

# Product Content provided by Paul Ekman Group

## Continuing Education credits provided by PESI, Inc.

**Product Title:** eSETT 3.0 - The Ekman Subtle Expression Training Tool

**PESI Product Code:** 047645 *(Please reference this code when contacting PESI regarding this product)*

**Duration of Instructional Content:** 90 minutes

### **Brief Summary/Description of Program**

"I used this knowledge at work at the Department of Homeland Security on a daily basis to read people's facial expressions; it has helped me apprehend criminals and see when people are not being honest."

-J. Rangel, Customs Officer, U.S. Dept. of Homeland Security

Whether we hope to spot concealed emotions or seek compassionate connection, our ability to see and respond to others' often unspoken feelings is key. This ability can be trained. We provide the tools.

### ABOUT PAUL EKMAN

Ekman's research and publications span decades, revealing key insights about human emotion and communication. A pre-eminent psychologist and co-discoverer of micro expressions, he is the scientist and author best known for furthering our understanding of nonverbal behavior, encompassing facial expressions and gestures.

### WHAT ARE SUBTLE EXPRESSIONS?

The Subtle Expression Training Tool (eSETT) teaches recognition of very subtle "mini" signs of emotion. These are very tiny expressions, sometimes registering in only part of the face. Subtle expressions occur for many reasons. The emotion experienced may be very slight, or the expressions may occur when an emotion is just beginning. Mini expressions also occur when strong emotions are felt but are being actively suppressed; all that leaks out is a fragment of the full expression. Dr. Ekman developed eSETT to increase people's ability to spot these subtle signals.

### eSETT 3.0

Ekman Subtle Expression Training Tool 3.0 (eSETT 3.0) is the premier training program for learning to recognize subtle expressions, and includes audio tips from Dr. Ekman. Subtle expressions are the very tiny, mini expressions that often appear in just one region of your face, such as the brows, eyelids, cheeks, nose, or lips. They can occur when a person is trying to conceal a strong emotion — subtle expression can leak, exposing the true emotion in a tiny change in expression. These small movements may also occur when an emotion is just beginning, often before the person is aware of their emotional state.

This training is appropriate for counselors, social workers, teachers, psychologists, marriage & family therapists, mental health nurses, and other mental health care professionals, and can be applied in a wide variety of workplace and family settings.

### **Program outline**

1. Introduction
2. Recognize
  - Fear
  - Happy
  - Contempt
  - Disgust
  - Sadness
  - Anger
  - Surprise

### 3. Practice

- You will judge 41 new people displaying flashes of expressions.
- After the expression has flashed, click the corresponding emotion button on the left. By pressing the repeat button you will get one more try, then you will be told the correct emotion. Click the audio button if you want to hear Dr. Ekman's tip on this expression. At the end of the Practice section you will receive your accuracy score.

### **Objectives**

- Focus on small regions of the face; examine "mini" movements to detect subtle expressions of emotion.
- Discriminate between "subtle expressions" and "micro expressions".
- Develop your skill in reading subtle facial expressions of the seven universal emotions: Happiness, Surprise, Sadness, Fear, Anger, Disgust, and Contempt.
- Investigate the nuances of subtle expressions with extensive practice and Ekman's audio tips.

### **Continuing Education Credits**

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI, Inc. maintains responsibility for these materials and their content. PESI, Inc. is offering these self-study materials for **1.5** hours of continuing education credit.

**SOCIAL WORKERS:** PESI, Inc., 1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper VA 22701. [www.aswb.org](http://www.aswb.org). PESI, Inc. maintains responsibility for the program. Licensed Social Workers should contact their regulatory board to determine course approval. Social Workers will receive **1.5** (Clinical) continuing education clock hours for completing this self-study package. Course Level: All Levels.

**COUNSELORS:** This activity consists of **1.5** clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**ADDICTION COUNSELORS:** PESI, Inc. is a Provider approved by NAADAC Approved Education Provider Program. Provider #: 00131. This self-study package qualifies for **1.5** contact hours.

**MARRIAGE & FAMILY THERAPISTS:** This self-study activity consists of **1.5** clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from this self-study activity and contact your state board or organization to determine specific filing requirements.

**NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** This self-study activity meets the criteria for an American Nurses Credentialing Center (ANCC) Activity. PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This self-study material qualifies for **1.5** contact hours.

**OTHER PROFESSIONS:** This self-study activity qualifies for **1.5** clock hours of instructional content as required by many national, state and local licensing boards and professional organizations. Retain your certificate of completion and contact your board or organization for specific filing requirements.

***\*\*Accreditations for this activity are being provided by PESI, Inc. Have an inquiry on continuing education credit that is not listed here? Please contact Dawn Messing at PESI, Inc. You may reach her via email at [dmessing@pesi.com](mailto:dmessing@pesi.com).***