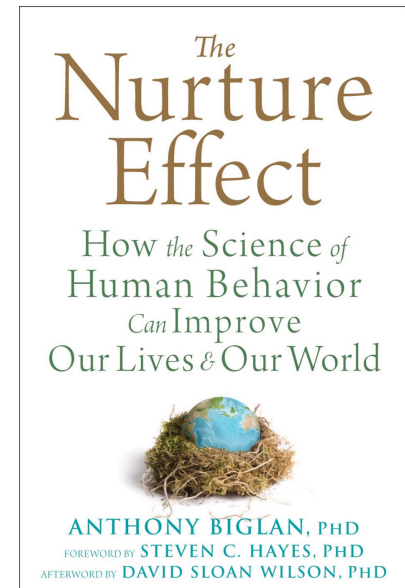


Perspektivtagande

2016-10-21

Magnus Johansson

1



2

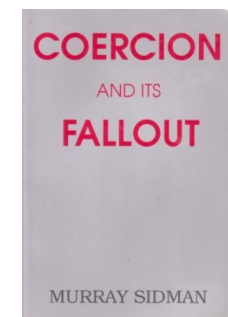
“The evidence is mounting that (a) psychological and behavioral risk factors are driving major physical illnesses such as cardiovascular disease, obesity, and diabetes and (b) *stressful family, school, and work environments are driving psychological, behavioral, and physical difficulties.*” (Biglan 2014, personal communication)

Miller, G. E., & Chen, E. (2010). Harsh Family Climate in Early Life Presages the Emergence of a Proinflammatory Phenotype in Adolescence. *Psychological Science*, 21(6), 848–856.
Hamer, M., Molloy, G. J., & Stamatakis, E. (2008). Psychological Distress as a Risk Factor for Cardiovascular Events. *Journal of the American College of Cardiology*, 52(25), 2156–2162.

3

The ideal of
behaviorism is to
eliminate coercion: to
apply controls by
changing the
environment in such a
way as to reinforce the
kind of behavior that
benefits everyone.

B F Skinner



4

Perspektivtagande och Relational Frame Theory

- Deiktiska ramar
 - ▶ I - YOU (*interpersonell*)
 - ▶ HERE - THERE (*spatial*)
 - ▶ NOW - THEN (*temporal*)

5

Grundläggande PT

- Deictic relational frames specify a relation in terms of the perspective of the speaker.
- Acquisition of these frames means learning to differentiate my behaviour ('I') from that of others ('YOU') and learning that my current responding is always 'HERE' and 'NOW' not 'THEN' or 'THERE'.
- 'If I were you, where would I be?'
'If I were you and here was there, where would I be?'

6

Empati

- Empathy involves the transformation of emotional functions via deictic relational frames.
- In nontechnical terms, we adopt the perspective of others and this allows us to 'feel their suffering'. This may prompt us to help them;
 - ▶ *however, if the suffering is too much, we may avoid deictic framing.*
- 'I feel sad. If you were me, how would you feel?'

McHugh, L. (2015). A Contextual Behavioural Science approach to the self and perspective taking. *Current Opinion in Psychology*, 2, 6-10. <http://dx.doi.org/10.1016/j.copsyc.2014.12.010>

7

Flexible connectedness

1: Perspektivtagande



2: Empati - att känna vad den andre känner (empati)



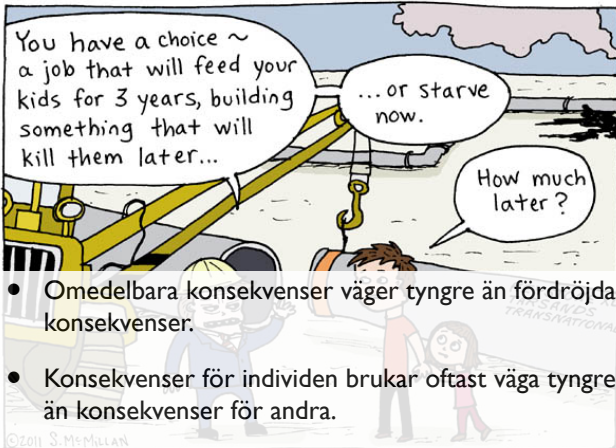
Undvikande av inre upplevelser
(Känslor, tankar & förmimmelser)



Psykologisk flexibilitet
(Agera ändamålsenligt, oavsett känslor/tankar)

8

CODE GREEN iΘ!



- Omedelbara konsekvenser väger tyngre än fördröjda konsekvenser.
- Konsekvenser för individen brukar oftast väga tyngre än konsekvenser för andra.

◆ Chance, P. (2007). *The Ultimate Challenge: Prove B. F. Skinner Wrong*. *The Behavior Analyst*, 30(2), 153–160.

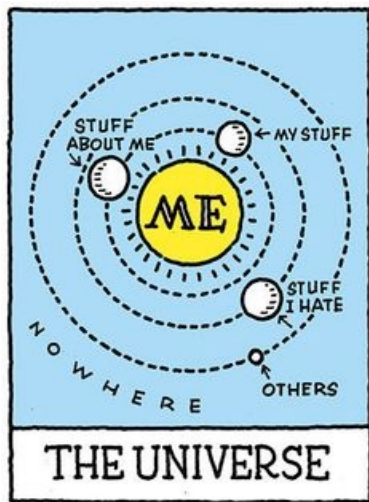


Moderaterna Sthlm
@ModeratSthlm Follow

Med MPs politik blir Thailandsresan nästan 2200 kr dyrare. Kolla om du har råd på stockholmsskatten.se #08pol

RETWEETS 150 FAVORITES 40

12:57 AM - 11 Sep 2014



13

The Golden Rule



Buddhism:

Hurt not others with that which pains yourself.

Christianity:

Do unto others as you would have them do unto you.

Hinduism:

Treat others as you would yourself be treated.

Islam:

Do unto all men as you would wish to have done unto you.

14

Färdighet i perspektivtagande

- Hur lär vi oss PT från föräldrar och andra?
 - ▶ regelstyrning - rätt/fel, "säg förlåt"
 - ▶ om du var den andre...?
 - ▶ hur tror du den andre upplever?



15

Konflikter

- Missförstånd - tolkning
- Svårt att se den andres perspektiv
- Övning - hitta på fem möjliga förklaringar till personens beteende

16

Ledarskap

- Vad behöver mina medarbetare?
- Vad är effektiva förstärkare för mina medarbetare?

17

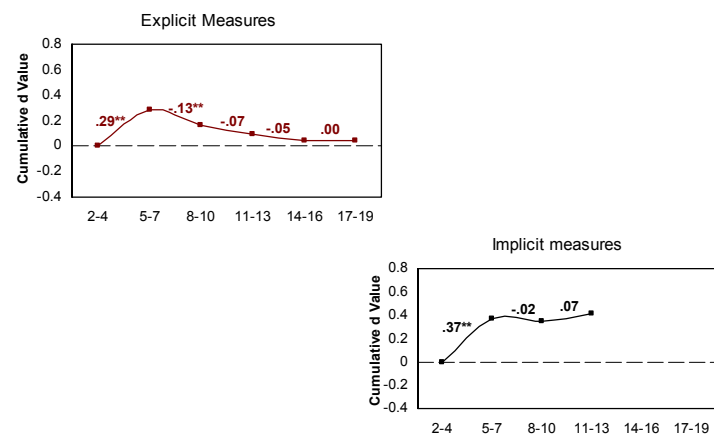
Fördomar

- Prejudice can be defined as the objectification and dehumanization of human beings because of their participation in verbal evaluative categories.
- It is difficult to avoid because some of the same cognitive processes that permit problem-solving also seem to foster prejudice.

Hayes, S. C., Nicolls, R., Masuda, A., & Rye, A. K. (2002). Prejudice, terrorism, and behavior therapy. *Cognitive and Behavioral Practice*, 9(4), 296-301.

18

Fördomar - utveckling över åldersgrupper



Raabe & Beelmann (2011).

19

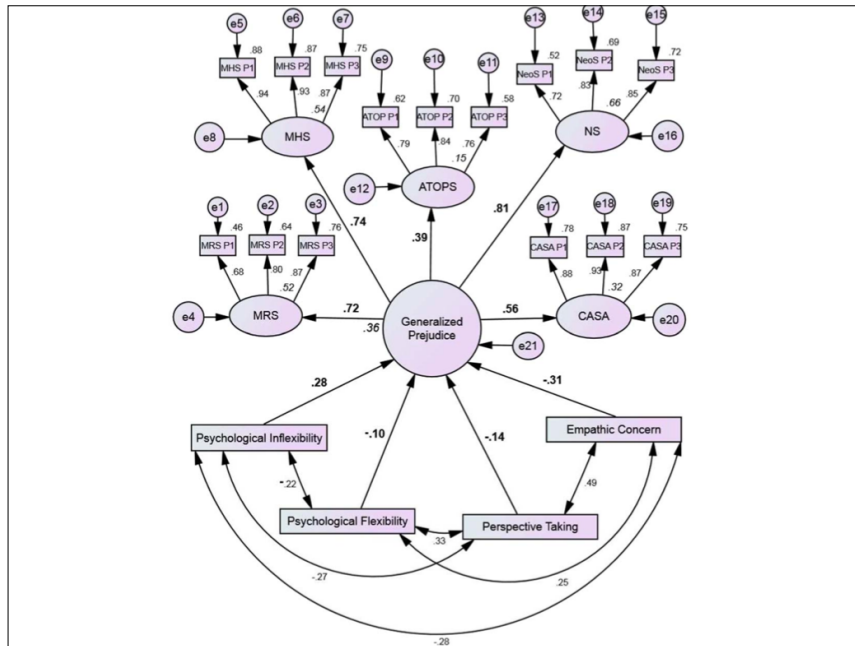
Relational frames

WE - THEM

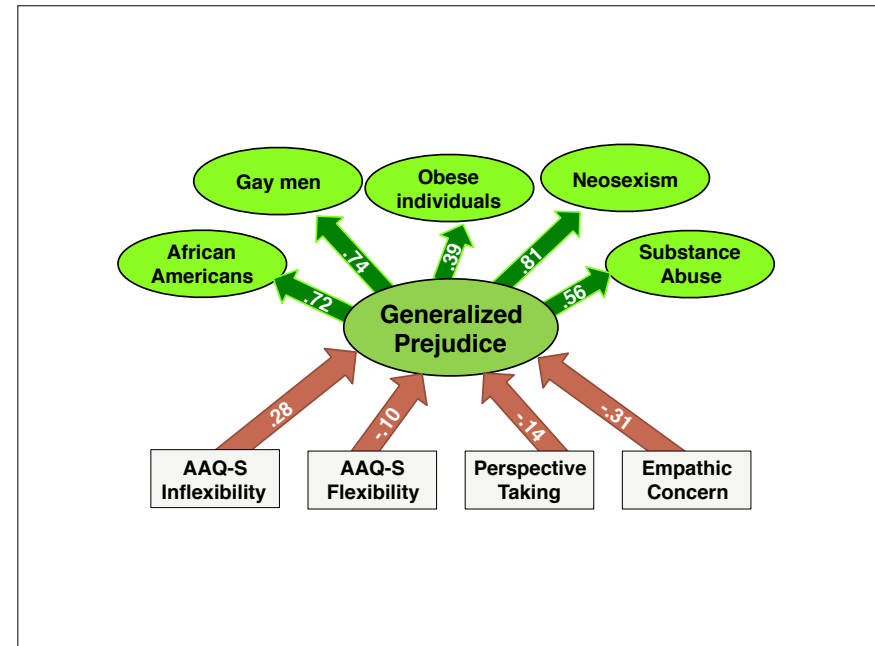
SIMILAR - DIFFERENT



20



21



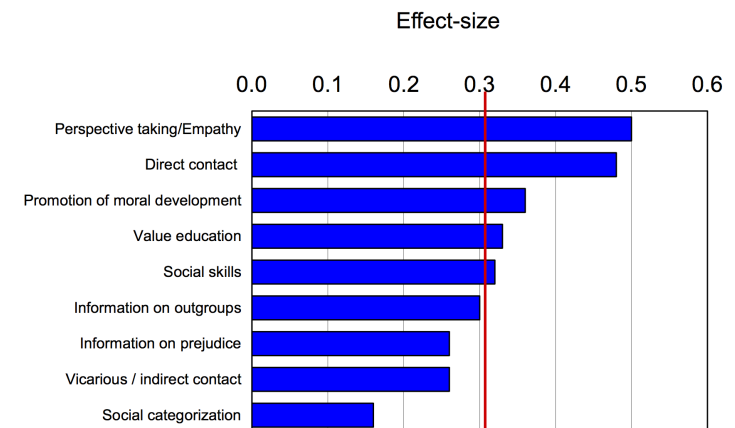
22

Fördomar & PT/empati

- **Empathic concern** (i.e., feeling sympathy and compassion for others) and **perspective taking** (i.e., adopting others' psychological point of view) have been found to **significantly predict generalized prejudice**
- Interventions that target empathic concern and perspective taking towards stigmatized groups have been found to reduce prejudice

23

Prevention av fördomar



Source: Beelmann & Heinemann (2014)

24

Bemötande

Prejudice can be defined as the **objectification and dehumanization** of human beings because of their participation in verbal evaluative categories. *(Hoyes et al, 2002)*

- Kan vi reversera det?
- Gå i konflikt leder sällan framåt, men är ofta den "instinktiva" handlingen.
- Statistik och logik i argumentation hjälper föga.
- Validera, söka likheter i beteende/upplevelse.

Broockman, D., & Kalla, J. (2016). Durably reducing transphobia: A field experiment on door-to-door canvassing. *Science*, 352(6282), 220–224.

The rat is always right