

## Topic: What is Empathy? How to Learn it?

### Suggested Reading:

“Teaching Empathy” by Guy Azoulaï

(<http://www.motivationalinterviewing.org/mint-bulletin-volume-13-issue-2>)

### Video Tape:

“The Silent Man: Reflective Listening with a Nonverbal Client”

in the DVD set of Motivational Interviewing: Helping People Change

### Resource List:

Resource	Format	Source	Key Messages
<b>The necessary and sufficient conditions of therapeutic personality change (Carl Rogers, 1957)</b>	Article	Psychology: Theory, Research, Practice, Training 2007, Vol 44, No. 3, 240-248	<p>“To sense the client’s private world as if it were your own, but without ever losing the “as if” quality – this is empathy, and this seems essential to therapy.”</p>
<b>A cartoon metaphor (多啦A夢隨意門)</b>	An easily understood symbol		<ul style="list-style-type: none"> <li>- Empathy somewhat like the readiness of entering others’ situation and environment when need</li> <li>- The instantly entering</li> <li>- Relatively readiness</li> <li>- “come and go” tool/ skill/ techniques/ spirit</li> <li>- However, 隨意門 is about the physical environment, empathy is about entering mental/ psychological ....contexts</li> <li>- Also alertness</li> </ul>
<b>M13中文簡體版書籍</b>	Book	尋找中國亞馬遜網頁《動機式訪談法》	
<b>A Story</b>	Book	In a book called “Kitchen table wisdom” by R.N. Remen	<ul style="list-style-type: none"> <li>- Remember that we share the same human nature as the client</li> <li>- Because of the similarity, we have the capacity to understand and embrace clients’ suffers</li> <li>- Respect → Being</li> <li>- Importance of listening</li> </ul>
<b>Video from Youtube</b>	Online video clip	<a href="https://www.youtube.com/watch?v=cDDWvj_q-o8">https://www.youtube.com/watch?v=cDDWvj_q-o8</a>	Everyone carries stories and in different situations. All will bring different emotions and thoughts to the persons. Therefore, we can be genuinely empathetic if we seek to understand their situations clearly in a non-judgmental and accepting way.
<b>A lovely animated video describing “What is empathy” (English subtitles)</b>	Video	Youtube search “the power of empathy”	<ul style="list-style-type: none"> <li>- Empathy builds connections between people</li> <li>- Avoid reflex of “silver-lining” the scenario</li> </ul>

莊子一書--- 秋水第十七	Book	Internet search	<p>莊子與惠子游於濠梁之上。莊子曰：「儻魚出游從容，是魚之樂也。」惠子曰：「子非魚，安知魚之樂？」莊子曰：「子非我，安知我不知魚之樂？」惠子曰：「我非子，固不知子矣；子固非魚也，子之不知魚之樂，全矣。」莊子曰：「請循其本。子曰『汝安知魚樂』云者，既已知吾知之而問我，我知之濠上也。」</p> <p>人不可能理解別的生物，因為人只是用他們的看法去了解，例如開心的人看到魚兒就會替他們的逍遙而感到快樂，而悲傷的人卻會看到這些魚局限在池塘裡，並不會快樂。</p> <p>人不單單不理解生物，更不可能完全地理解一個人。我們看到人愁眉不展，便會推己及人地想他的內心是不快樂的，然而，我們怎麼知道他的愁眉苦臉代表他內心不快樂？那只是一種假設，以及普遍有效的一種預設。</p> <p>舉個反例，我們經常看到人一副快樂的模樣，但他們是不是真的愉快呢？我們無從得知，除非他用語言告訴你。</p> <p>問題：是否真的不能理解別人呢？做不到點解？做得到如何？</p> <p>訊息： 細心觀察，代入其中，可以推斷對方的想法和感受 單憑理性推論，有時只得出片面事實 要明白語言表達和邏輯有其局限性</p>
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Empathy, Mindblindness, and Theory of Mind	Online article	<a href="http://www.psychologytoday.com/blog/aspergers-diary/200805/empathy-mindblindness-and-theory-of-mind">http://www.psychologytoday.com/blog/aspergers-diary/200805/empathy-mindblindness-and-theory-of-mind</a>	<p>Based on the premises that individuals with Asperger's' are able to experience and aware of feelings of others when they learn to read and interpret emotional and social cues, empathy is believed to be a skill that one can learn and develop. One of the key first steps is to adopt theory of mind on communication with others.</p>
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Video clip: Empathy vs Sympathy (Chinese subtitles)	Video	<a href="https://www.youtube.com/watch?v=E-AfeaRD_IA">https://www.youtube.com/watch?v=E-AfeaRD_IA</a>	<ul style="list-style-type: none"> <li>- The difference between empathy and sympathy</li> <li>- Connection with others; non-judgmental and be present</li> </ul>
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Self-developed video clip for internal training	Video Clip	N/A	Non-verbal way of showing empathy
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<p>這是一個個案，該案主人是一名3歲左右的小孩，在大型的商場與家人走散，不知所措，驚恐不安！後來的協助他以empathetic方式，圓滿解決。</p>	個案分享	<p>帶著一份平常心，謙遜的情懷與社工、護理、醫務、心理等同行著，一起學習，充了電，再上路，勤閱讀，多磨練</p>
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