

Meta communication: **Non verbal and emotional meaning**

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Introduction

Today this presentation will be discussing one of the principles that was addressed within the Markin's article which is meta communication, throughout this presentation it will be giving a brief out look on what meta communication is, it will be looking into what the social and cultural point of view of it is, looking how it is used in therapy and exploring the benefits and contrasts of the principle.

what is meta communication?

- Meta communication also known as non verbal communication, has four different categories these are aesthetic, physical, signs and symbols stated by (Phutela, 2015, p.44)
- Aesthetic communication can be portrayed through the vision of art, this would include art's such as theatre, dance, music, painting sculpture or opera, anything that is portrayed through a vision of art where there is no words just expressions and body language or even your body telling a story this is all aesthetic communication. (You can understand a lot from watching someone's body language or even body movements especially when done through dance)
- Physical communication this is when you can see someone's expressions such as any facial expression or a body gestures such as a wave or salute.
- Signs they are less to do with the body and expressions these are more to do with doing something to express a certain behaviour such as lights, flags, sirens or horns as when anyone hears or sees one of these they know that they need to react to the signals.

what is meta communication?

They listen to the music behind the lyrics. in this way, therapists engage in what has been termed “right-to-right brain communication,” where the clinician tracks the affective moment to moment internal states of the client and what is being communicated nonverbally. (Markin, 2014, p.330)

Non verbal communication can be very important in every conversation that we have as without any non verbal clue's people would not be able to understand what people mean, “these clue's help others determine the attitudes and attributes that may not be expressed by the words spoken.” (Phutela, 2015, p.45).

Social and cultural point of view:

- From the social and cultural point of view of Meta communication it can have a different view and can not work so affective during some counselling sessions as non verbal communication can mean very different things in different cultural's, in the western culture when giving someone direct eye contact this is seen as very positive and the person feels as though they are being listened too and being payed attention to but if you were to do that to someone who has a different cultural background that western such as African or Japan then eye contact to them is seen as a sexual attraction or interest
- Non verbal communication may not work for some cultures are, in some cultures mental health is still not seen as a something so serious and is not so easily accept for talked about so for someone to display some emotion in public this is frowned upon.

Social and cultural point of view:

- The first evidence for cultural differences in expression was Friesen's (1972) study, in which the spontaneous expressions of Americans and Japanese were examined as they viewed highly stressful films in two conditions, first alone and then a second time in the presence of an older, male experimenter. In the first condition, the American and Japanese participants were similar in their expressions of disgust, sadness, fear, and anger; in the second condition, however, cultural differences emerged. Whereas the Americans continued to express their negative emotions, the Japanese were more likely to smile. (Matsumoto, 2005, p.224)

compare and contrast

- During this presentation there has been a lot of positive points from a few researchers praising this principle, there are a lot of good points and in most cases it does work as you can read people's body language or emotions and reach to the deeper meaning of the words people say, however from Friesen's study it was shown that in different cultures such as Japanese they show their emotions or even not show their emotions very differently to western cultures, for this instance in a counselling session trying to use meta communication would be very difficult as they don't express their emotions or behaviour the same as the western culture
- However saying this according to Darwin (1872/1998), humans, regardless of race or culture, possess the ability to express emotions in exactly the same ways, primarily through their faces. This shows that even though Friesen's study about different cultures having different reactions to situations depending on the environment they are in, the way people express emotions to situation is the exact same, if they are happy then people will smile, if sad then they will cry

conclusion

- To conclude overall meta communication is very important and can be very helpful and beneficial during counselling. As well as being beneficial during a counselling setting its also a very good skill to have in every day life, this could help relationships as like what mentioned at the start about relationships breaking down because when someone asked how their day is going and the response was “fine” but in a sharp or sad tone and its not picked up on and just accepted, people are then accused of not listening or paying attention when someone is reaching out for help or wanting someone to talk to by using their non verbal communication with or without knowing this could affect peoples relationships.
- From Markin’s article what was explored about meta communication was indeed very important and explained very simple but very affective as that is what meta communication is, listen to the music behind the lyrics as stated in (Markin, 2014, p.330).

Thank you for watching.

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