




The Healing Power of Empathy

Empathy: The Antidote to Shame



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Power of Empathy

- What is Empathy?
- What actually happens with empathy?
- Video – Still Face Experiment
- Experiencing your own Empathy
- Practicing



POWER OF SHAME

- **SHAME vs GUILT**
 - “I am bad”
 - “What I’ve done is bad”
 - Guilt unacted upon turns into_____.
- **SHAME**
 - Pervasive
 - All Consuming
 - Erodes Self-Worth/Self-Concept



Ways We Reinforce Shame

- Unrealistic expectations
- Token economies
- "do this for me", "don't do this to me"
- "I do so much for you and this is what I get?"
- "I'm proud of you"
- Bargain- "if you do _____", "If you're good, _____"



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A Relational Experience

The Experiential Model



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Healing Power of Empathy

- Role Play
- Take Away's
- Conclusion



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