

Pop Quiz: Perceptual Activity

Understanding Perception in Clinical Practice

Napier Models · Modules

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Part 1 • Overview

Pop Quiz: Perceptual Activity

Understanding Perception in Clinical Practice

This engaging workshop uses perception exercises to demonstrate how our assumptions, biases, and mental models shape what we see. Essential for clinicians working with diverse populations and teams navigating different perspectives.

1-1.5 hours

Learning Objectives

- Recognize how perception shapes clinical judgment
- Identify personal biases and assumptions
- Understand the role of context in interpretation
- Develop curiosity about alternative perspectives
- Apply perceptual awareness to client interactions

Key Topics Covered

Cognitive Bias

Perception vs Reality

Clinical Judgment

Cultural Humility

Perspective-Taking

Assumptions

Critical Thinking

Intended Audience

- Clinical staff at all experience levels
- Intake and assessment specialists
- Teams working with diverse populations
- Supervisors training new clinicians
- Anyone seeking to improve clinical objectivity

Prerequisites

- None - accessible to all staff
- Open mind and willingness to be surprised
- Brief readings may be assigned

Part 2 • Worksheet

This powerful icebreaker demonstrates how different people can look at the exact same thing and see it completely differently. For treatment center staff, this highlights a critical truth: our clients, colleagues, and we ourselves bring unique perceptual filters to every interaction.

Time Required

20-30 minutes

Group Size

Works with any size (ideal: 10-30)

Activity Instructions

Facilitator Note: This activity works best when participants don't know what's coming.

- 1

Show the Triangle (3 min) - Display the diagram. No talking!

- 2

The Challenge - Ask: "How many triangles?" Have them write privately.

- 3

Poll the Group - Call out numbers 1-30. Record distribution.

- 4

Reveal & Discuss - Explore why answers differ.

The Triangle Exercise

First, try drawing the triangle from memory using your mouse/finger:

Record Group Results

Total participants:

Record how many people saw each number:

1

2

3

4

5

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Clinical Insights

Key Learning: We all see what we need to see. Perception is filtered through our experiences, biases, and current state of mind.

What surprised you most about the variation?

Reflect on the range of perceptions...

How might this affect client assessments?

Consider intake interviews, risk assessments...

Common Perception Biases

Confirmation Bias

Seeing only evidence that confirms our initial assessment

How might this show up in your work?

Attribution Errors

Explaining behavior based on personality rather than situation

How might this show up in your work?

Anchoring Bias

Over-relying on first impressions

How might this show up in your work?

Cultural Filters

Interpreting behavior through our own cultural lens

How might this show up in your work?

Team Discussion Guide

For Supervision:

- Review cases where perceptions differed
- Practice perspective-taking

For Team Meetings:

- Use as a warm-up exercise
- Reference when perspectives clash

For Client Work:

- Share when clients feel misunderstood
- Explore family dynamics

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