



Metacognitive Training (MCT)

MCT 6 B – To Empathise ... II

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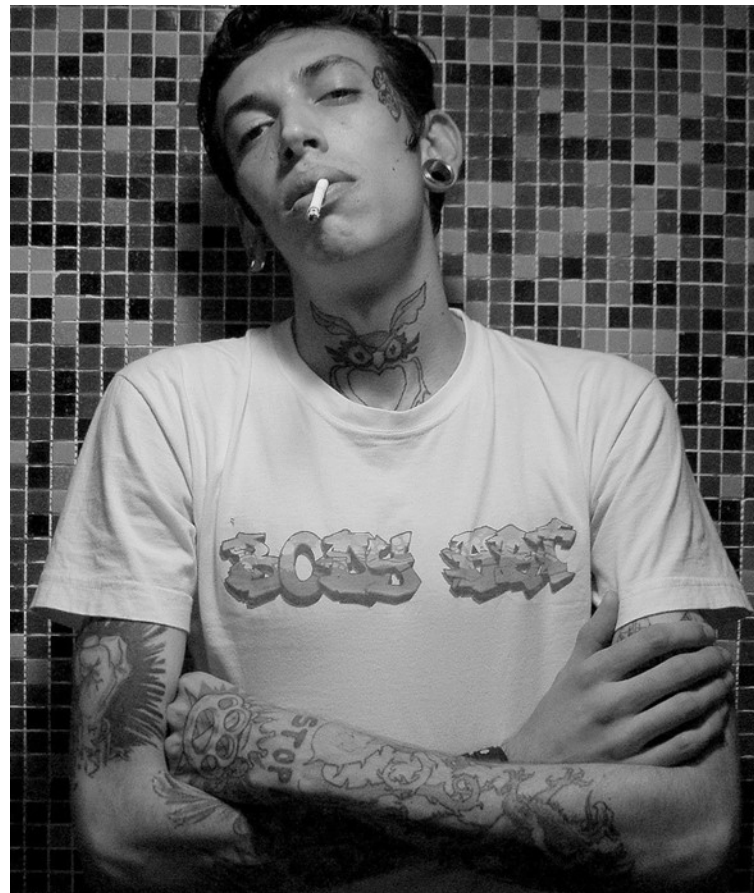
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When you get to know someone, where do you look first?
How reliable are these cues for a good evaluation?





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?

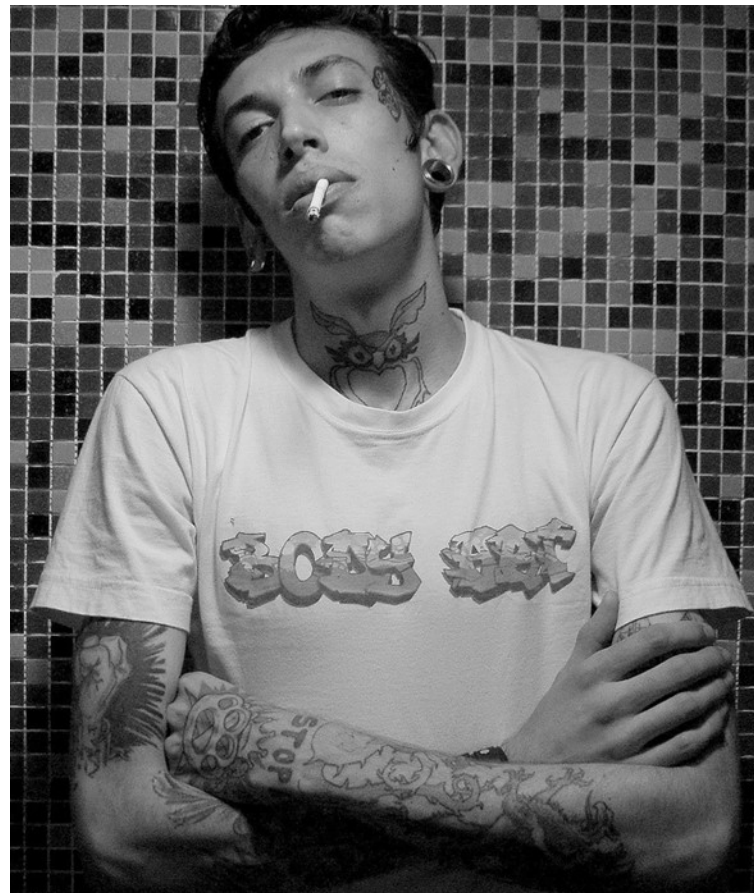
hands?



other? ...



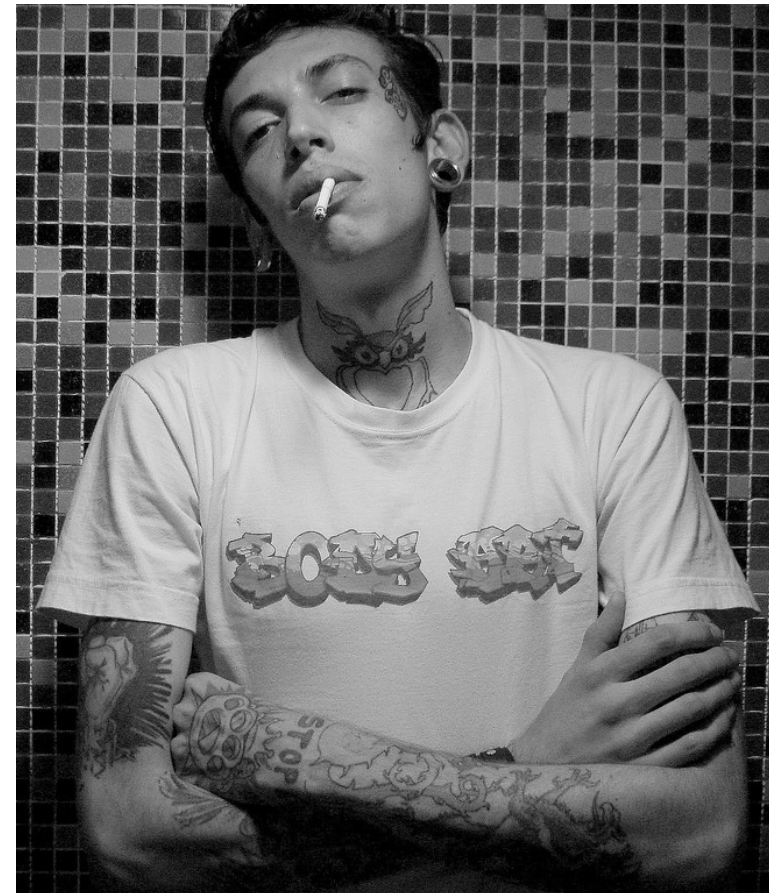
What other sources of information may be considered? How reliable are these?





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. *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 shall 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

Body language

Example



Praying or being cold?

Important clue:

???

Caution:

???



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- Indirect signs are often meaningful: wild gestures can indicate nervousness (however, be aware of cultural differences!); slouching can be a sign of low self-confidence.

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Caution:

- Body language can lead to false interpretation.
Example: Someone who looks self-confident can be putting up a front. Or postural stoop can appear as if someone has low self-confidence.



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Written statements



Example:

“Don’t work too hard!”

→ sarcasm, sympathy,
empty phrase?

Important clue:

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Caution:

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Written statements



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- Sometimes, you have to read between the lines to understand the meaning. However, this can lead to incorrect conclusions!



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- 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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Previous knowledge about similar people/culture (prejudices)



Typical Muslim, typical German?

Important clue:

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Important clue:

- Knowing a different culture or ethnic group helps to understand people who belong to that group. Every culture has its own unwritten social laws.

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Typical Muslim, typical German?

Important clue:

- Knowing a different culture or ethnic group helps to understand people who belong to that group. Every culture has its own unwritten social laws.

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:

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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 behaviour.



How lack of empathy promotes misinterpretations during psychosis – examples

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

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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Exercise

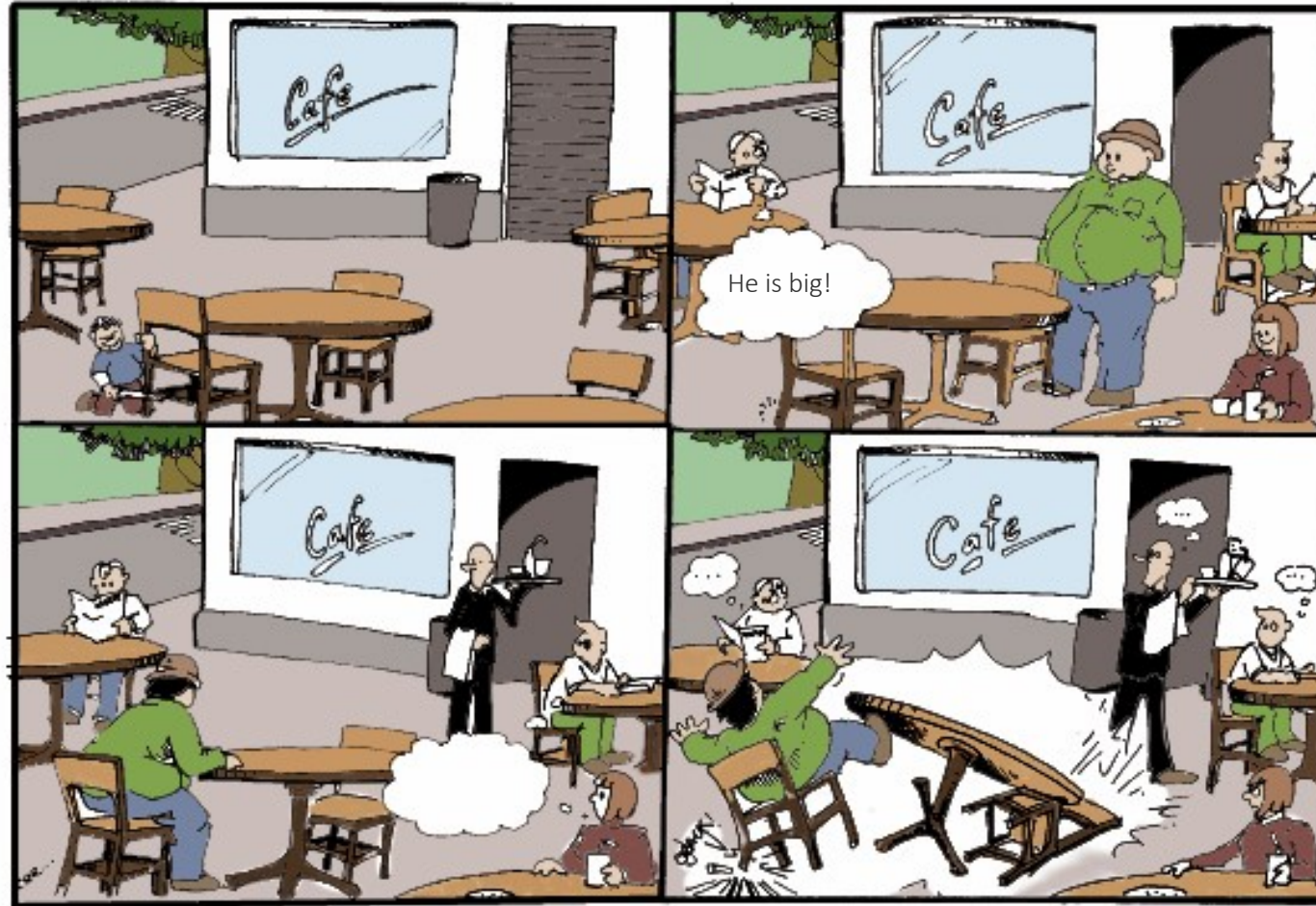
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- Please discuss what the characters in the story may think about each other.

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

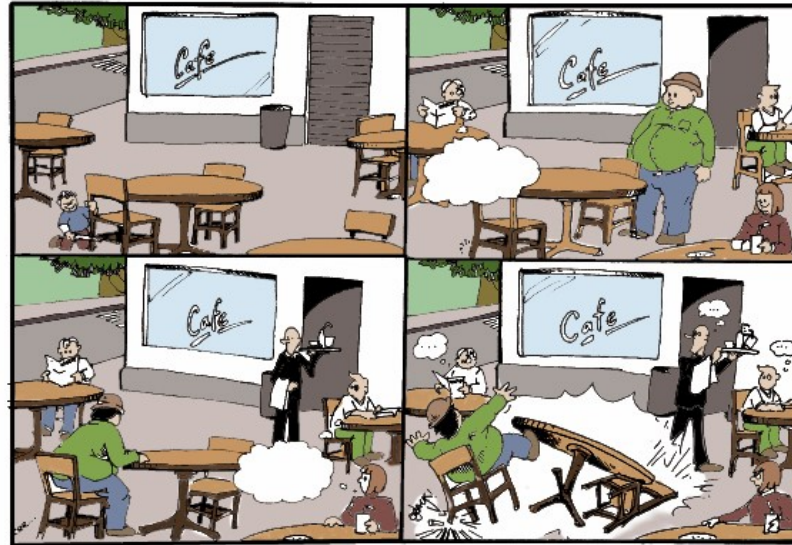


What might people think ...? Are they correct?



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!



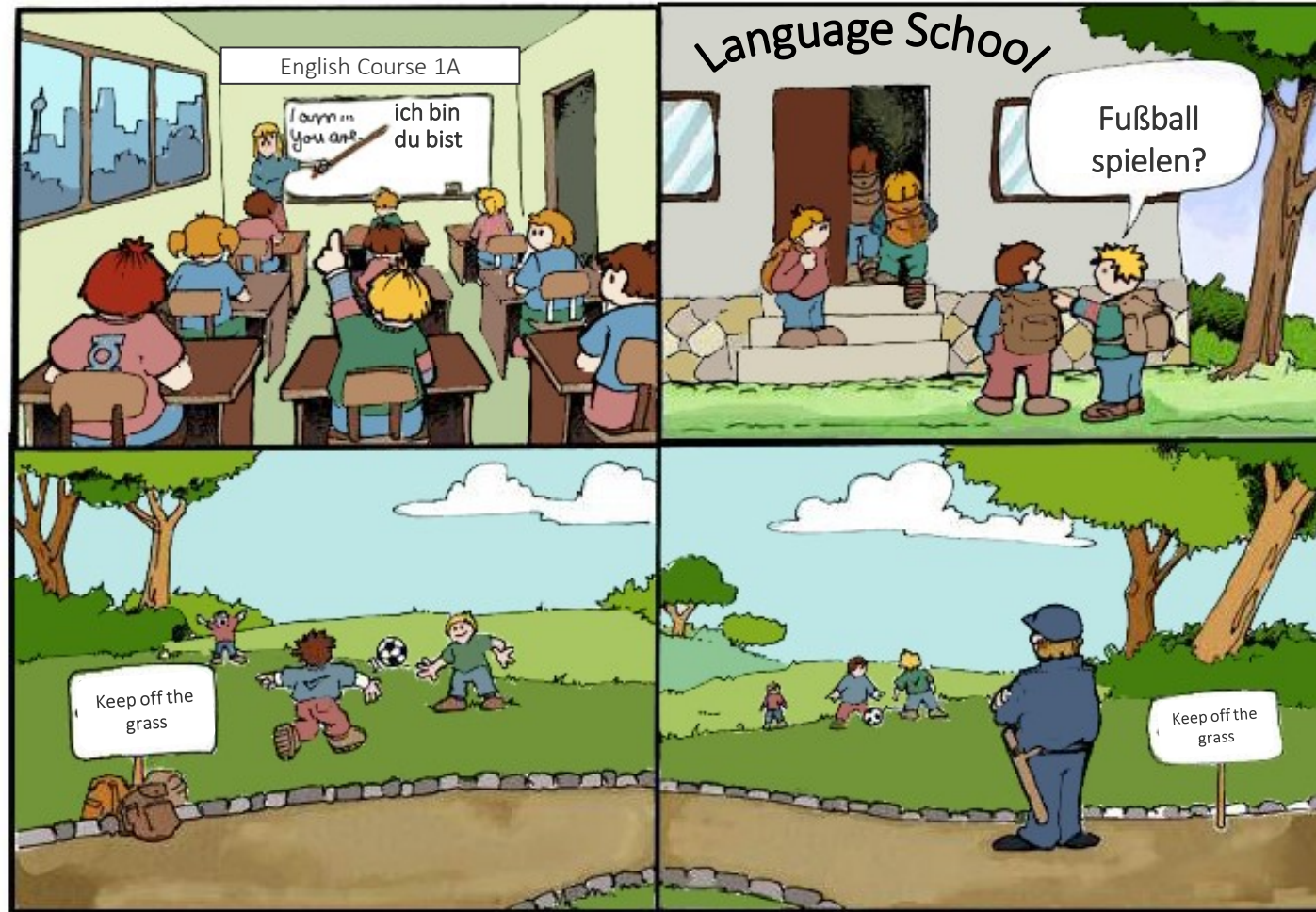
Let's go!



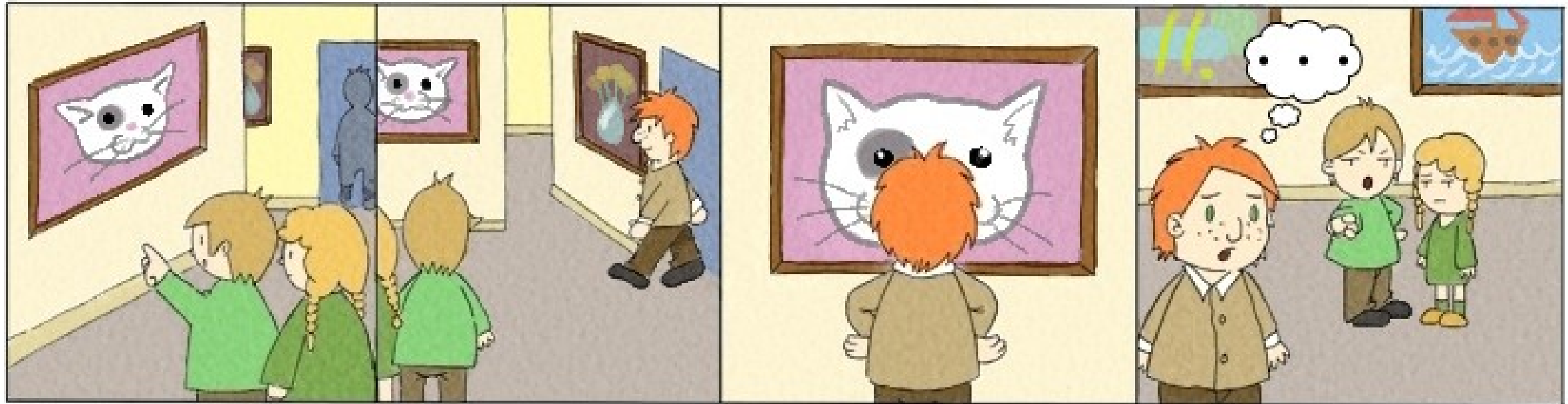
How might the woman feel in the situation?



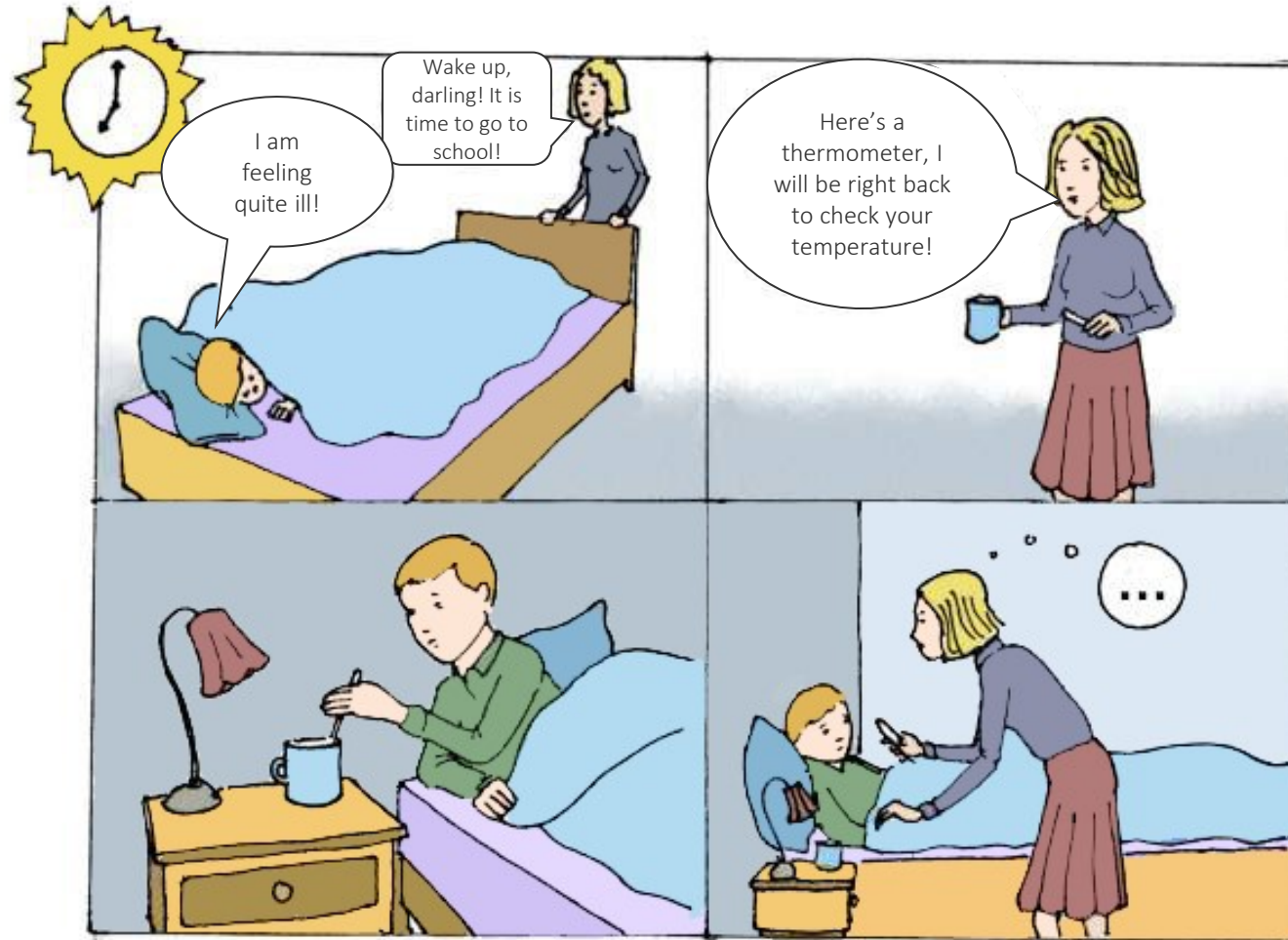
What might the man think?



What does the park ranger probably 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?



optional: Video Clip

optional: 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 in the final picture think ...?
Is he correct?



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!).



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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.



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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: 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 behaviour, 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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Muffet	flickr	letters	CC	Written statements (old, handwritten letters)/Schriftliche Äußerung (alte, handgeschriebene Briefe)
don2g	flickr	turkish parade	CC	„typical turkish/muslim?“ (turkish parade)/„Typisch türkisch?“ (türkische Parade)
stephcarter	flickr	Froehliche Weihnachten!!! (Day 44)	CC	„typical german?“ (woman in dirndl dress)/„Typisch deutsch?“ (Frau in Dirndl)
Britta Block	---	---	Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie	Comic strip: library/Bildergeschichte: Bücherei
M.A./ Christin Hoche	---	---	Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie	Comic strips: car, illness/Bildergeschichten Auto, Krankheit
L. Müller	---	---	Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie	Comic strip: museum/Bildergeschichte: Museum
Marina Ruiz-Villarreal	---	---	Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie	Comic strip: overweight man, football, burglary, twins/Bildergeschichten: dicker Mann, Fußball, Einbruch, Zwillinge