



Tell me with a gesture

Becoming aware of non verbal, implicit communication



➤ <https://www.youtube.com/watch?v=pxoB6MhmbIq>



Gestures

- ▶ **Non verbal symbolic communication**
- ▶ Different gestures in different parts of the world to express feelings and thoughts, determined by culture. Like another language

- ▶ **Non verbal non symbolic communication**
- ▶ Gestures, movements, facial expression, postures expressing an emotion, a thought, something happening in the body, that we might not be aware about, but that we can bring into awareness.
- ▶ Ex;“Something in the way she moves attracts me like no other lover. Somewhere in her smile she knows.. Something in her style..” Beatles. The woman in the song express something with her body that has a strong impact.

- ▶ “Tell me with a gesture” is a technique to bring the subconscious to awareness.



8 Types of Nonverbal Communication

- ▶ <https://www.youtube.com/watch?v=cSaYYpXBCZg>



8 types of non verbal communication

- Facial expression
- Gestures
- Paralinguistics
- Body language, posture, movements
- Proxemics
- Eye gaze
- Haptics, touch
- Appearance

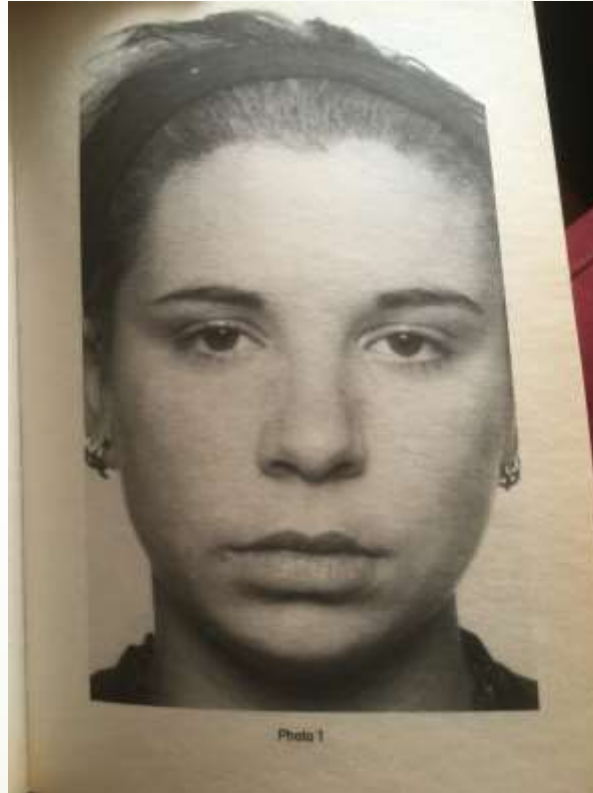


Facial expressions

- ▶ Faces are most attractive for infants
- ▶ Faces are universal expressions for emotions
- ▶ Paul Ekman: Emotions Revealed Understanding Faces and Feelings (2003)

Emotions revealed

Paul Ekman





Emotions revealed. P. Ekman (2003)

- Photo 1
- “Slight sadness” “The expression is shown in the dropping upper eyelids
- ”Her lips are stretched horizontally, her lower lip is pushed up.”

Emotions Revealed

Paul Ekman



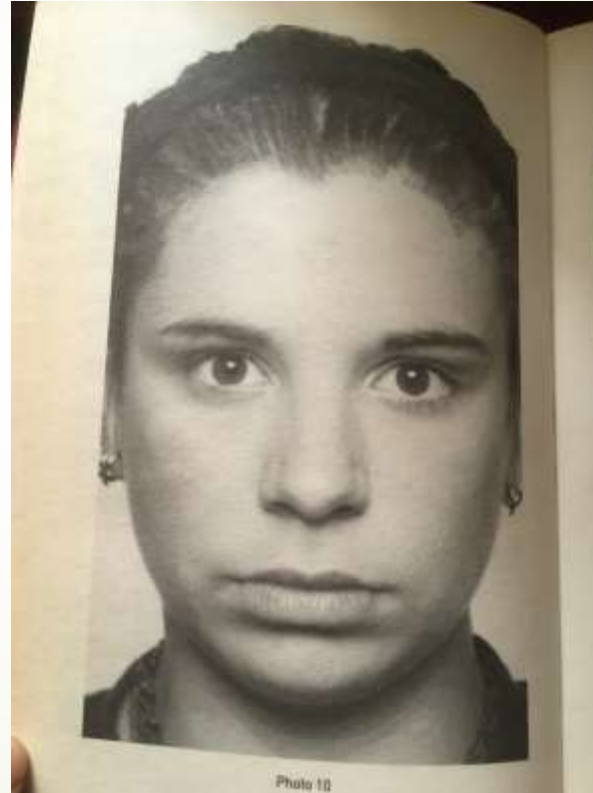


Emotions revealed P.Ekman (2003)

- Photo 5
- “Highly controlled or very slight anger (annoyance) –or determination.
- “A slight pressing and narrowing of lips.”
- This can be an important sign of anger, still not expressed clearly.
- Perhaps the person is not so aware of the feeling her self.

Emotions Revealed

Paul Ekman





Emotions revealed P.Ekman (2003)

- Photo 10
- “Fear or surprise-or just rapt attention”
- We can notice the raised upper eyelids.
- If it would be stronger fear, the mouth would be opened and the jaw dropped down.
- The eye brows would be pulled together

Emotions Revealed

Paul Ekman





Emotions revealed P.Ekman (2003)

- Photo 14
- “Contempt, smug or disdainful.”
- “The tightening of one lip corner signals this set of related emotions.”

- All these photos are hard to read, because they are not clear expressions of any emotion. But this is often what we see.
- Tell me with a gesture can help me and the client to become aware of what is going on inside. The subconscious can be brought to consciousness.



Body movements/Postures

- ▶ There are different kinds of movements.
- ▶ **Movements that are functional** to something, like taking a glass of water, going to the office, cleaning, reaching out for something.
- ▶ **Body micro practices** are other movements that have another character .
- ▶ They are always present.
- ▶ They do not have the function to attain an object, to do something.
- ▶ They organize the body moment to moment to be in relation with others or alone.
- ▶ Small movements, bigger movements
- ▶ Conscious, subconscious, unconscious.
- ▶ We organize our body in different ways. It is a continuous moving between emotions- thoughts/believes and body (sensations and movements)



Prosody/paralingustics

- Voice inflection, where do we put the accent?
 - Pitch high or low?
 - Rhythm
 - Loudness
 - Tone sad, happy, angry etc?
-
- How we say something can determine the answer more than what we say.



Proxemia

- The distance between two or more bodies
- Moving towards
- Moving away
- The pelvis movement when we sit or stand in front of another



EYE GAZE

- Where do we look?
- In the eyes of the other ?
- Up to the left or to the right?
- Down to our feet?
- What do we express with the eyes? Ekman



Touch/ haptics

- ▶ Do we touch? How do we touch?
- ▶ The importance of touch in the early childhood and infancy.
- ▶ The different kinds of touch in adulthood
- ▶ Touching to sooth somebody
- ▶ Touching to selfregulate
- ▶ Touching to give support
- ▶ The hard touch/ the soft touch
- ▶ **Strokes**, Steiner /Transactional Analysis) signs of recognition Positive-Negative



Appearance

- ▶ How do we present ourselves to others ?
- ▶ How do I present my self my gender ?
- ▶ How do I present my self in office, my profession ?
- ▶ Do I care about others when I dress myself or is it only for me ?

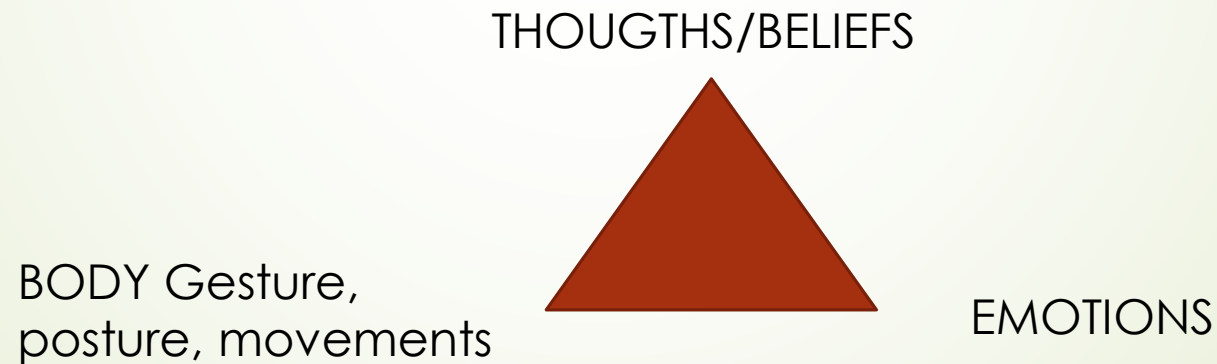


How does the subconscious mind work?

► <https://www.youtube.com/watch?v=SomZ6aViWGY>

Mind set

- ▶ Imagine movements in a triangle; Thoughts have an impact on emotions and the opposite. Emotions have an impact on body and the opposite. The body has an impact on thoughts and the opposite. All parts have an impact on each other. This is how we structure the mind.





Non verbal subsymbolic communication

- ▶ VERBAL COMUNICATION
- ▶ NON VERBAL SYMBOLIC COMUNICATION
- ▶ NON VERBAL NON SYMBOLIC COMUNICATION



Internal working model

Bowlby, Winnicott

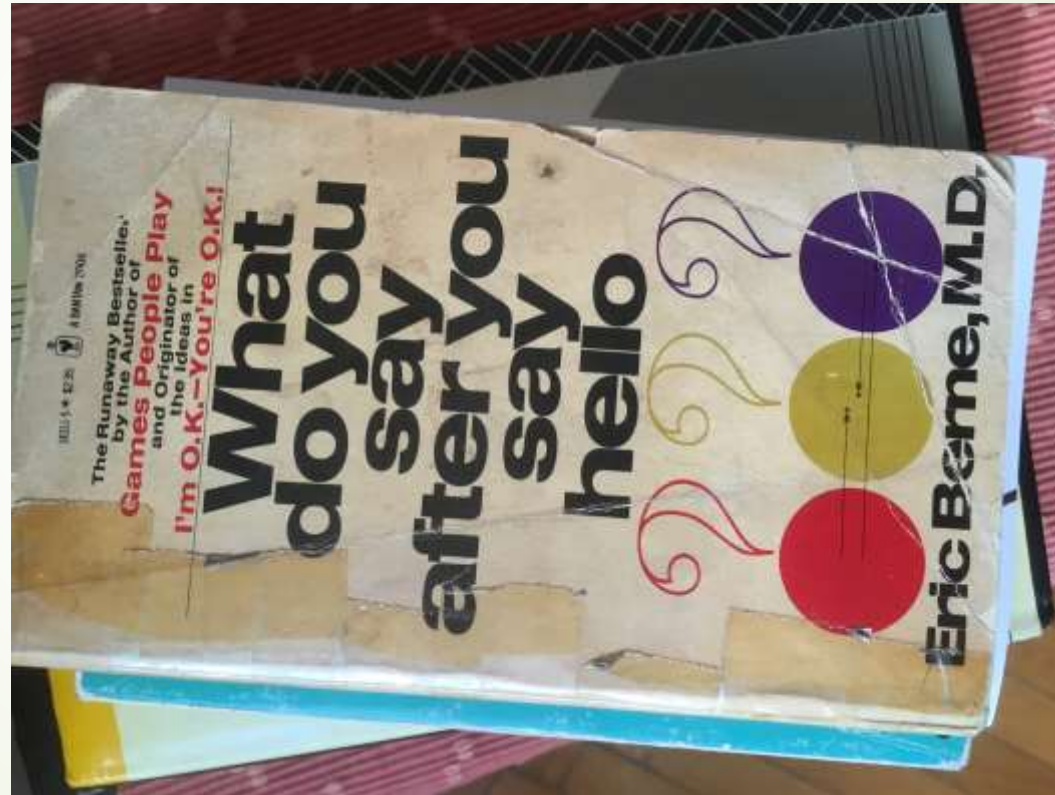
- “There is no such thing as a baby”, Winnicott
- Bowlby restricted the term Internal Working Models (IWMs) to models of self and other in attachment relationships. IWMs capture the relation-structure of attachment phenomena, not every aspect of reality but enough to make possible the evaluation of alternative actions. These include spatio-temporal causal relations among the events, actions, objects, goals and concepts represented. IWMs of attachment are what hold an infant’s expectations of the levels of predicted availability and responsiveness for a given carer. These expectations are derived from the carers past performance. IWMs of self and attachment figure develop in a complementary manner.



Embodied Working Models

- Progress towards solving the problems of modelling subjective experience and in producing systems with more diverse ways to internally model the self, environment and attachment may be made by taking an embodied view of attachment phenomena. In this approach the body can be modelled as the context or milieu of attachment structures and mechanisms. The cognitive component of Attachment Theory could then be augmented with the incorporation of bodily sensations, physiological responses, and analogue computations that rely on the physical substrate within the attachment control system. So an embodied approach might then encompass the body as a lived experiential structure

What do you say after you say hello? Eric Berne 1972



Script theory

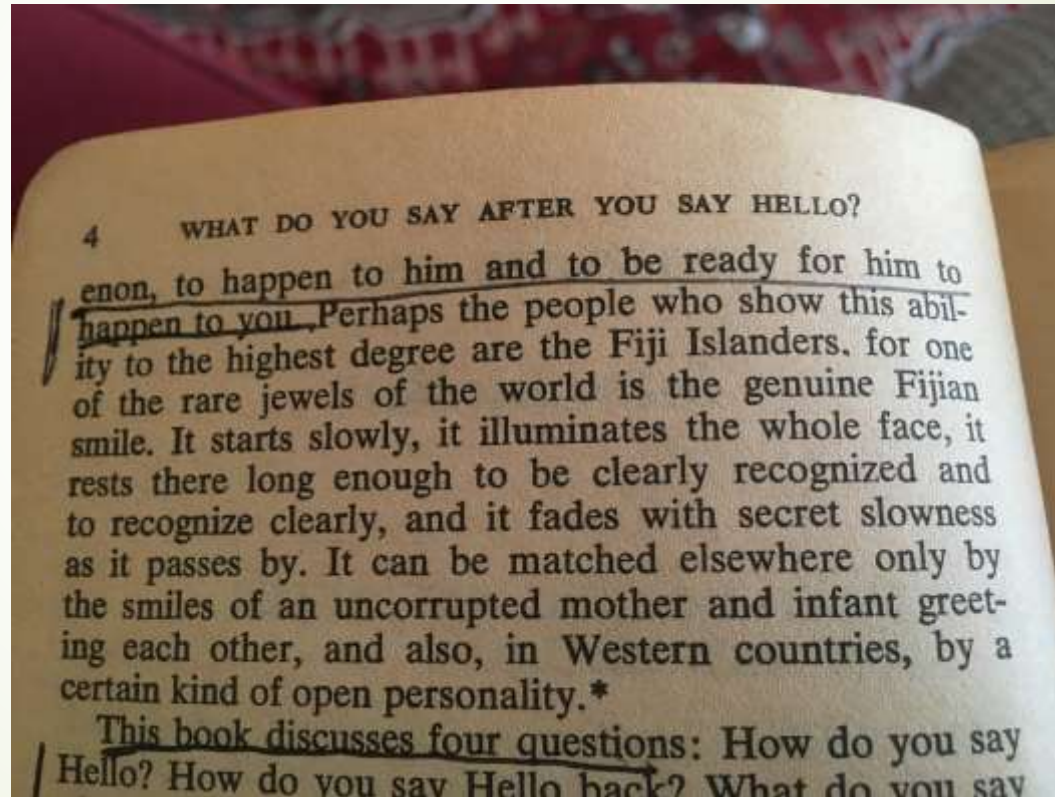
ypse: war or peace, famine or plenty, pestilence or health, death or life. It is no wonder that few people find the answer in their lifetimes, since most go through life without ever finding the answer to the question which precedes it: How do you say hello?

B • HOW DO YOU SAY HELLO?

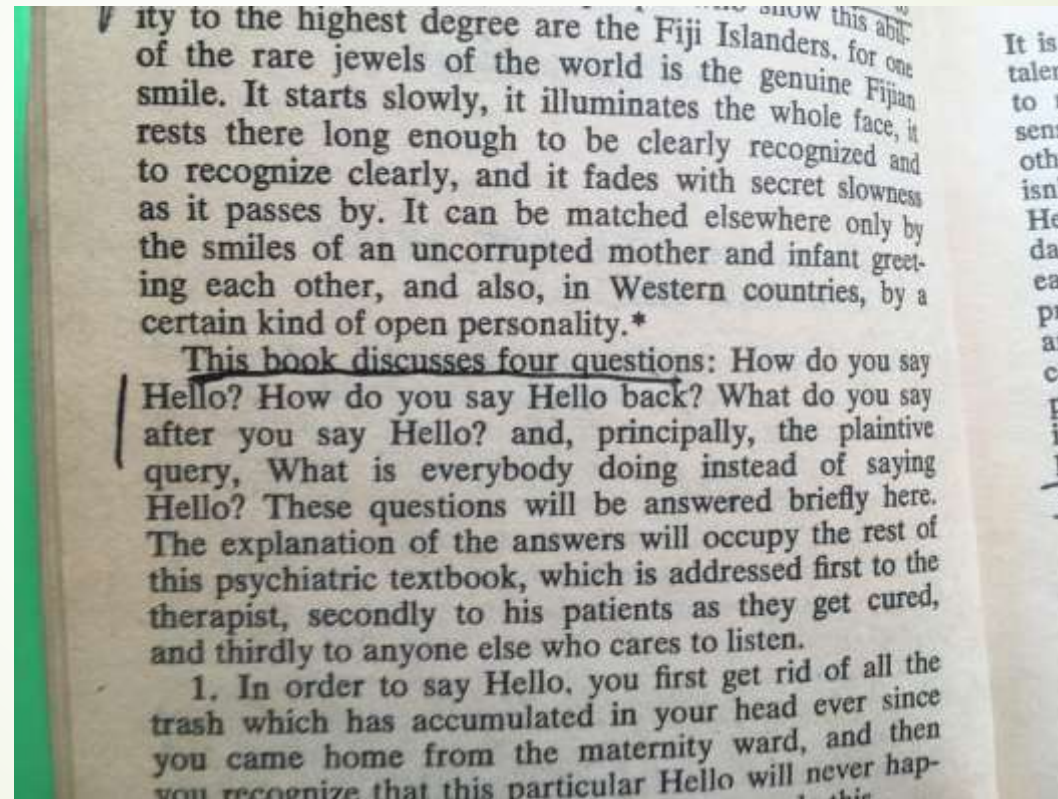
This is the secret of Buddhism, of Christianity, of Judaism, of Platonism, of atheism, and above all, of humanism. The famous "sound of one hand clapping" in Zen is the sound of one person saying Hello to another, and it is also the sound of the Golden Rule in whatever Bible it is stated. To say Hello rightly is to see the other person, to be aware of him as a phenom-

Script theory

Eric Berne



What do you say after you say hello?





What do we do before we say hello?

- ▶ How do we form the stage setting, the possibility for a meeting to take place?
- ▶ How do I adjust, organize my body to signal the distance I prefer.
- ▶ How do I breath?
- ▶ What do I do with my face?
- ▶ How is my voice? Can I speak up? Can I whisper worlds of love?
- ▶ How do I turn my pelvis, my body?
- ▶ What about shoulders, back, legs and arms?



Tell me with a gesture

- It is not easy to get rid of the trash in the head as Eric Berne suggests
- First we must become aware of the trash, considering trash part of a script a schema that hinders us to be present and spontaneous .
- Spontaneity is not what comes automatically, but something new and fresh and genuine, like a gesture here and now.
- Breathing, being aware of the breathing, listening to body sensations help us to get in touch with parts of ourselves that otherwise will not be seen not recognized.
- Telling my feelings and/or thoughts with a gesture can help me to communicate in an open and genuine way with the other.
- Observing, feeling, imitating the gesture of the other will help me to understand him/her

Nature, resilience

