

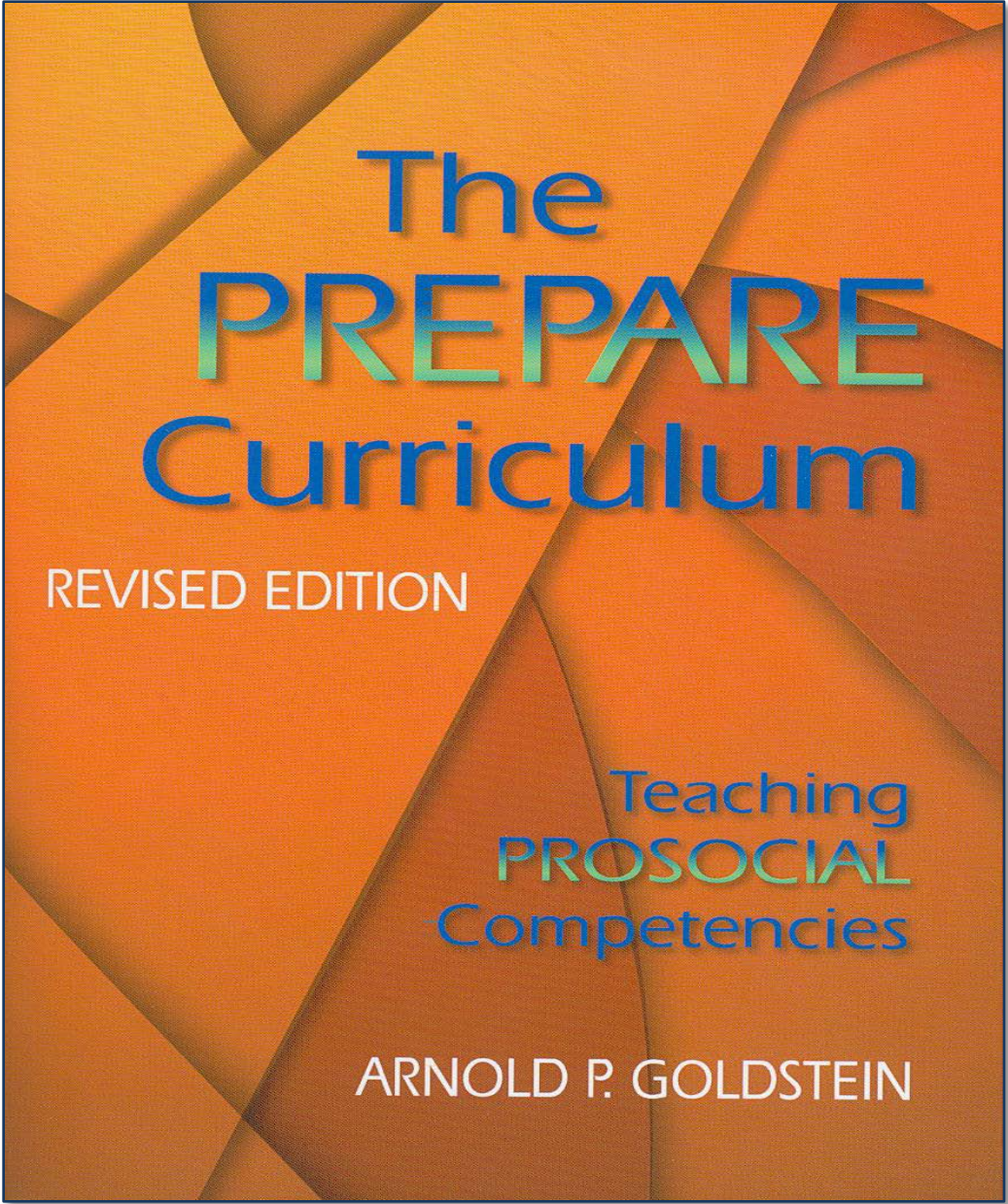
***EVIDENCE-BASED PRACTICE
SYMPOSIUM***

***The Prepare Curriculum:
Social Perception Training***

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The PREPARE Curriculum

REVISED EDITION

Teaching
PROSOCIAL
Competencies

ARNOLD P. GOLDSTEIN

PREPARE CURRICULUM *Implementation Guide*

The Arnold P. Goldstein Approach

SOCIAL PERCEPTION TRAINING

Mark Amendola & Robert Oliver, Series Editors

KNUT KORNELIUS GUNDERSEN • BØRGE STRØMGREN • LUKE MOYNAHAN

What is Social Perception

- The ability to understand which social skill to use in a given social setting.
- Consideration must be given to understanding the feelings of others in a given setting.

Behavior that Impacts Perception

1. Attention Disorder – tendency in persons disposed to anger to perceive the behavior of others as hostile and inflammatory.

2. Mixed Perception - quickly resorting to aggression because it works in other situations.

3. Attribution Disorder – blaming one's own aggressive behavior on circumstances in the situation, while explaining aggression in someone else as a permanent characteristic in that person.

4. False consensus – the tendency to believe that more people agree with one's views than is actually the case. Cannot consider other's perspective.

5. *Cognitive lock-* if the person has initially assessed the situation in a particular way, the tendency is to be locked in that perception, even if there is strong evidence to suggest the opposite.

Interpretation of Social Situations

1. The setting of the social situation and its associated rules and norms.
2. The purpose of the interaction, its goals, tasks, and topics.
3. The relationship of the participants, their roles, responsibilities and expectations.

Response Exchanges in Interaction

Our responses can be dictated and may differ dependent on another's response. (Goldstein 2004)

Ruth has been home all day. Many things have gone wrong and she hasn't done much of the cleaning and cooking she planned. Both Ruth and Evan share the housework. Ruth's husband Evan comes home and the following exchanges occurs.

- **Evan walks in the door towards the kitchen and asks “what’s for dinner?”**
- **Ruth answers annoyed, “You just presume that I’ll do all the cooking while you live like a king.”**
- **Evan looks soured and says, irritated, “I was in a hurry getting home; you know I have training on Mondays. You’ve been home all day.”**

“It’s always about you and your work, isn’t it? Now its time you did some housework , too. I’m not going to spend the rest of my life being your maid!”

Background Variables

- Person is more vulnerable to respond negatively than the way they would normally respond (Ruth is stressed)
- Emotions (Evan did not notice that Ruth was stressed and responded to his own needs)
- Unclear intentions (What did Ruth really want to convey to Evan?)

Program Overview

1. Introduction to Social Perception Training
2. Emotional Awareness
3. Open & Hidden Rules in Different Situations
4. Cultural Differences
5. Setting Events
6. Thoughts, Feelings, Body Signals and Actions
7. Interpreting Others' Intentions
8. Cognitive Distortions
9. Timing (Right Time and Place)
10. Consequences (If-Then)