

Motivational Interviewing and Empathy Links

“You only understand people if you feel them in yourself.”

John Steinbeck

“Being empathic is to perceive the internal frame of reference of another with accuracy and with the emotional components and meanings...”

Carl Rogers.

“Imagination is what, above all, makes empathy possible. ...It is what enables us to... look in some manner through strangers eyes and hear through their ears.”

Maxine Green (Releasing the Imagination).

Is Empathy a skill that can be developed?

A good way to develop and improve one's ability to be empathic is by using the skill of reflective listening. Being able to provide accurate reflections is the result of careful attention to verbal and non-verbal cues and the ability to call on one's ability to empathize, which as with all skills improves with effort. Being good at reflective listening usually requires considerable practice, since it requires focused attention, empathic perceptiveness and memory.

In essence, building the skill of empathy requires putting effort into the process of trying to effectively interpret the emotions of the other person. Here are some resources on empathy that you might find valuable:

Links to empathy resources

Knowledge Center: <https://www.youtube.com/watch?v=AZ-pU7ozt3g>

Cleveland Clinic: www.youtube.com/watch?v=cDDWvj_q-o8

Empathy by Brené Brown: <https://www.youtube.com/watch?v=1Evwgu369Jw>

The Power of Outrospection by philosopher/author Roman Krznaric on how we can help drive social change by stepping outside ourselves: <https://www.youtube.com/watch?v=BG46IwVfSu8>

Culture of Empathy: <http://cultureofempathy.com>

Empathy Museum: <http://www.empathymuseum.com>

Roots of Empathy: <http://www.rootsofempathy.org/>

Teaching Tolerance: <http://www.tolerance.org/teaching-kits>

Start Empathy Initiative: <https://startempathy.org>



References

Greene, M. (1995). *Releasing the Imagination: Essays on Education, the Arts, and Social Change. The Jossey-Bass Education Series.* Jossey-Bass, Inc., Publishers, 350 Sansome Street, San Francisco, CA 94104..

Rogers, C. R. (1959). A theory of therapy, personality, and interpersonal relationships: As developed in the client-centered framework.

