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Tutorial: 3 Types of Perspective Taking

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~~The Self And Perspective Taking~~

The Self and Perspective-Taking presents the latest research findings and approaches to understanding how the human brain develops the concepts of self and other, how disruptions in this process can cause self-understanding deficits, and how these deficits can be overcome.

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The articles in The Self and Perspective Taking also explore the role of the self as it relates to acceptance and commitment therapy, cognitive behavior therapy, and mindfulness processes. Featuring work

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from world-renowned psychologists, this resource will help clinicians augment self-understanding in clients, especially those with autism spectrum disorders, schizophrenia, and impaired perspective-taking abilities.

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Contextual Behavioral Science (CBS) and its underlying scientific theory, Relational Frame Theory (RFT), offer an account of complex human behaviors, such as having a sense of self, that offers...

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Being able to take perspective is critical to our relationship with our self and others. While this is not something typically talked about in behavior analysis recent advances in our understanding of

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perspective taking and the development of a sense of self allow us to understand complex behaviors such as taking things personally.

~~The self and perspective-taking: Relational framing and ...~~

Abstract. Although abundant research has

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documented positive interpersonal outcomes of perspective taking, a growing body of evidence indicates that perspective taking can also induce negative interpersonal outcomes—in other words, it backfires. We aim at integrating these seemingly contradictory findings, suggesting that perspective taking

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backfires when it causes the perspective-taking individual to feel threatened.

~~It's All About the Self: When Perspective Taking Backfires ...~~

LM: Self as context is the stable perspective from which all self-relevant processes, including both problematic self-

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labeling as well as helpful self-based values, can be seen. Self as context is used to help clients disentangle their ‘self’ from their descriptions and evaluations.

~~The Self + Perspective Taking: An
Interview with Louise ...~~

Three Choices That Deepen Your

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Worldview and Relationships Using
Perspective Taking: 1. Appreciate your
own perspective. While it may seem like a
selfish starting point, it is integral that we
appreciate... 2. Allow the other person to
lead. The late educator Stephen Covey
said it best in The 7 ...

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~~The Power of Perspective Taking |
Psychology Today~~

The articles in *The Self and Perspective Taking* also explore the role of the self as it relates to acceptance and commitment therapy, cognitive behavior therapy, and mindfulness processes. Featuring work from world-renowned psychologists, this

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resource will help clinicians augment self-understanding in clients, especially those with autism spectrum disorders, schizophrenia, and impaired perspective-taking abilities.

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Self as context refers to the coming together of a set of the perspective taking (i.e., deictic) frames that relate to the ability to observe and describe from a perspective or point of view. Self as context refers to the ability to flexibly shift perspective as needed by the situation.

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~~Use of I/You Perspective Taking with
Highly Self-Critical ...~~

This theory is based on the observations of scientists over decades of basic research.

Empirical work leading to the CBS approach to the self and perspective taking is in fact almost four decades old, and in that time there has been substantial

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empirical and theoretical progress (see).

Finally, the Functional Contextual approach is pragmatic — it aims to actually change behaviour, not simply describe it as many other approaches within psychology do.

~~A Contextual Behavioural Science~~

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~~approach to the self and ...~~

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The challenges of neuroimaging the self,
perspective-taking and psychosis risk.

Barnaby Nelson Australian & New

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DOI: 10.1177/0004867420937802. Cite.

University of Melbourne Researchers. ...

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And so that perspective taking and self-compassion place opens up very naturally when you begin to see language in flight and not just interact with a world that's structured by judgmental language, and

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defusion methods do that very quickly.

Thirty seconds of word repetition—try it yourself and see what happens.

~~Steven Hayes: Self-Acceptance and
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Behavioral Science And Applied

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Perspective-taking is the process by which an individual views a situation from another's point-of-view. Within the scientific literature, perspective-taking has been defined along two dimensions: perceptual and conceptual.

~~Perspective-taking - Wikipedia~~

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The articles in *The Self and Perspective Taking* also explore the role of the self as it relates to acceptance and commitment therapy, cognitive behavior therapy, and mindfulness processes. Featuring work from world-renowned psychologists, this resource will help clinicians augment self-understanding in clients, especially those

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