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Product Title: eMETT 3.0 - The Ekman Micro Expression Training Tool

PESI Product Code: 047640 *(Please reference this code when contacting PESI regarding this product)*

Duration of Instructional Content: 75 minutes

Brief Summary/Description of Program

"The ability to recognize and respond effectively to emotions is an invaluable skill central to a healthy emotional life." - Paul Ekman

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 MICRO EXPRESSIONS?

Micro expressions are very brief facial expressions, lasting a mere fraction of a second. They occur when a person either deliberately or unconsciously conceals a feeling; the true feeling appears on the face in a flash, and if you are highly perceptive, or trained, you will likely recognize one of the seven universal emotions.

eMETT 3.0

Ekman Micro Expression Training Tool 3.0 (eMETT 3.0) is an updated version of our landmark micro expression training module. With it, you will improve your ability to spot micro expressions. This training is appropriate for counselors, social workers, teachers, psychologists, marriage & family therapists, mental health nurses, and other mental health care professionals. It is widely used by those whose work requires them to evaluate truthfulness and detect deception, such as law enforcement and security personnel, as well as those in sales, education, and medical professions. This training can be applied in a wide variety of workplace and family settings.

Program outline

1. Introduction
 - o Introduction: Set Speed
2. Benchmark
 - o First you will determine your ability to recognize micro expressions prior to training.
 - o Warmup: 3 warm-up expressions
 - o 14 Benchmark Expressions (scored)
3. Training Videos
 - o Anger
 - o Disgust
 - o Anger and Disgust I
 - o Anger and Disgust II
 - o Fear and Surprise
 - o Contempt
 - o Happy
 - o Sad
4. Practice
 - o You will judge 42 new people displaying flashes of expressions and receive immediate feedback about your judgments of the emotions shown in each expression flash.
5. Review
 - o The videos you will see in the REVIEW are different from the videos shown in TRAINING. Be certain to look at each of the Review videos.
 - o Anger

- Disgust
 - Anger and Disgust I
 - Anger and Disgust II
 - Fear and Surprise
 - Contempt
 - Happy
 - Sad
6. Improvement Measure
- 28 Improvement Measure expressions
 - After you have judged all 28 expressions you will see your accuracy score on the Improvement Measure, your Benchmark Score, and the difference between the two which is your Gain in Accuracy Percentage. You will also see your accuracy on each of the seven emotions.

Objectives

- Identify the micro facial expressions of the seven universally-signaled emotions: Happiness, Surprise, Sadness, Fear, Anger, Disgust, and Contempt.
- Analyze in detail the nuances of micro facial expressions; distinguish and differentiate between similar expressions such as those for anger and disgust, as well as for surprise and fear.
- Through extensive practice and review, memorize the individual markers of each emotion's expression.
- Test previous ability to recognize micro expressions with a pre-test; measure improvement through training with a post-test.

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 **1.0** hours of continuing education credit.

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COUNSELORS: PESI, Inc. is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. ACEP#: 5637. This self-study package qualifies for **1.25** clock hours.

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This self-study material qualifies for **1.0** contact hours.

OTHER PROFESSIONS: This self-study activity qualifies for **1.25** 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.***