

Forms of Communication and Their Division



Communication and Self-
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Basic Division of Communication

- Verbal/Non-verbal
- Interpersonal/Group/Mass
- Intentional/Unintentional



Non-verbal Communication

- Functions of an organism are communication tools
- The purpose is usually expressing of one's emotional condition
- Types
 - Gestures (Gestic)
 - Movements, Postures (kinesics, posturology)
 - Spatial positioning (proxemics, 4 basic distance zones)
 - Touches (Haptic)
 - Facial expressions (mimic)
 - Eye gazes
 - Paralanguage expressions: tone of voice, speed of speech, etc.



Communication Barriers

- Bodily position as an expression of psychological inhibitions
- Often referred to as "**Metacommunication**"
- Typical non-verbal defensive postures
 - Arms folded on chest
 - Crossed legs, ankles
 - Arms folded on chest with clenched fists
 - Body turned away, looking away
 - Finger intertwining
 - Half barrier posture (L posture)



Verbal Communication

- Intermediated through a language sign and meaning connected to it
- Dialogue as a communication tool
 - General theory of signs (semiotics)
 - General theory of language (linguistics)



Forms of Communication from the Point of View of Authenticity

■ **Congruent communication**

- Expression of authenticity of the participant of communication
- Compliance of verbal and non-verbal expression of the participant of communication

■ **Incongruent communication**

- Expression of contradiction between verbal and non-verbal performance of the participant, not authentic performance of the participant
- In the form of "double bind", factor co-determining negative psychological development of man (Palo Alto school)



Forms of Communication from the Point of View of Result

■ **Efficient**

- Clear, transparent communication
- From the point of view of the participants of the communication process the defined goal and needs are fulfilled

■ **Inefficient**

- Unclear, confused communication
- The goal of the communication process and the needs of participants are not fulfilled



Forms of Communication from the Point of View of Pathology

- Symetric/**Asymmetric**
 - Circular communication
 - E.g. In families of alcohol addicts
 - Rivalry communication
 - Form of a power struggle and enforcing one's own needs regardless of the others



Sources

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