

Emoción y convivencia, pero desde la evidencia

La importancia del trabajo empírico y dos ejemplos

- Licenciado en Psicología (UGR), Máster en Dirección de RRHH (ESNA) y Terapias Contextuales (VIU)
- Consultor, formador e interim manager de RRHH en múltiples compañías (IBM, GM, Volkswagen Group, Can Ruti, otras).
- Psicólogo conductual
- Profesor de Negociación, Liderazgo y Emprendimiento en la UdG e IQS.
- Divulgador y autor.



Ramón Nogueras

POR QUÉ COMPRAMOS LA BURRA

CÓMO NOS PERSUADIMOS UNOS A OTROS

RAMÓN NOGUERAS



POR QUÉ CREEMOS EN MIERDAS

CÓMO NOS ENGAÑAMOS A NOSOTROS MISMOS



RAMÓN NOGUERAS



POR QUÉ POLLAS HACES ESO

UNA GUÍA PARA ENTENDER
NUESTRO COMPORTAMIENTO



KAILAS

20
años

Tinta desperdiciada



1. Eclecticismo

Research article | [Open access](#) | [Published: 27 July 2022](#)

Do clients train therapists to become eclectic and use the common factors? A qualitative study listening to experienced psychotherapists

[Douglas Behan](#) 

BMC Psychology **10**, Article number: 183 (2022) | [Cite this article](#)

3731 Accesses | **6** Altmetric | [Metrics](#)

Abstract

Background

Psychotherapists must choose from an overwhelming number of theoretical models and empirically supported treatments to guide their work. Meta-analytic studies show there is comparable efficacy among the choices, making the decision about which approach to use difficult. Research indicates there are pantheoretical elements found in all effective models, called the common factors, which can offer psychotherapists a focusing point to maximize their effectiveness regardless of their chosen approach. Most psychotherapists begin practicing from a traditional theoretical orientation, but then their approach evolves over time toward an

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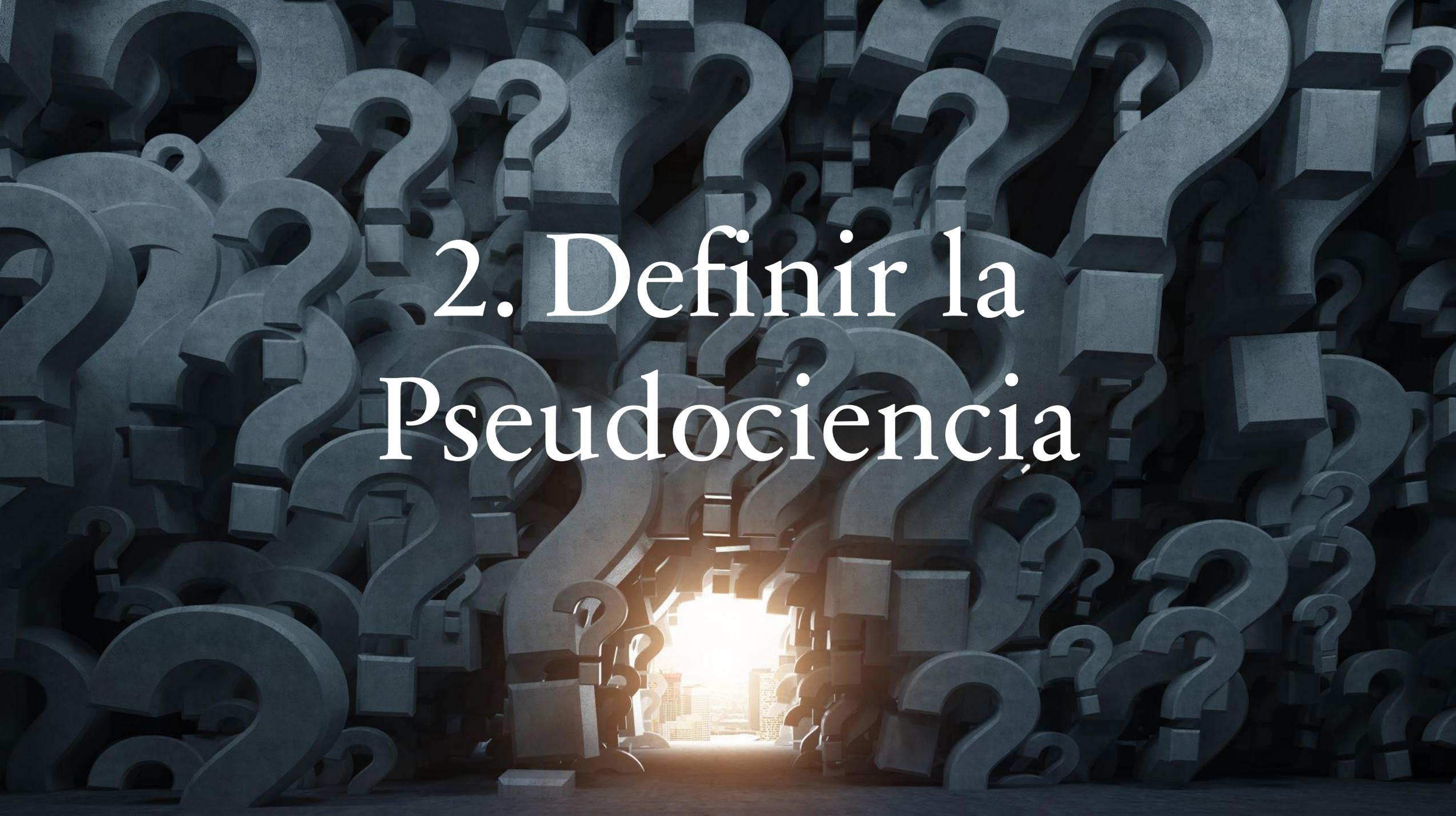
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2. Definir la Pseudociencia

¿Criterios?

- Suficiente: Presentación como ciencia
- Criterios necesarios:
 - Metodología deficiente
 - Entidades fuera del dominio de la ciencia
 - No evidencia
- Fasce, 2017



Contents lists available at [SciVerse ScienceDirect](#)

Clinical Psychology Review



Why many clinical psychologists are resistant to evidence-based practice: Root causes and constructive remedies [☆]

Scott O. Lilienfeld ^{a,*}, Lorie A. Ritschel ^b, Steven Jay Lynn ^c, Robin L. Cautin ^d, Robert D. Latzman ^e

- ^a Department of Psychology, Emory University, United States
- ^b Department of Psychiatry, Emory University School of Medicine, United States
- ^c Department of Psychology, Binghamton University, United States
- ^d Department of Psychology, Manhattanville College, United States
- ^e Department of Psychology, Georgia State University, United States

HIGHLIGHTS

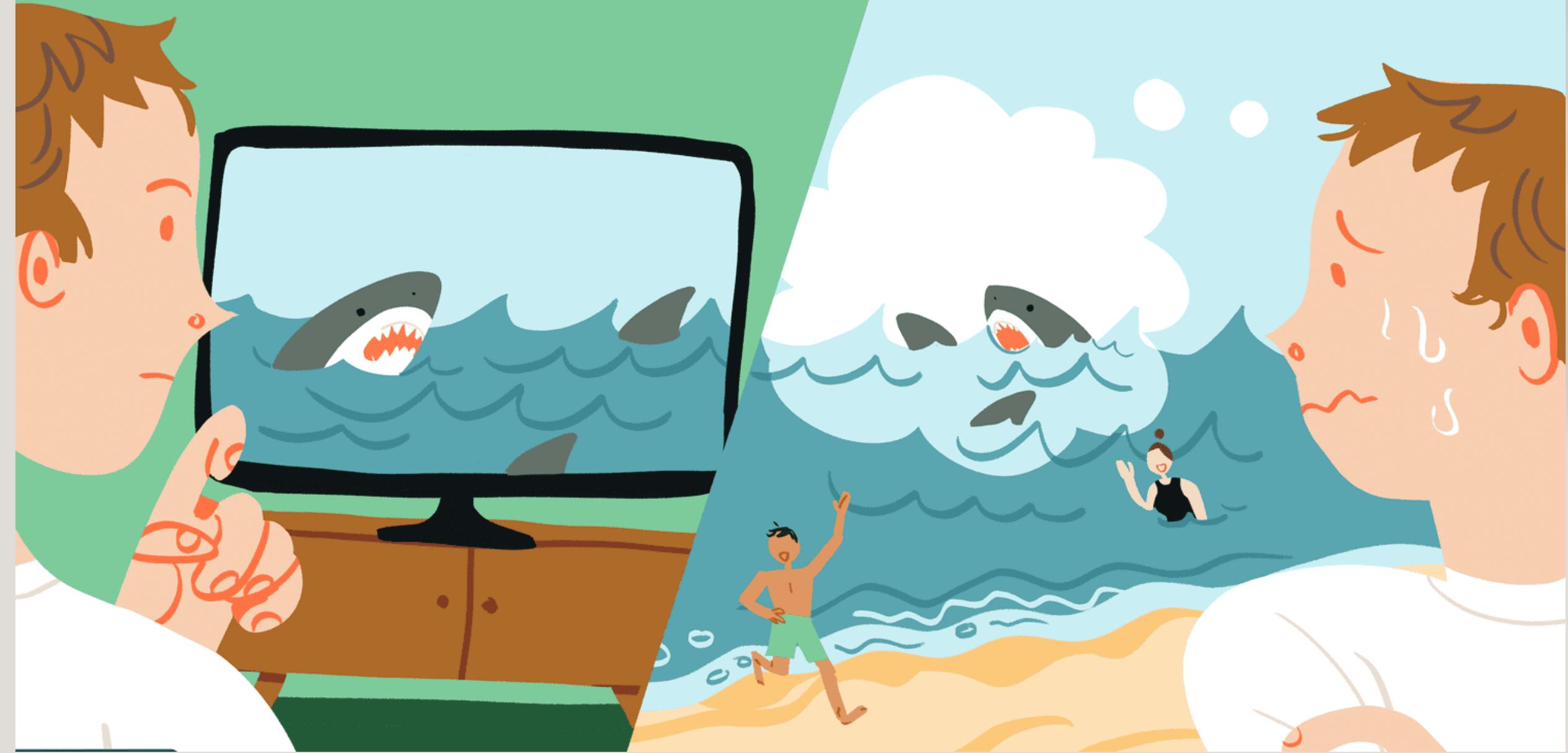
- Evidence-based practice does not equal empirically supported therapy.
- Evidence concerning clinicians' attitudes toward evidence-based practice is reviewed.
- Sources of professionals' resistance to evidence-based practice are examined.
- Misconceptions regarding evidence based practice are delineated.



Razones para ello

1. Realismo ingenuo (el mundo es como lo veo)
2. Errores de base sobre las causas del comportamiento humano
3. Fallos estadísticos (aplicar resultados grupales a individuos).
4. Inversión de la carga de la prueba
5. Estereotipos erróneos sobre la práctica basada en evidencia
6. Dificultades técnicas

What comes to mind quickly is deemed significant—sometimes incorrectly.



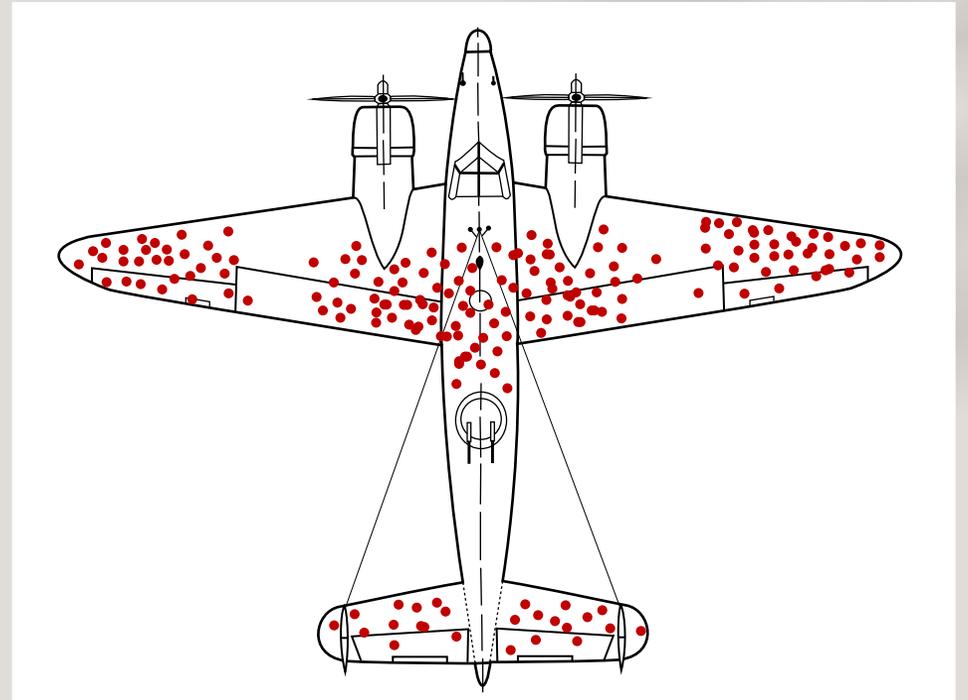
SESGO DE CONFIRMACIÓN



SUB-ESTIMADO

SOBRE-ESTIMADO

Sesgo del superviviente



Horner, Guyer y Kalter (1993)

- 48 terapeutas, custodia de niña de 3 años, alegato de abuso sexual por parte del padre.
- Preguntas:
 - ¿Ha habido abuso?
 - ¿Recomendaciones sobre custodia?
- Materiales:
 - Entrevistas a ambos padres (transcripciones).
 - Interacciones padre – niña, madre niña (vídeo).

[nature](#) > [nature mental health](#) > [analyses](#) > article

Analysis | [Published: 08 May 2023](#)

Time spent on social media among the least influential factors in adolescent mental health: preliminary results from a panel network analysis

[Margarita Panayiotou](#) , [Louise Black](#), [Parise Carmichael-Murphy](#), [Pamela Qualter](#) & [Neil Humphrey](#)

Nature Mental Health **1**, 316–326 (2023) | [Cite this article](#)

253 Altmetric | [Metrics](#)

Abstract

There is growing concern about the role of social media use in the documented increase of adolescent mental health difficulties. However, the current evidence remains complex and inconclusive. While increasing research on this area of work has allowed for notable progress, the impact of social media use within the complex systems of adolescent mental health and development is yet to be examined. The current study addresses this conceptual and methodological oversight by applying a panel network analysis to explore the role of social media on key interacting systems of mental health, wellbeing and social life of 12,041 UK adolescents. Here we find that, across time, estimated time spent interacting with social media predicts concentration problems in female participants. However, of the factors included in the

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El uso de RRSS no predice aparición de problemas

Computers in Human Behavior
Volume 147, October 2023, 107859

ELSEVIER

Social media behaviors and symptoms of anxiety and depression. A four-wave cohort study from age 10–16 years.

Elje Steinsbekk^a  , Jacqueline Nesi^b, Lars Wichstrøm^{a,c}

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Highlights

- Does social media use predict mental health problems in adolescents?
- We measured social media use and symptoms of depression/anxiety through interviews.
- Four waves of data from a Norwegian birth cohort were used (10, 12, 14, and 16 years).
- The frequency of posting, liking, and commenting was unrelated to future symptoms.
- Symptoms of anxiety and depression also did not impact future social media use.

Number of suicides

Annual number of deaths from suicide. Suicide deaths are underreported in many countries due to social stigma and cultural or legal concerns. This data is adjusted for this underreporting to estimate the actual number of suicides.

[+ Add country](#)

All together



Source: WHO, Global Health Estimates (2020)

OurWorldInData.org/suicide • CC BY



CHART

MAP

TABLE

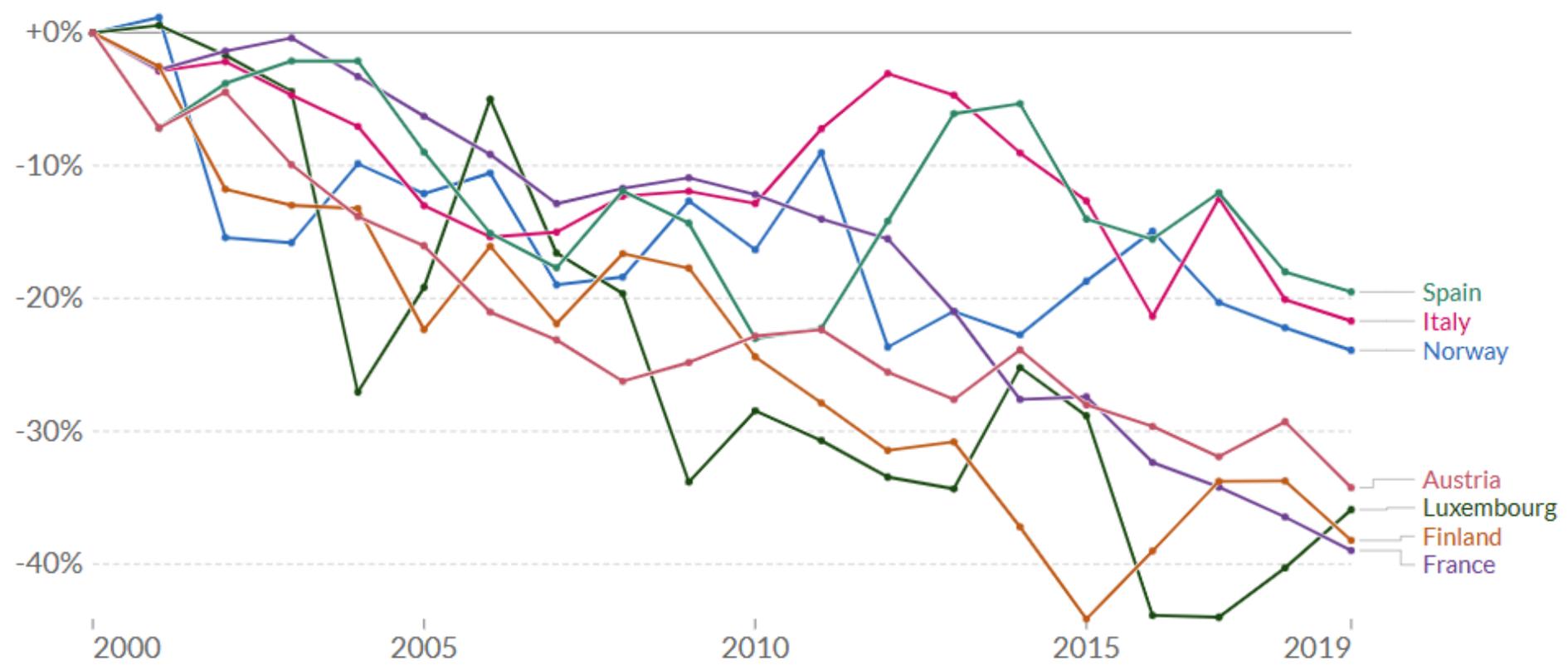
SOURCES

DOWNLOAD

Change in suicide rate, 2000 to 2019

Annual number of suicides per 100,000 people. Suicide deaths are underreported in many countries due to social stigma and cultural or legal concerns. This data is adjusted for this underreporting to estimate the actual rate of suicides.

[+ Add country](#) All together Relative change



Source: WHO, Global Health Observatory (2022)

Note: To allow for comparisons between countries and over time, this metric is age-standardized.

OurWorldInData.org/suicide • CC BY



CHART

MAP

TABLE

SOURCES

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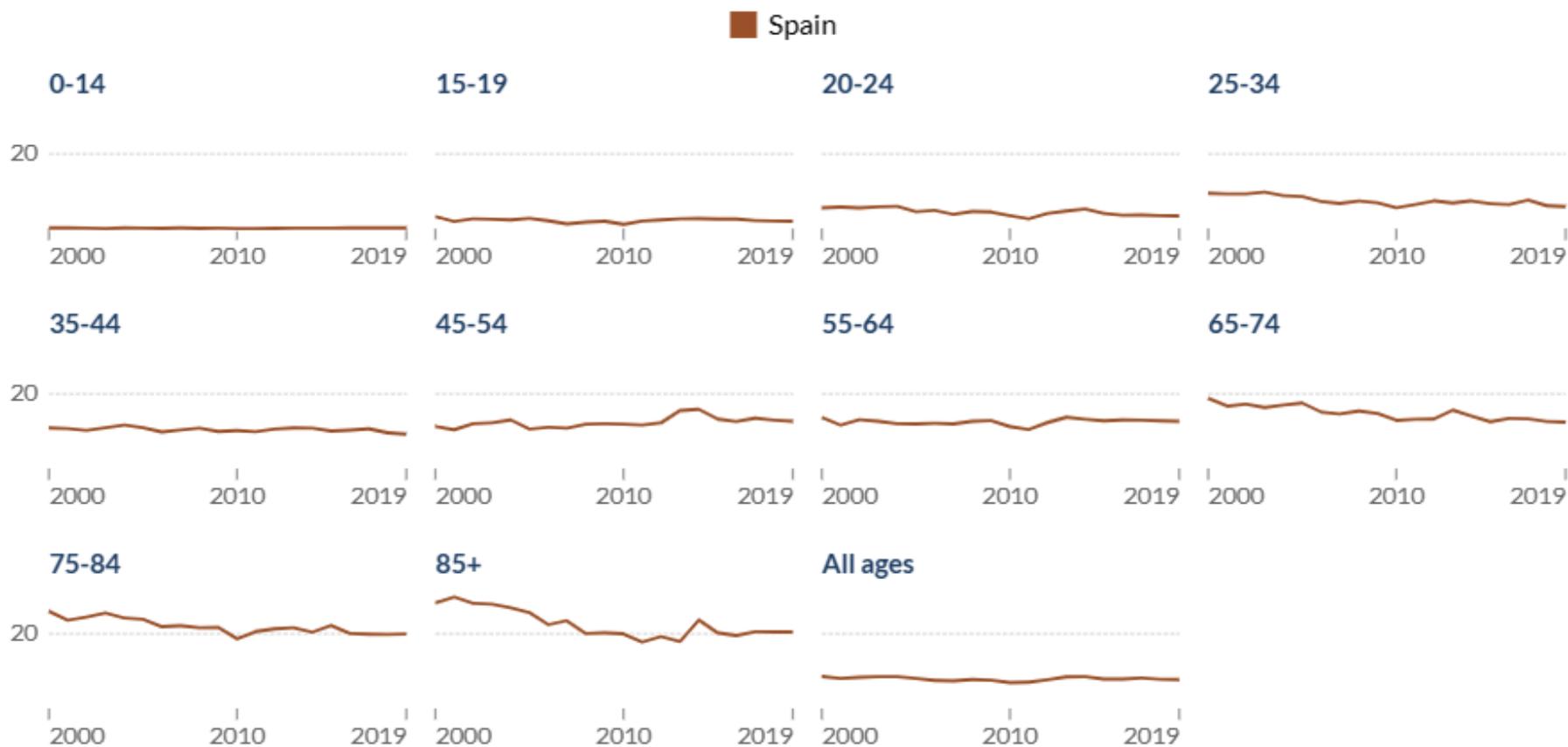
Suicide rate, by age, Spain, 2000 to 2019

Number of deaths from suicide per 100,000 individuals in each age group. Suicide deaths are underreported in many countries due to social stigma and cultural or legal concerns.

[+ Add country](#)

Split by metric ▾

Align axis scales



Source: WHO, Global Health Estimates (2020)

Note: To allow for comparisons between countries and over time, this metric is age-standardized.

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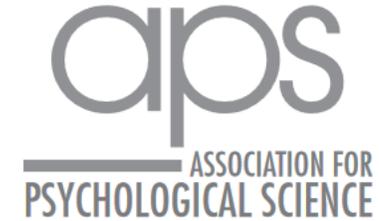
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Neurochorradas

Check for updates



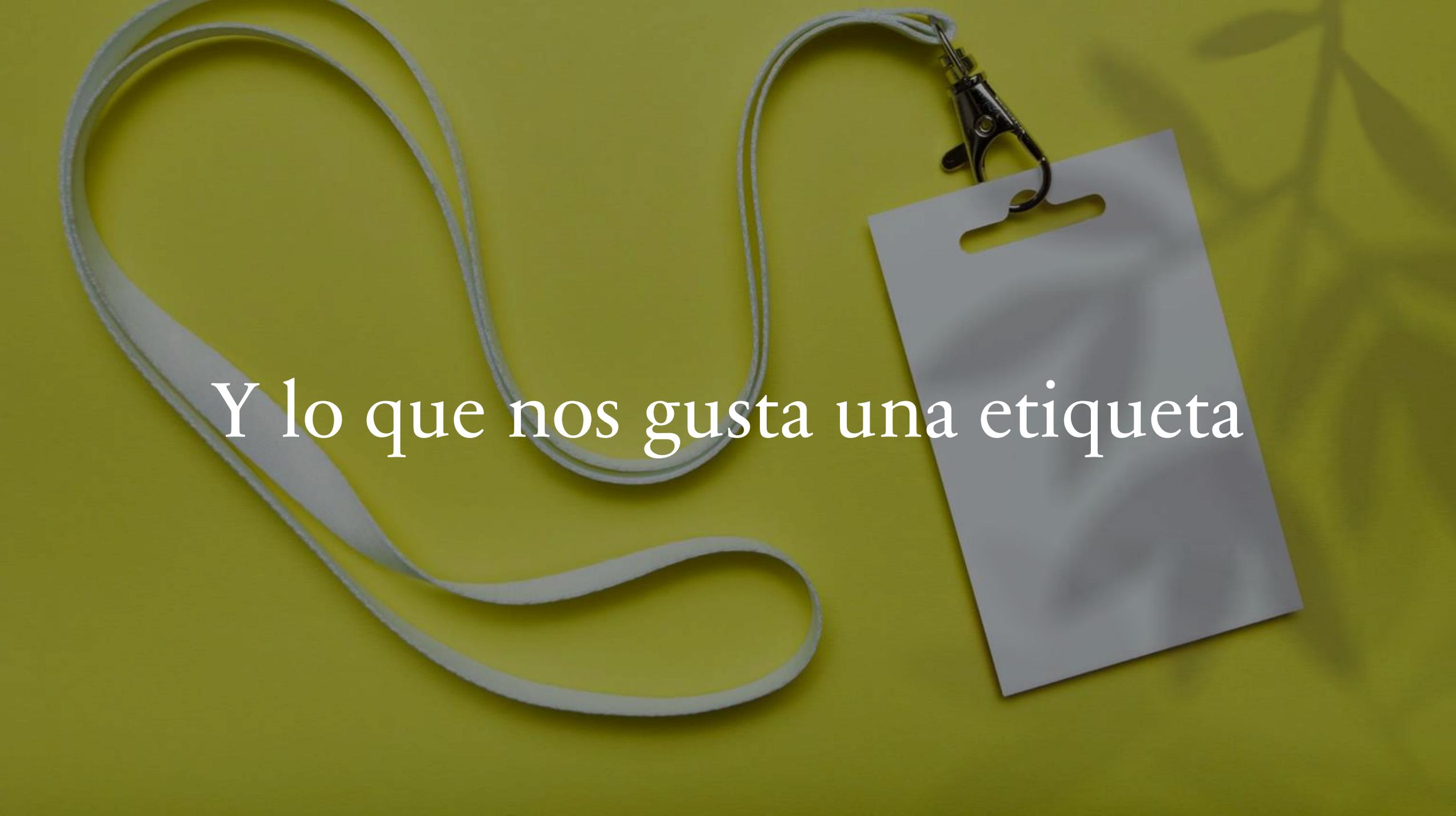
Research Article

What Is the Test-Retest Reliability of Common Task-Functional MRI Measures? New Empirical Evidence and a Meta-Analysis

Psychological Science
1–15
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DOI: 10.1177/0956797620916786
www.psychologicalscience.org/PS
 SAGE

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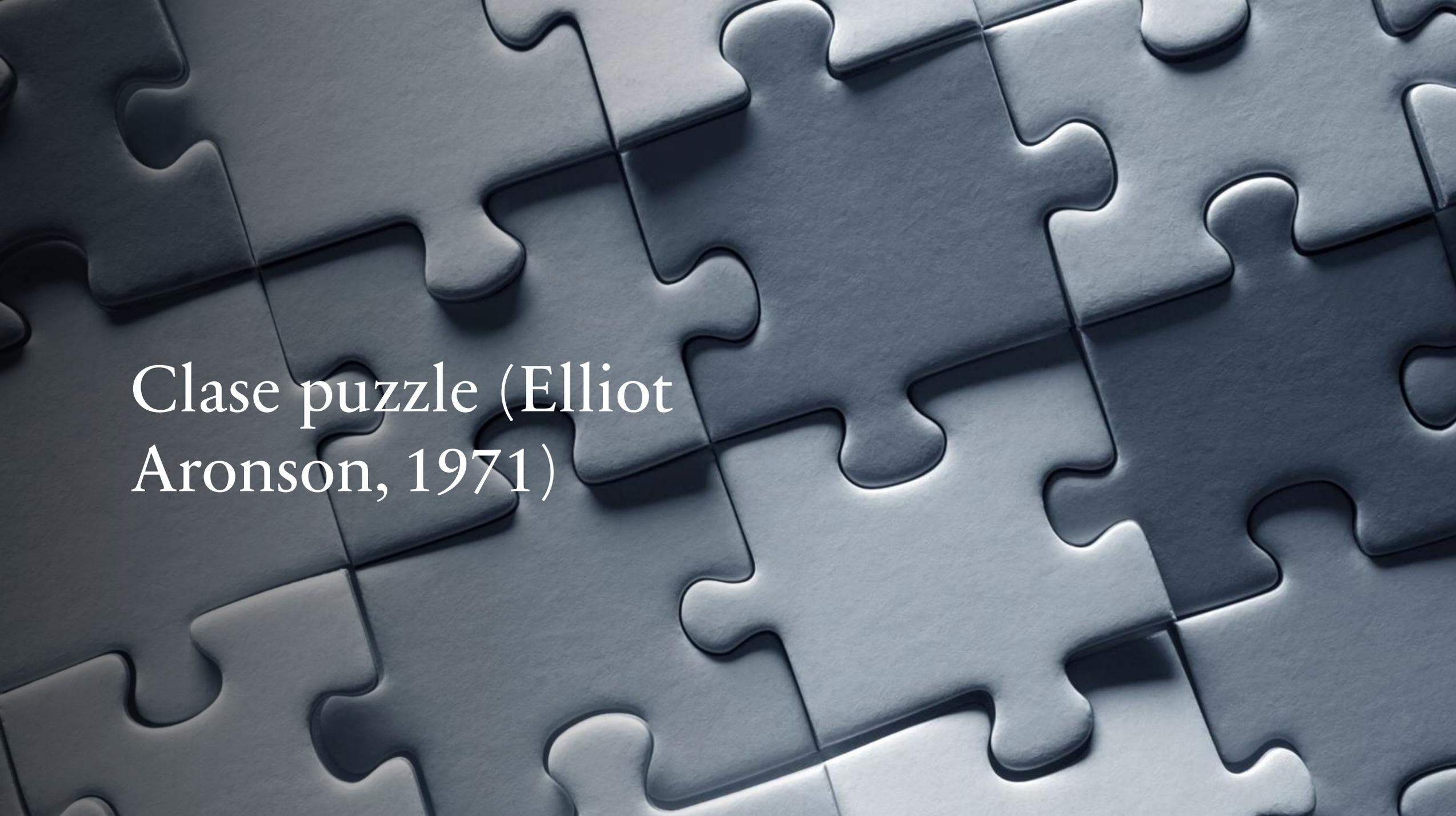
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Y lo que nos gusta una etiqueta

A black and brown dog is sitting on a light-colored wooden floor. The dog is positioned under a white metal chair leg. To the right of the dog is a blue cushion. To the left of the dog is a small, coiled toy. The text "AQUÍ SEGUIMOS" is overlaid in white, bold, sans-serif font across the bottom of the image.

AQUÍ SEGUIMOS



Clase puzzle (Elliot
Aronson, 1971)



Elliot Aronson

El Animal Social

Un clásico de la
psicología social

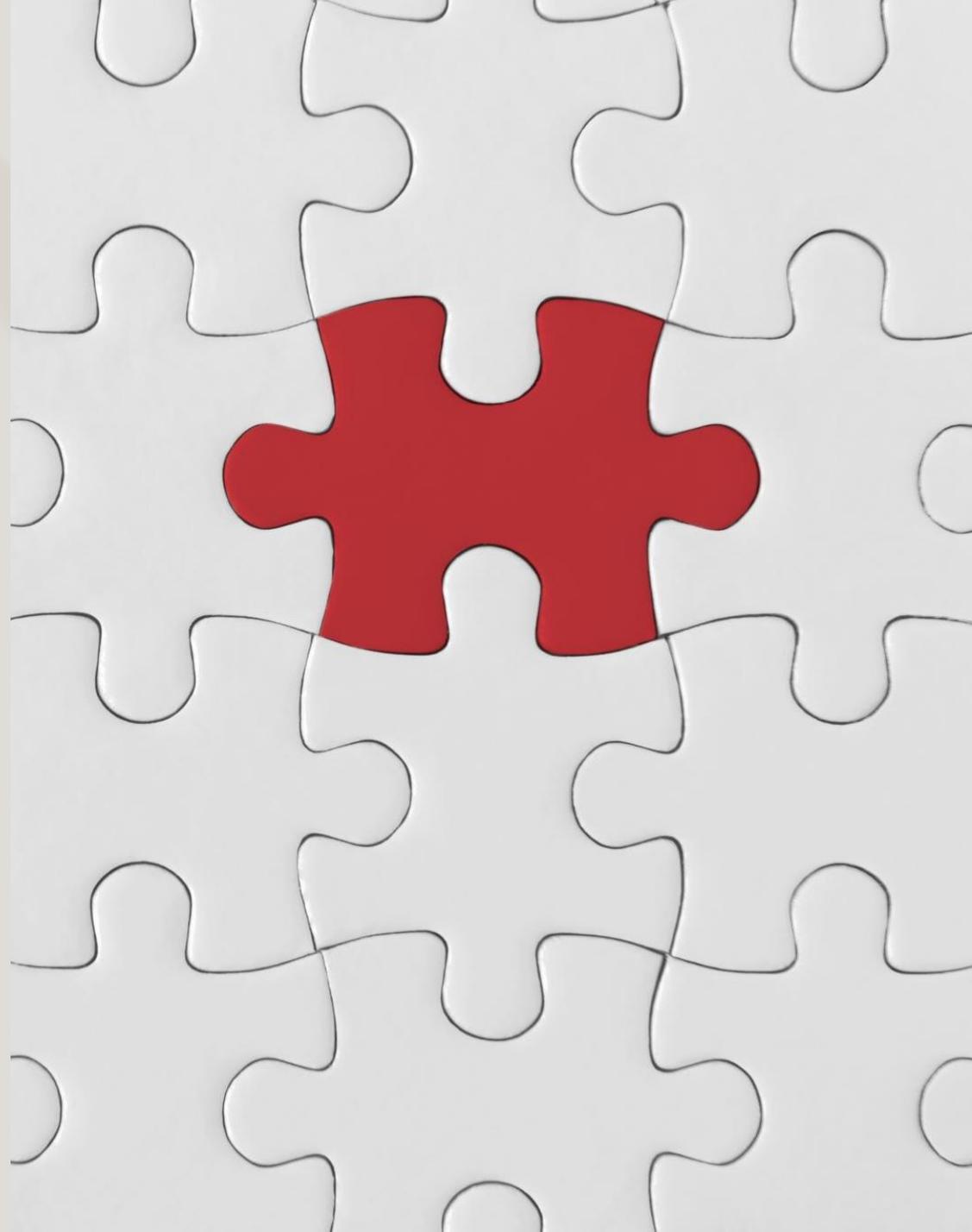


Polarización grupal

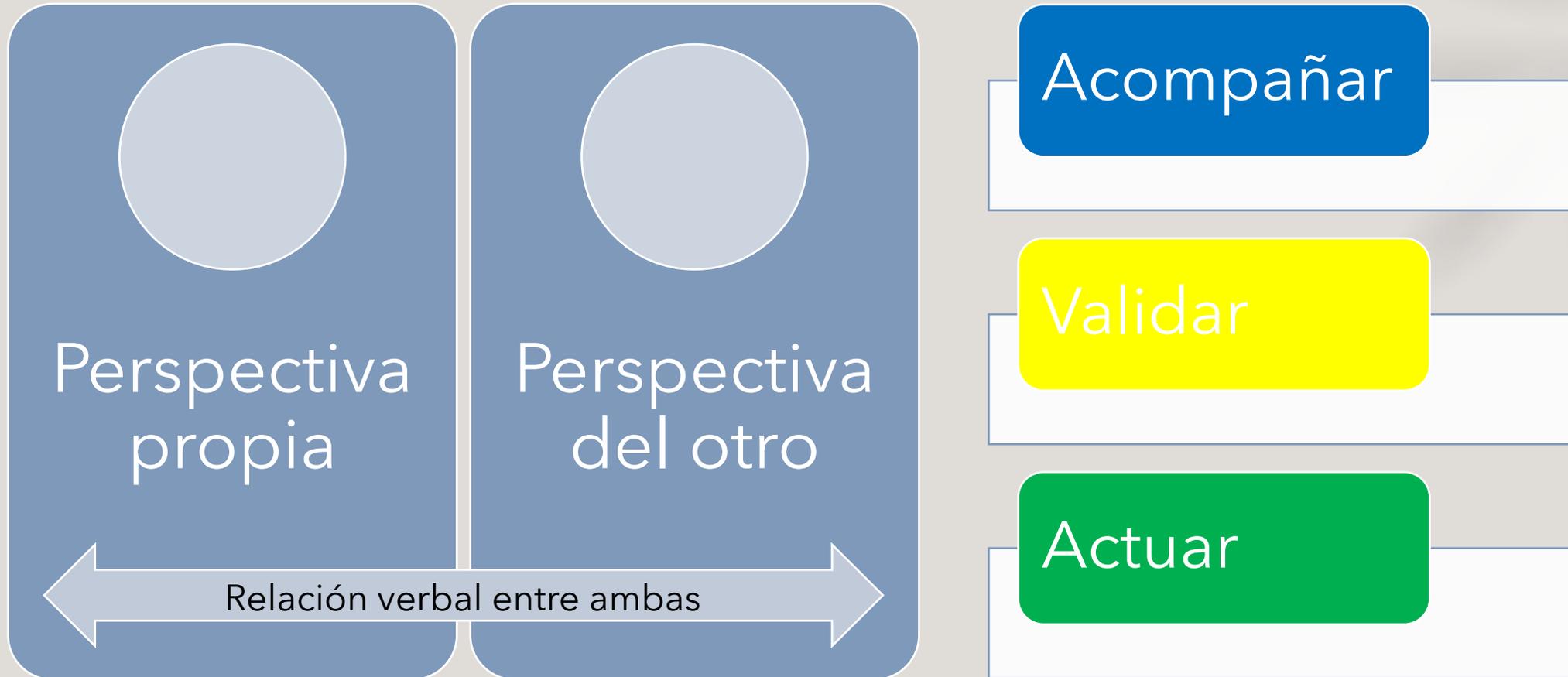


Cómo implementar

1. Divide en grupos de 5-6
2. Elige líderes
3. Divide el contenido en 5-6 segmentos
4. Asigna 1 segmento / alumno
5. Lectura de segmentos
6. Forma grupos de expertos
7. Devuelve expertos a grupos
8. Presentar segmentos
9. Supervisión
10. Examen



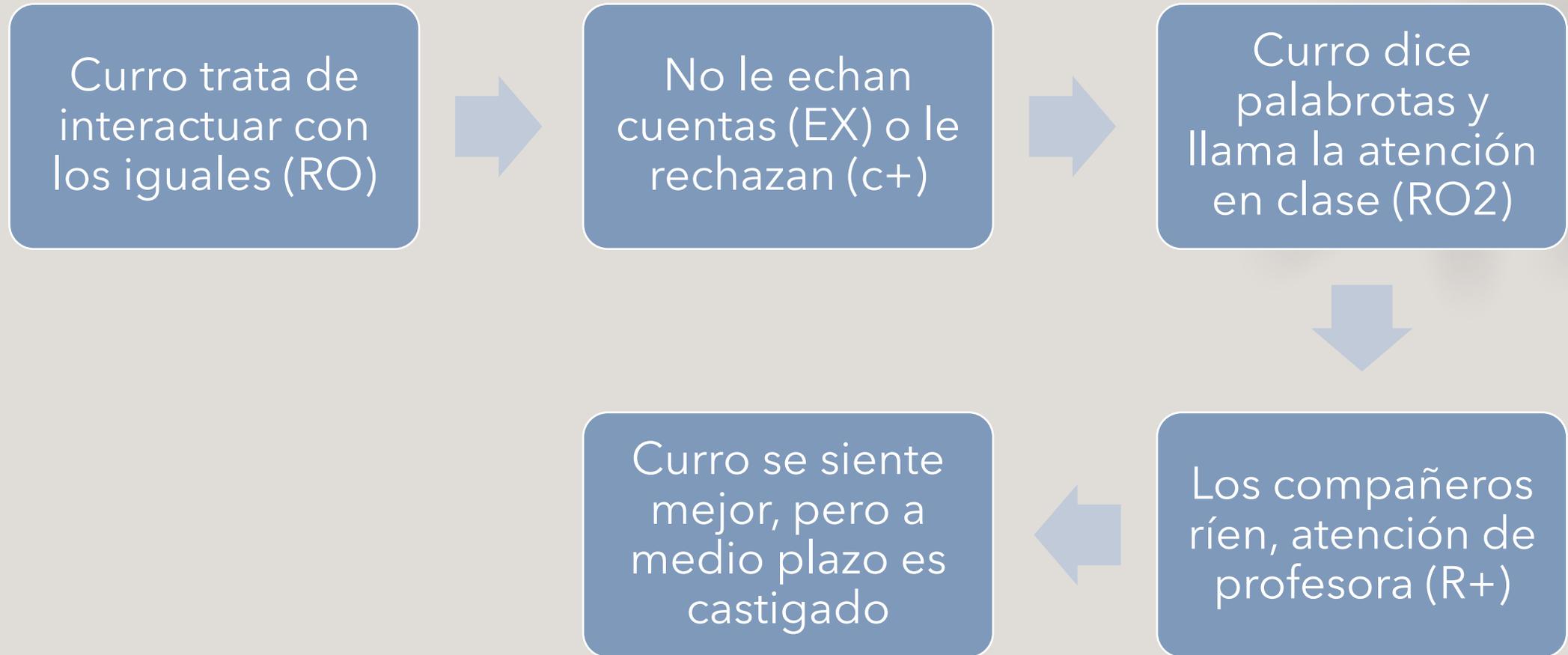
Entrenando empatía (Luis de Amores Cabello)





El caso de Curro

El análisis funcional (abreviado) del caso



La intervención

- Explicar a los niños (y al profe) el AF, para entender el rol de su conducta como control
- Entrenar la toma de perspectiva (¿cómo te sentirías si no te echaran cuenta?)
- Entrenar las conductas empáticas para con Currito
- Discriminar y extinguir las conductas disruptivas de Currito

Lenguaje y convivencia



Muchas gracias a todos y todas

Salud, evidencia, y análisis funcional

