

<b>Name of the intervention</b>	Decentration through images
<b>Context (optional)</b>	This method has been developed by Emerique Cohen and has been widely used by CESIE in several projects, among these the welcomm project from which the description of the method has been taken.
<b>Tackled area (of our objectives)</b>	<p>3) Helping to recognize anti-democratic tendencies/attitudes of the counterpart and to respond to it</p> <p>4) Distinction from values/positions that do not correspond to one's own. Tolerance towards other population groups</p> <p>5) Detecting manipulation</p>
<b>FACE TO FACE TRAINING</b>	
<b>Recommended group size</b>	8 – 20
<b>Time frame</b>	<ul style="list-style-type: none"> <li>• 60 minutes</li> <li>• 60 minutes</li> </ul>
<b>Materials required</b>	<p>Printed images covered and hung on the wall Paper sheets Pens</p> <p>In the folder, you can also find the necessary images for this exercise</p>
<b>How it works (description)</b>	<p><b>Preparation:</b> print out the pictures and hang them on the wall each one at least 2 meters away from the next one. The feeling the room should give should be like a art gallery walk.</p> <p>Each participant walks around in the room, looking at pictures and focusing on their own feelings and emotion resulting by looking at each picture. Then, the trainer asks them to stop in front of the picture that aroused the strongest pleasant or unpleasant emotional response within them.</p>

	<p>Once all participants stop, then each participant must describe what they see in the picture only what they see. Then the trainer must ask again to describe the picture objectively, and ask “can you say that’s the objective description of what you see?”. This to help them reflect how much of what they think they see in pictures is actually based on assumption as opposed as knowledge.</p> <p>Depending on the participants maybe it is best to make sure everyone shares the same definition of “objective description”.</p> <p>Once all participants give their answer, it is time for the second question “what emotions the image triggered in you, what did you feel?”</p> <p>Here there are no right or wrong answer, it is important to set up an environment which is positive and non-judgmental in order to allow the expression of negative feelings on delicate topics. The trainer should remark this concept at the beginning of the exercise and bring it up again right after this question have been asked.</p> <p>Once all participants gave their answer, it’s time to move on to the last question. The last question is really important and must be clear to anyone so it would be best to prepare an explanation beforehand and maybe one concrete example and definition of “values”. the question is: “what are the values questioned by this image?”.</p>
<b>ONLINE TRAINING</b>	
<b>Recommended group size</b>	8 – 20
<b>Time frame</b>	<ul style="list-style-type: none"> <li>• 60 minutes</li> <li>• 60 minutes</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Training of YW</b></li> <li>• <b>Implementing with YP</b></li> </ul>	
<b>Materials required</b>	<p>Zoom account</p> <p>Google slide (showing the pictures of the method, 1 per slide)</p>

**How it works  
(description)**

**Preparation:** create a [zoom](#) meeting of at least 1 hour, share it with the participants copy pasting the invitation to a text message or email depending how you communicate with them usually. The invitation must include the access link and the meeting ID and Passcode. Simultaneously, create a [google slides](#) file copy pasting the pictures from the exercise (one per slide and give each picture a number) and make sure you can actually share it with the participants clicking on the “share” button on the top right corner of the screen. Check the settings sometimes you have to change them in order to make sure everyone can view the content of the google slide file.

**Implementation:** the structure follows pretty much the one of the face-to-face version. Instead than walking around the room though this time participants will be asked to access the google slides file and look at each slide for at least 30’ then based on their emotional response they should tell you which picture they chose via the number you have assigned to the picture. Then you will share your screen and showing the group the picture chosen during each participant sharing session. Once all participants shared their feelings repeat this for the following questions making sure that the picture is visible to everyone while being discussed.

Questions to be asked:

1. Describe what’s in the picture you’ve chosen
2. Now just give an objective description of what’s on the picture. (if they still jump to conclusions ask also: Are you sure it this is objective?)
3. What emotions did the picture arise in you?
4. (if they don’t come up with this already) which of your values/belief does the picture resonates with?

**SUGGESTIONS FOR THE TRAINING**

- Make sure that the group atmosphere is accepting, and no one is made fun of or attached for what they express
- If racist or aggressive/degrading language is spoken by the participants use this chance to understand where it is coming from and bring the attention of the group to this. Make sure the group condemns such language.

## CONCLUSION

### The purpose

The purpose of this exercise is to experience a cultural shock in a safe environment while being able to recognize how we understand reality through our own “lenses” which is the combination of stereotypes, values and other culturally determined assumptions. During the debriefing is really important to focus on this element and then showing how important it is to understand this process while interacting in an intercultural society and also how easy it is to use picture to arise emotions in the public and then promote an explanation of what’s going on in the picture which suites the emotions it is meant to arise. This is really the point of the exercise, to make people understand how easy it is to jump to conclusion and at the same time how vulnerable to manipulation and lies we are when we are emotionally aroused.

A more detached attitude and an objective approach is key then to shield ourselves from manipulation and misunderstanding especially in a highly diverse and complex world such as the one we live in.