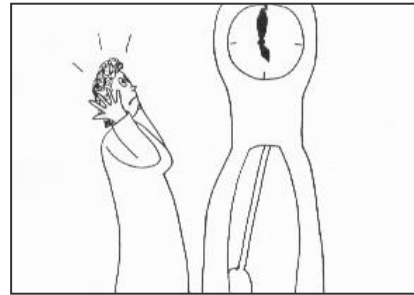
3



4a



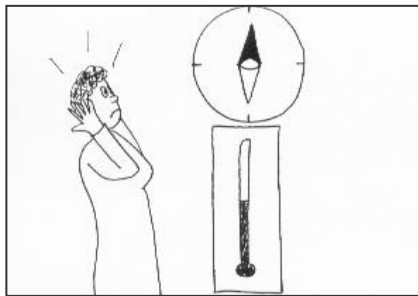
What is the intention of the woman?



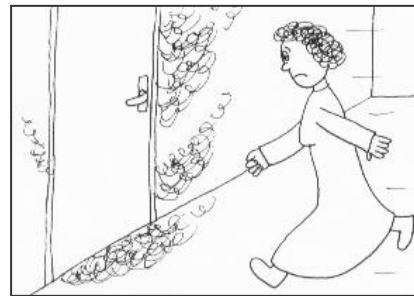
3

How does the story above proceed?

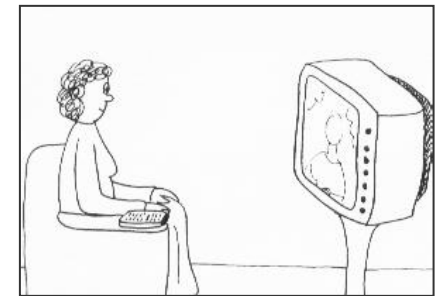
Please discuss the likelihood of the following options:



4a?



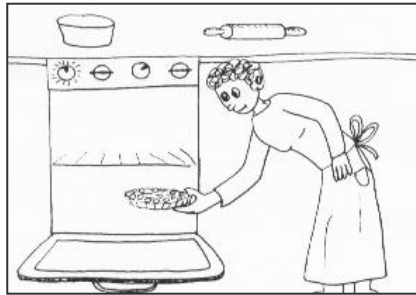
4b?



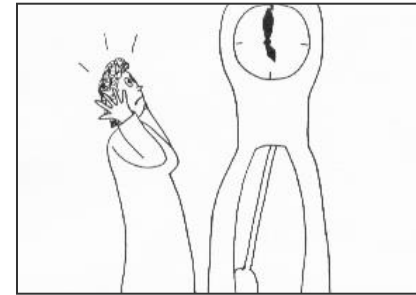
4c?



What is the intention of the woman?



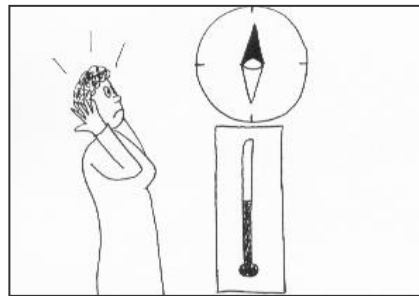
2



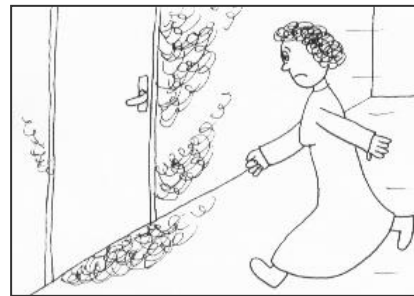
3

How does the story above proceed?

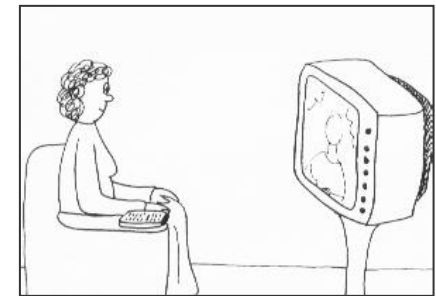
Please discuss the likelihood of the following options:



4a?



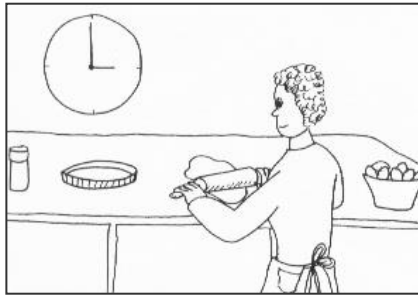
4b?



4c?



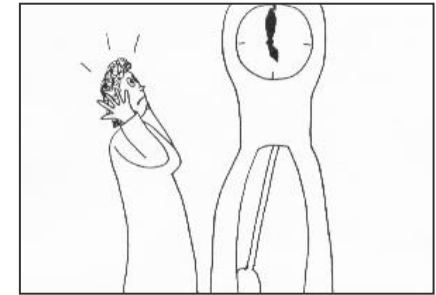
What is the intention of the woman?



1



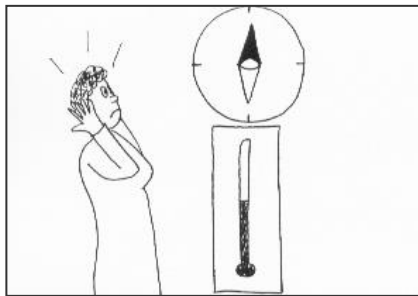
2



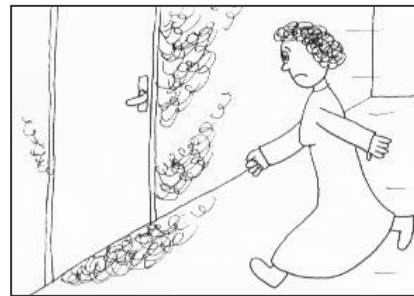
3

How does the story above proceed?

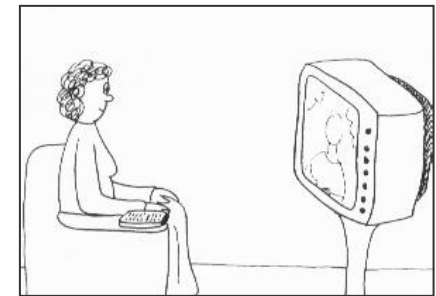
Please discuss the likelihood of the following options:



4a?



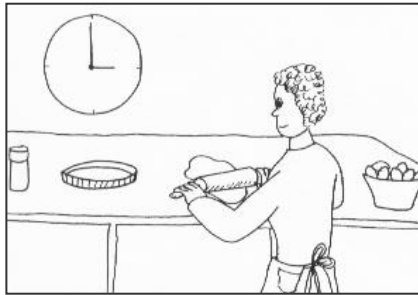
4b?



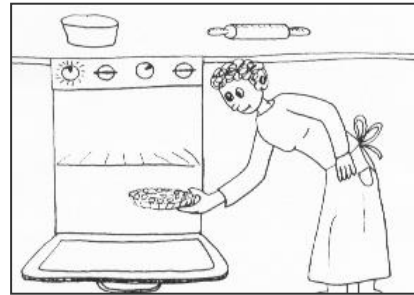
4c?



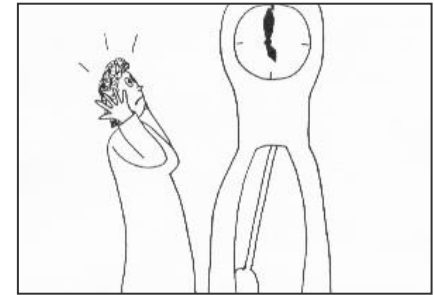
The correct answer is 4b!



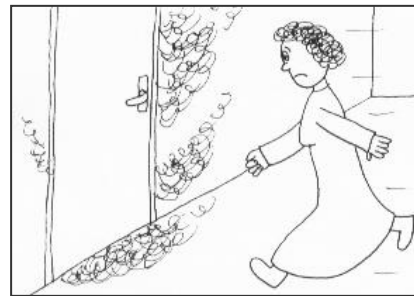
1



2



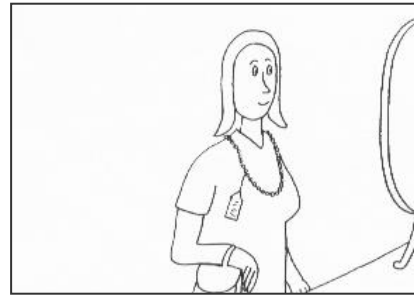
3



4b



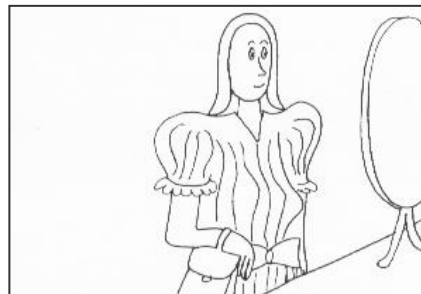
What is the woman planning to do?



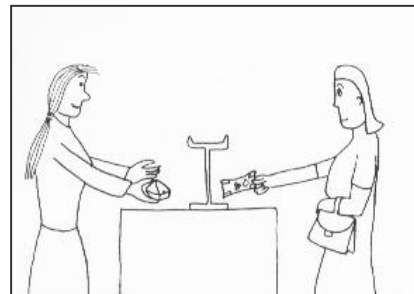
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



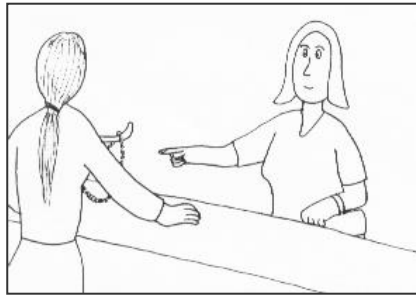
4b?



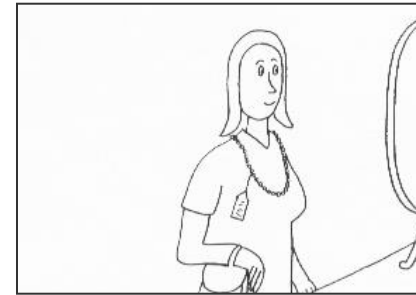
4c?



What is the woman planning to do?



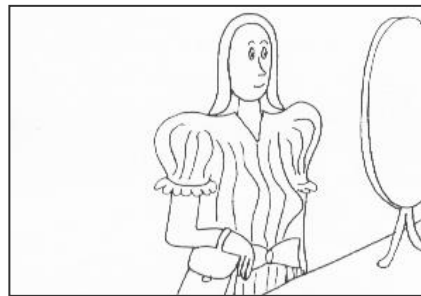
2



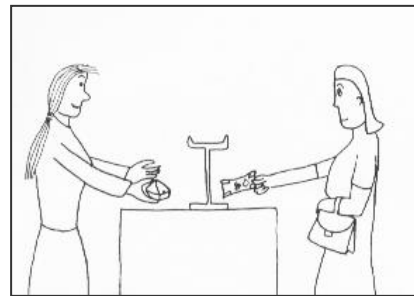
3

How does the story above proceed?

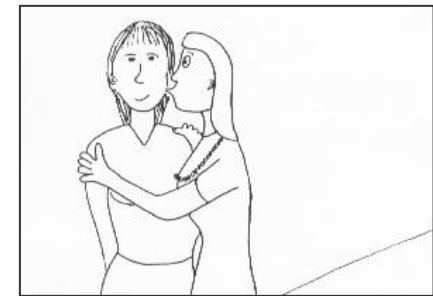
Please discuss the likelihood of the following options:



4a?



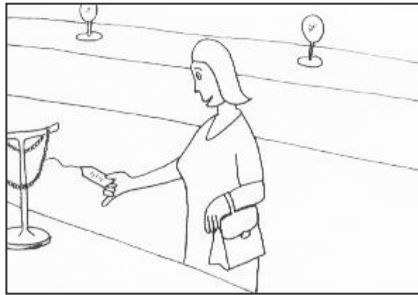
4b?



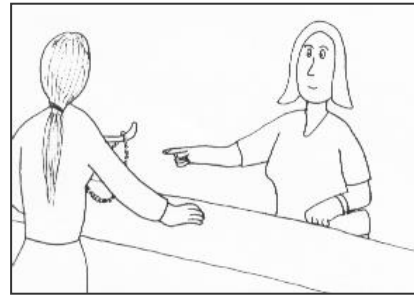
4c?



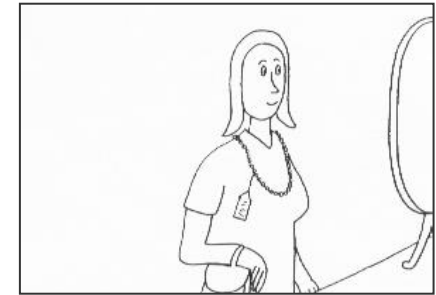
What is the woman planning to do?



1



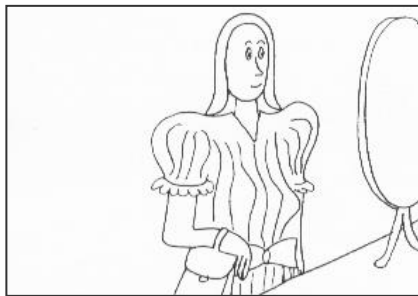
2



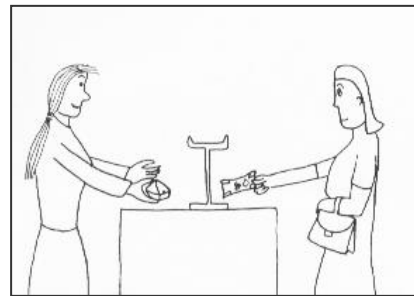
3

How does the story above proceed?

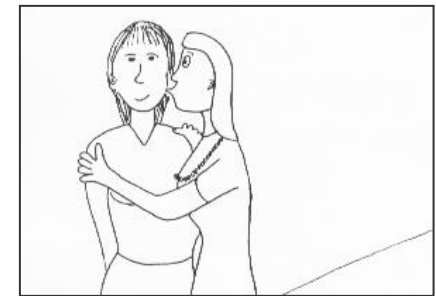
Please discuss the likelihood of the following options:



4a?



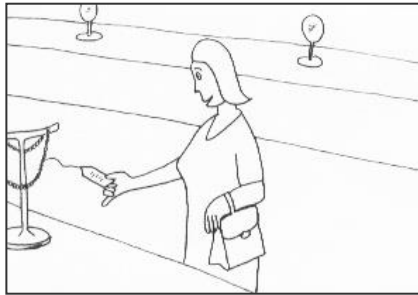
4b?



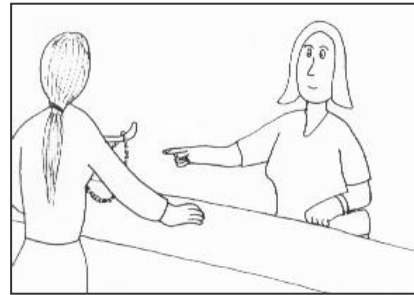
4c?



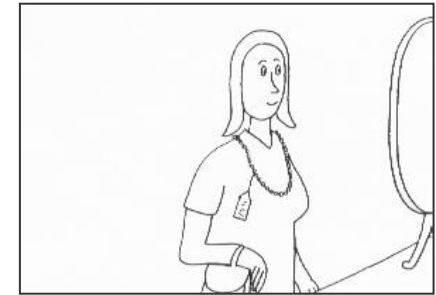
The correct answer is 4b!



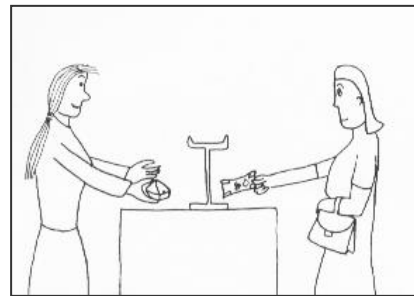
1



2



3



4b



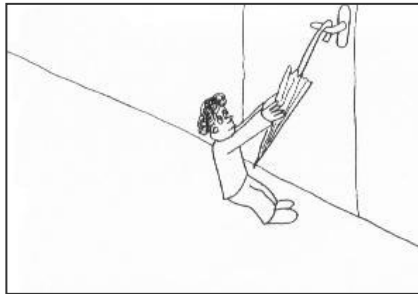
What is the intention of the boy?



3

How does the story above proceed?

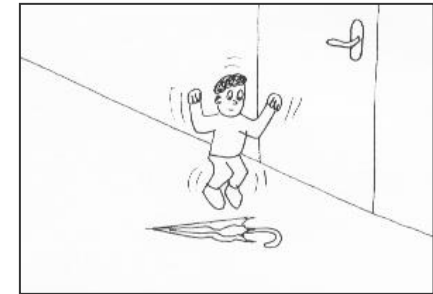
Please discuss the likelihood of the following options:



4a?



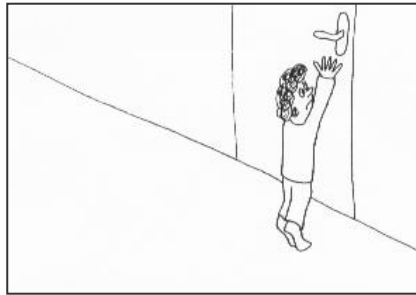
4b?



4c?



What is the intention of the boy?



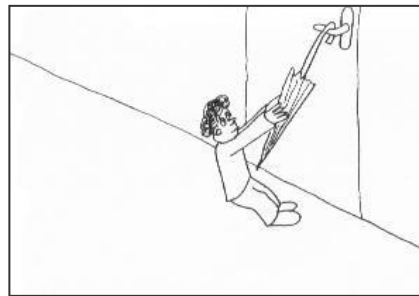
2



3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



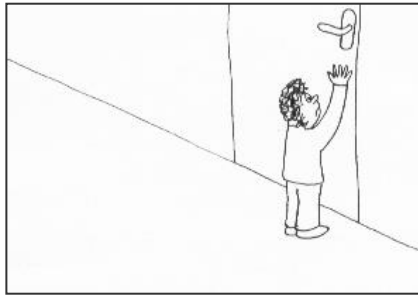
4b?



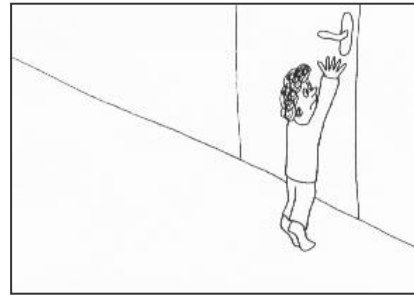
4c?



What is the intention of the boy?



1



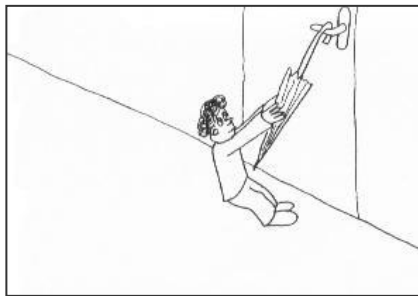
2



3

How does the story above proceed?

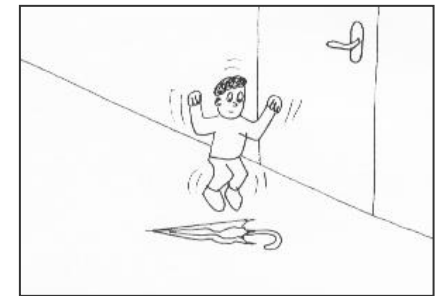
Please discuss the likelihood of the following options:



4a?



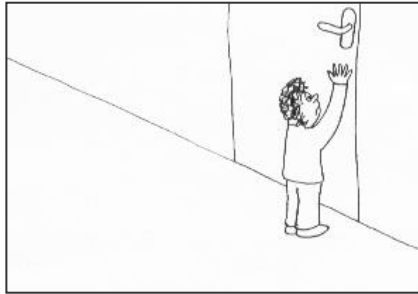
4b?



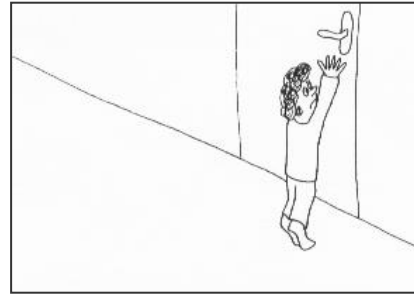
4c?



The correct answer is 4a!



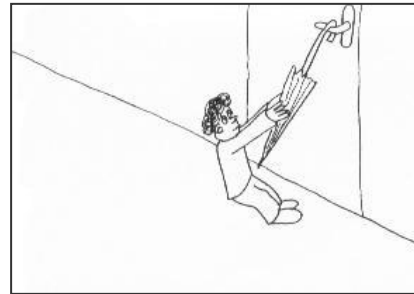
1



2



3



4a



What is the man planning to do?



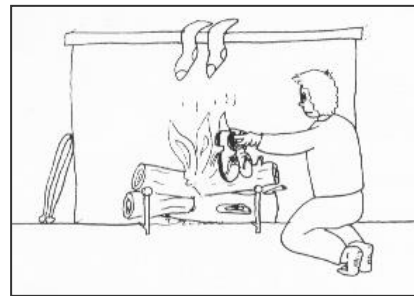
3

How does the story above proceed?

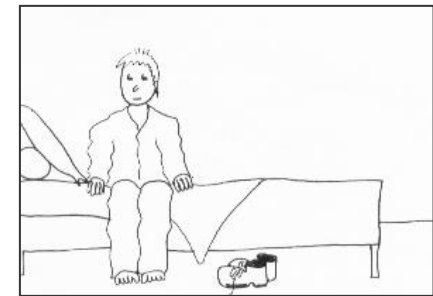
Please discuss the likelihood of the following options:



4a?



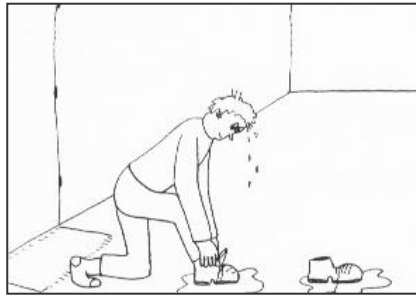
4b?



4c?



What is the man planning to do?



2



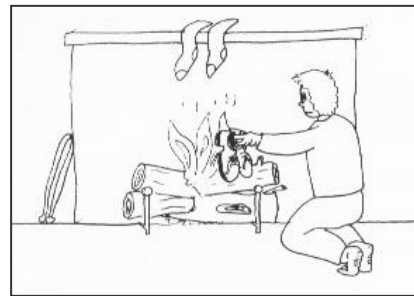
3

How does the story above proceed?

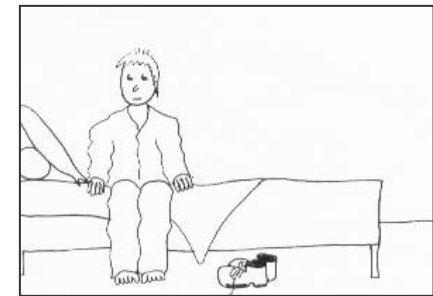
Please discuss the likelihood of the following options:



4a?



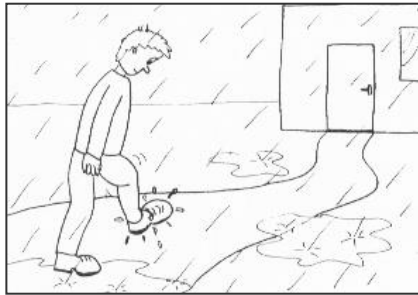
4b?



4c?



What is the man planning to do?



1



2



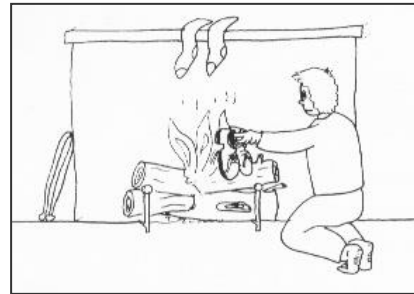
3

How does the story above proceed?

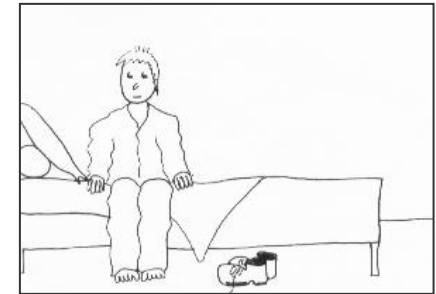
Please discuss the likelihood of the following options:



4a?



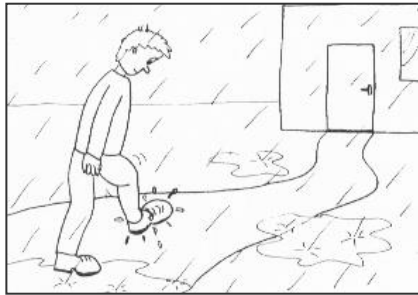
4b?



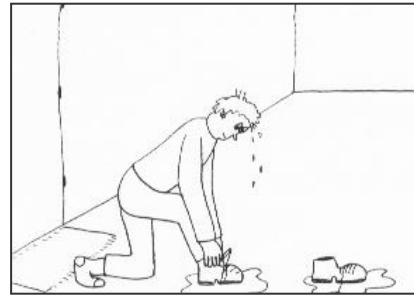
4c?



The correct answer is 4b!



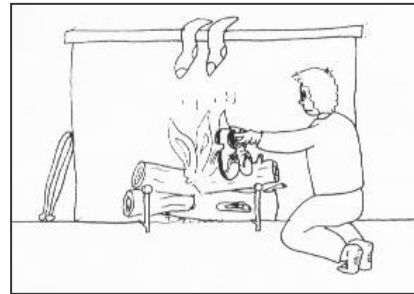
1



2



3



4b



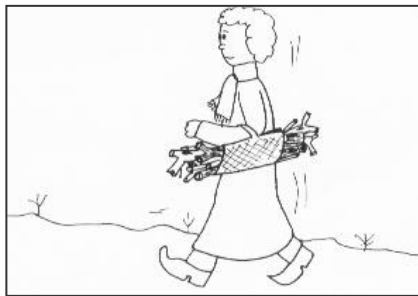
What is the intention of the woman?



3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



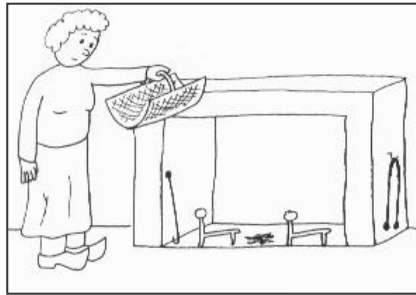
4b?



4c?



What is the intention of the woman?



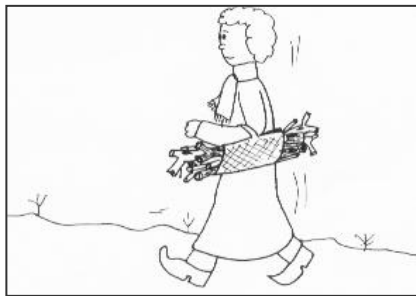
2



3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



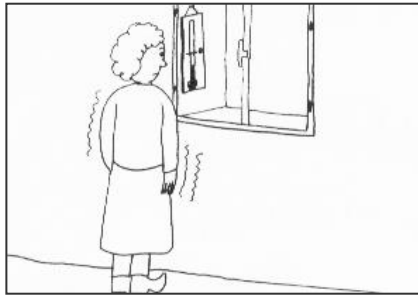
4b?



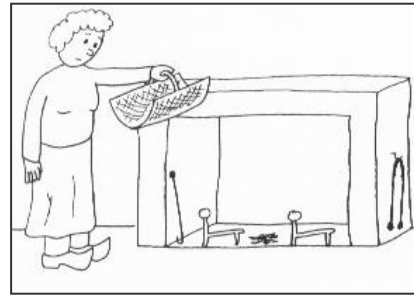
4c?



What is the intention of the woman?



1



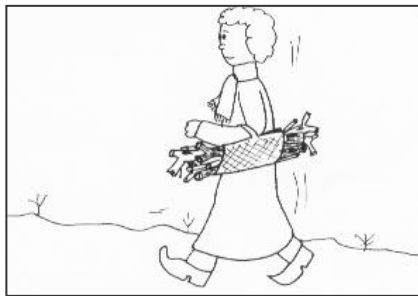
2



3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



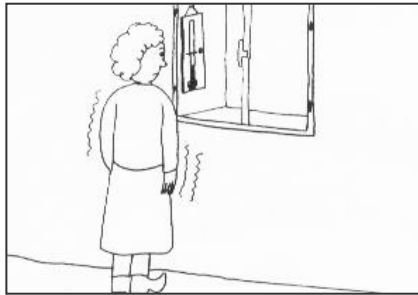
4b?



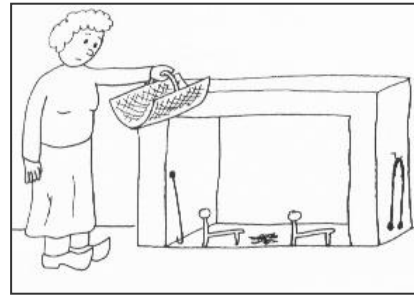
4c?



The correct answer is 4a!



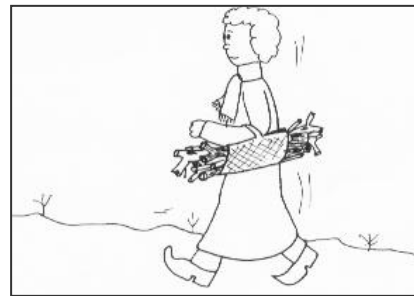
1



2



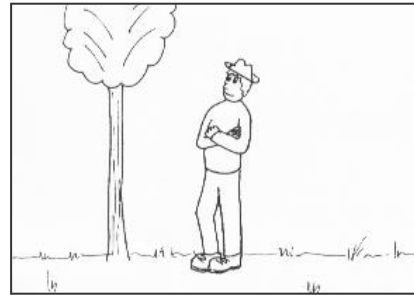
3



4a



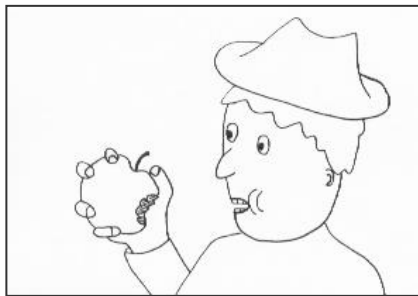
What is the intention of the man?



3

How does the story above proceed?

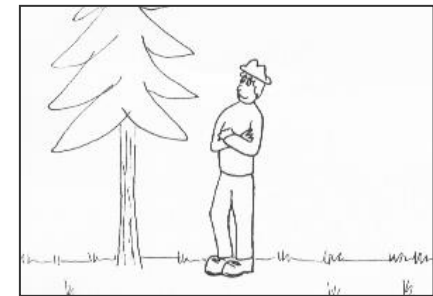
Please discuss the likelihood of the following options:



4a?



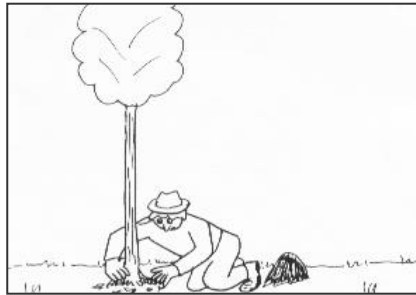
4b?



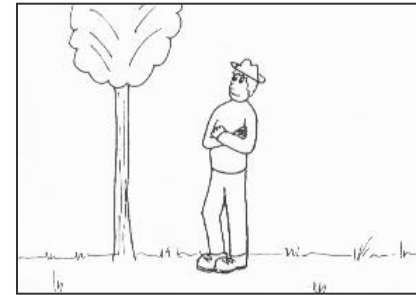
4c?



What is the intention of the man?



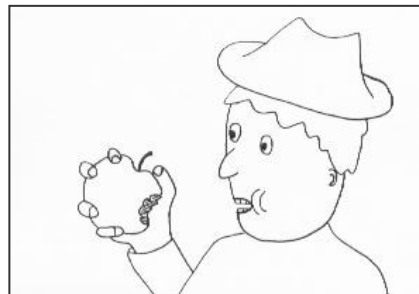
2



3

How does the story above proceed?

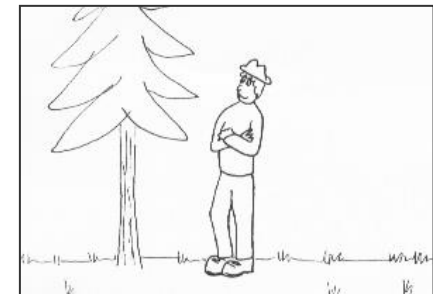
Please discuss the likelihood of the following options:



4a?



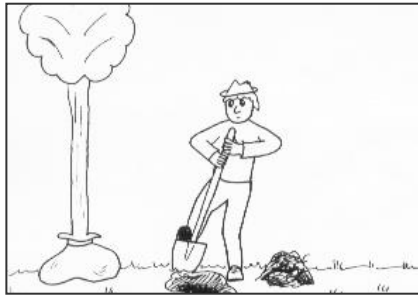
4b?



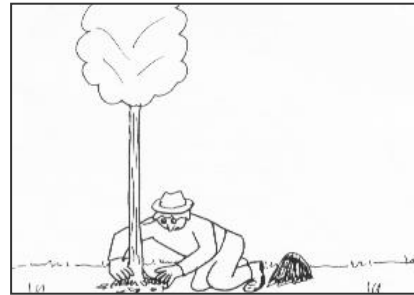
4c?



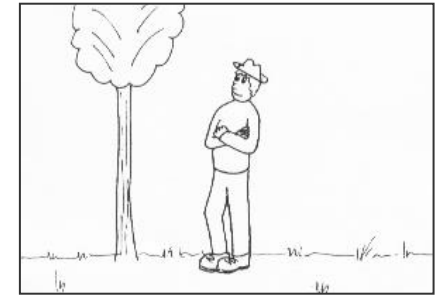
What is the intention of the man?



1



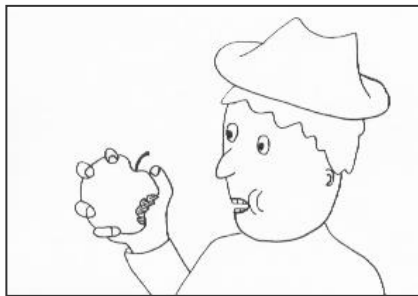
2



3

How does the story above proceed?

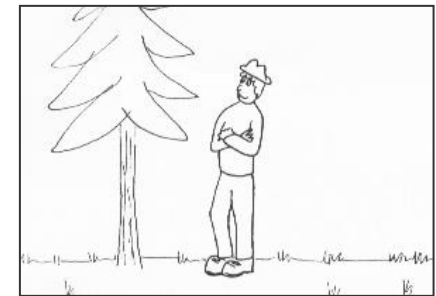
Please discuss the likelihood of the following options:



4a?



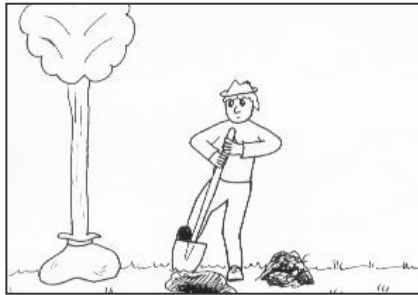
4b?



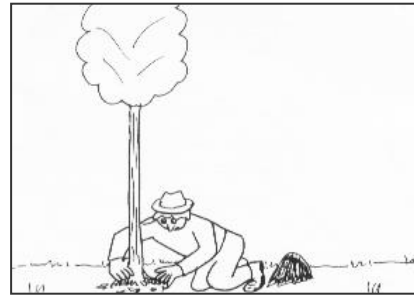
4c?



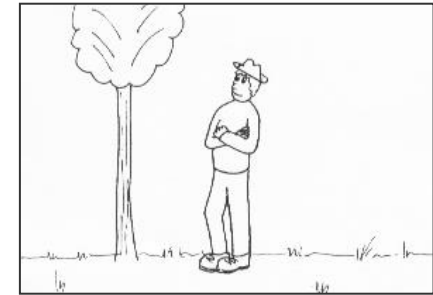
The correct answer is 4b!



1



2



3



4b



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.



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.



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 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.
- B. To play a prank.
- C. To get an autograph from a soccer champion.



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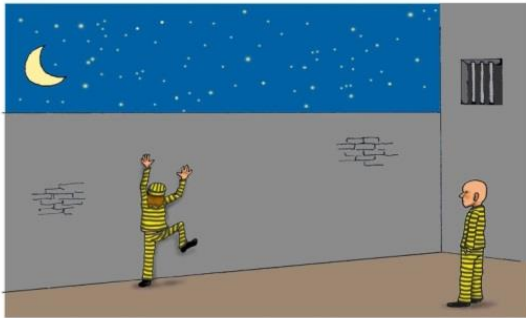
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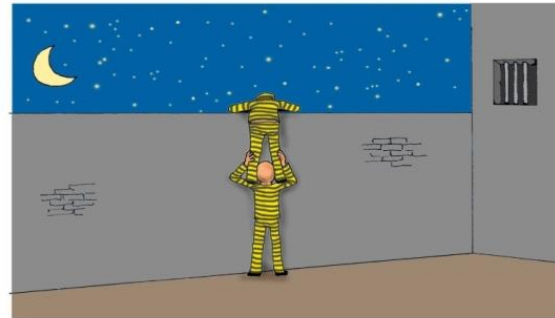
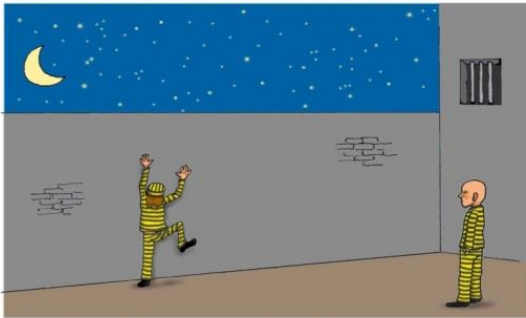
What are the men doing?



- A. The men are doing a moon dance.
- B. The men are trying to escape.
- C. The men are exercising.



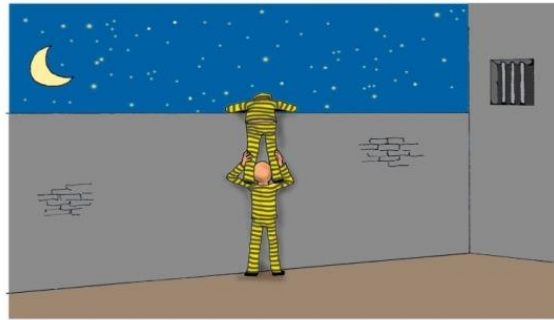
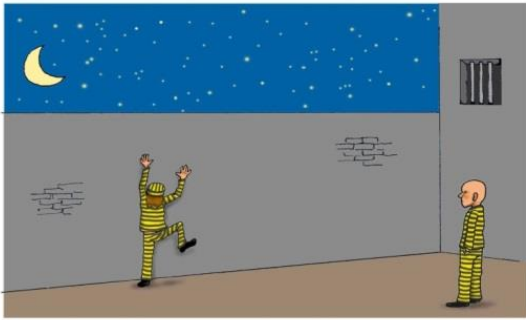
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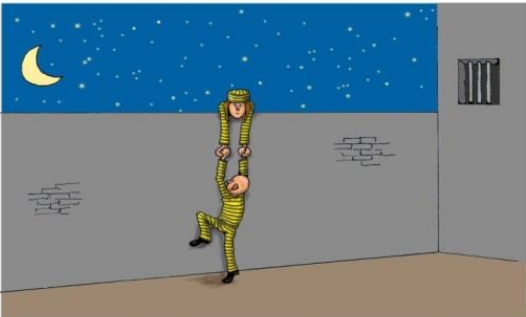
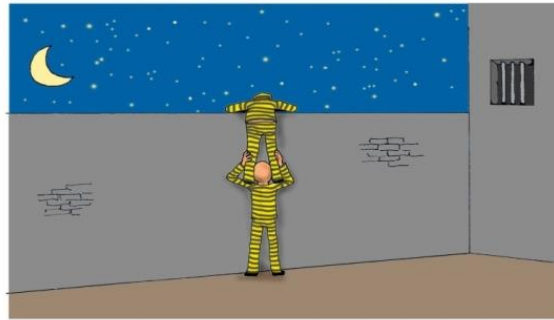
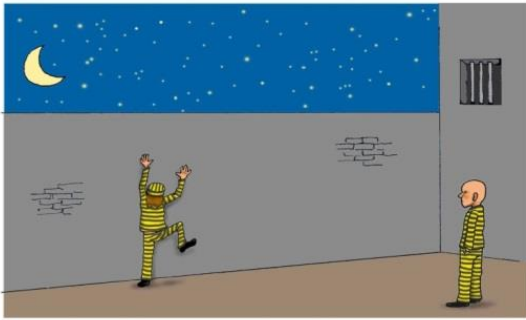


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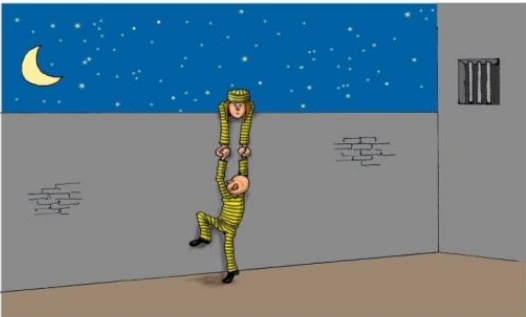
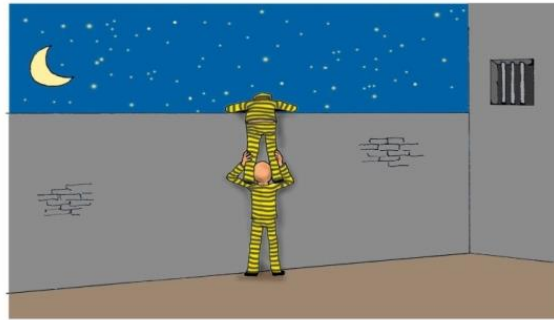
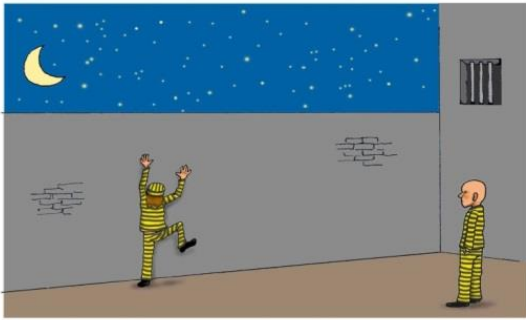
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What is the boy doing?



- A. Enjoying his birthday present.
- B. Wrapping a present.
- C. Trying to scare his sister.



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Transfer to everyday life

Learning Objectives:

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- 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: 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.



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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.



Thank you for your attention!

for trainers:

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



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Brit.	flickr	saying goodbye	CC	Two women in mourning/Zwei Frauen in Trauer)
Dr Phil	flickr	Who's the bully	CC	Anger (Zidane at the world cup in 2006)/Wut (Zidane WM 06)
Carol^_^	flickr	The happy couple	CC	Happiness (marriage)/Freude (Hochzeit)
ben-millet	flickr	Day 64 Rotten potatoes	CC	Disgust (rotten potatoes)/Ekel (vergammelte Kartoffeln)
manville	flickr	SURPRISE	CC	Surprise (baby looks at himself in the mirror)/Überraschung (Baby sieht überrascht in d. Spiegel)
ecmorgan	http://www.flickr.com/photos/ecmorgan/3251929600/	Agony	CC	Pain (injured soccer player)/ Schmerz (verletzter Fußballspieler)
stuandgravy	flickr	5emotions	CC	Five different facial expressions/5 verschiedene Gesichtsausdrücke
Feastoffools	flickr	dahmer	CC	Jeffrey Dahmer (serial killer)/Jeffrey Dahmer (Serienmörder)
madmonk	flickr	Egyptian Actor Khaled Saleh	CC	Khaled Saleh (actor)/Khaled Saleh (Schauspieler)
---	---	---	PP	Aaron Beck (Psychotherapeut)/Aaron Beck (psychotherapist)



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<i>[unknown photographer]</i>	wikipedia	---	Public domain	Babe Ruth (athlete)/Babe Ruth (Sportler)
Ruth Klinge	---	Schuhsohle	Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie	sole of a shoe/Schuhsohle
Andreanna	flickr	Thumbs up!	CC	A little girl puts her thumb up/kleines Mädchen hält den Daumen hoch
Xflickrx	flickr	Generation Gap	CC	Old lady and punk/Alte Dame und Punker
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.				Angry man/ Wütender Mann
Vladimir Rolov	fotocommunity	Das Lied der Liebe	PP	Singing accordion player/singender Akkordeonspieler
Frédéric de Villamil	flickr	[untitled] Semi Marathon de Paris 2008 – Selection	CC	Marathon runner/Marathonläufer
Klaus-Peter Hüskes	fotocommunity	Konzentriert - mittig - ins Schwarze	PP	Archer/Bogenschütze
Nico Gaycken	Mary Lou`s	---	PP	Ordering beverages at the bar/Bestellung am Tresen



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RTL	Granada Productions	Lisa Fitz	PP by the management of Lisa Fitz and granada productions/PP durch das Management von Lisa Fitz sowie granada productions/	Woman is eating maggots/Frau isst Maden
Steffen Moritz	---	---	PP	Yannis
Nico Gaycken	Mary Lou`s	---	PP	Woman in the pub/Frau in Kneipe
Nico Gaycken	Mary Lou`s	---	PP	Cheerful barkeeper/Fröhlicher Barkeeper
Eberhard Kamm	fotocommunity	Schicht am Schacht	PP	Worker at break/Arbeiter bei der Pause
Jens Mittelsdorf	fotocommunity	sich schwarz ärgern2	PP	Rejection letter/Ablehnungsbescheid
Yves Sarfati	---	---	PP	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
Martin Brüne	---	---	PP	Several coloured sequences: trick, jailbreak, fear/Verschiedene farbige Bildersequenzen Streich, Ausbruch, Schreck