

CONVEYING EMPATHY & AUTHENTICITY VERBAL FOLLOWING, EXPLORING, & FOCUSING SKILLS COMMUNICATION SKILLS



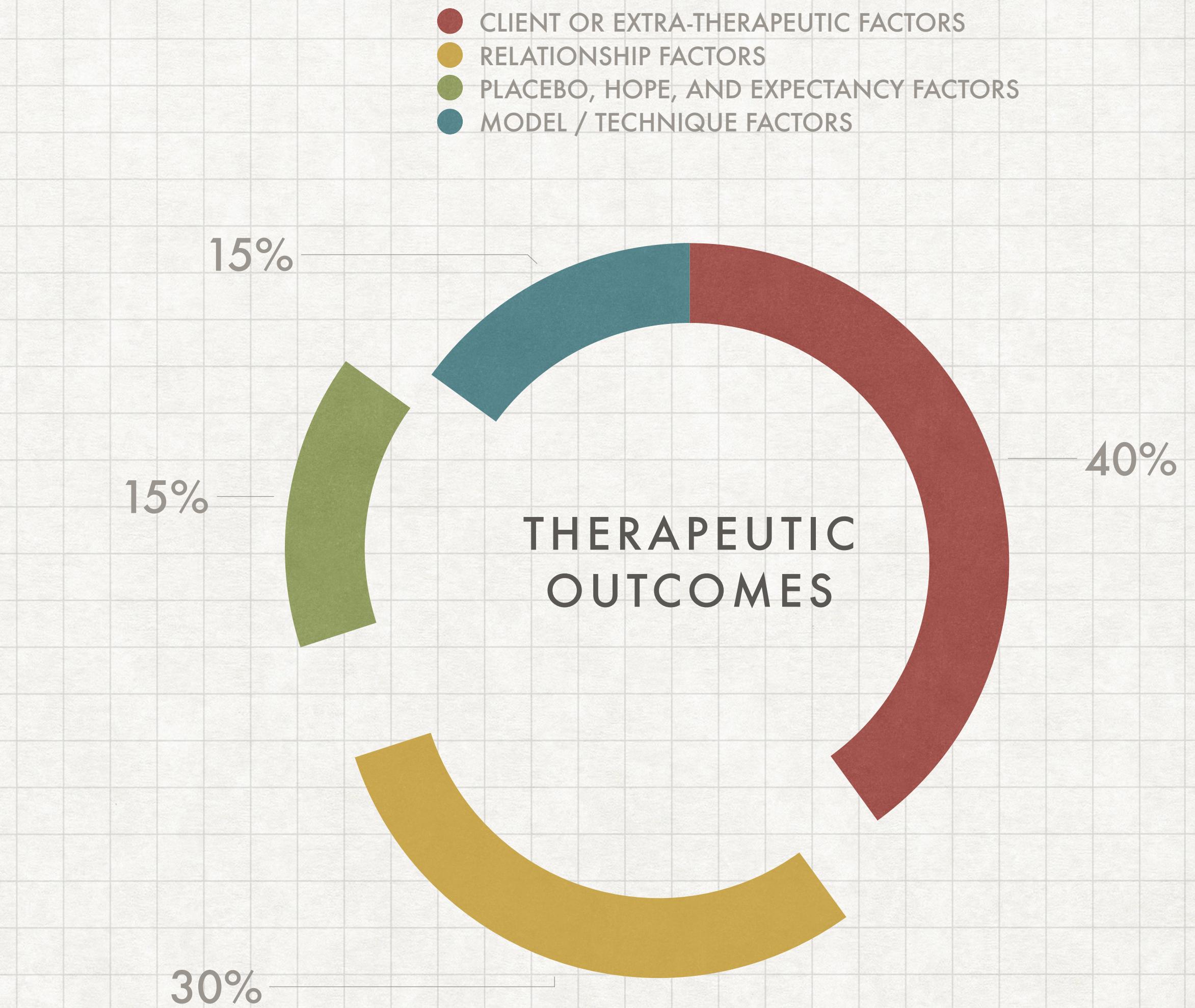
AGENDA

OUR TENTATIVE PLAN FOR WEEK FIVE

- The Facilitative conditions
- Empathy
- Authenticity
- Praise

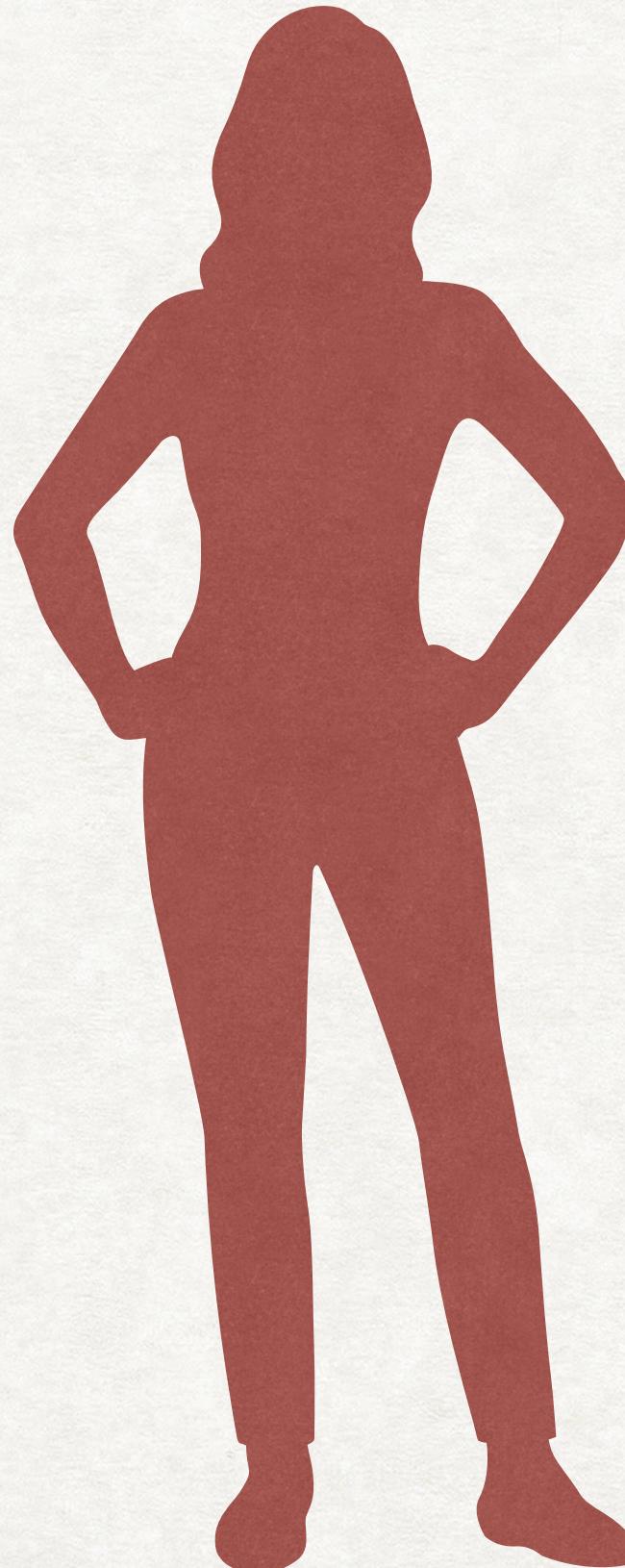
NEARLY HALF OF THE OUTCOME RELIES ON FUNDAMENTAL SKILLS AND ABILITIES THAT SOCIAL WORKERS NEED TO LEARN, APART FROM THE TYPE OF TREATMENT OFFERED

(Adams et al., 2008; Miller et al., 2013)



ROLE CLARIFICATION

HELPING CLIENTS HAVE AN IDEA WHAT TO EXPECT



(Hepworth, et al. 2022)

- DETERMINE YOUR CLIENT EXPECTATIONS
- EMPHASIZE CLIENT RESPONSIBILITY
- EMPHASIZE DIFFICULTIES INHERENT IN THE PROCESS
- CLARIFY YOUR OWN ROLE

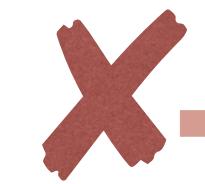


(Skinner, 1933)

COMMUNICATING INFORMED CONSENT, CONFIDENTIALITY, AND AGENCY POLICIES

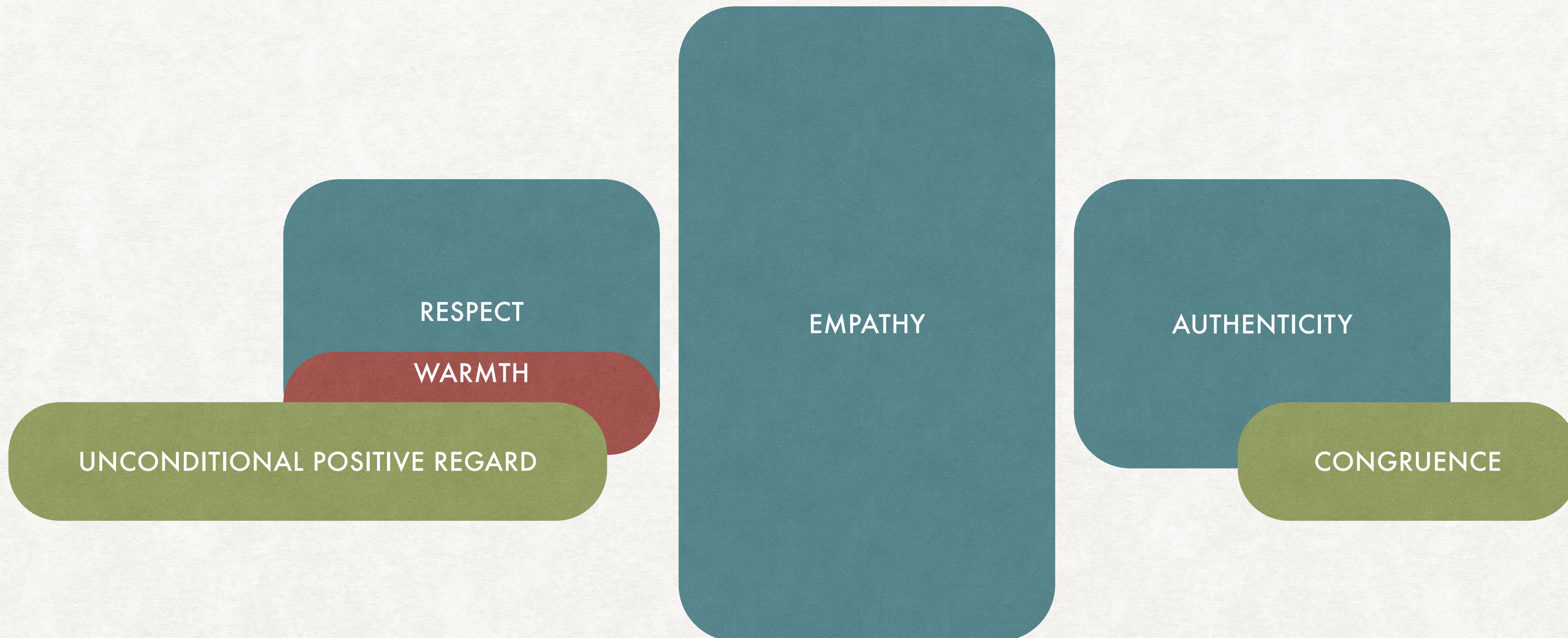
Talk about
confidentiality and its
limits

Informed Consent



FACILITATIVE CONDITIONS

BASIC HELPING ATTITUDES



(Rogers, 1957)

(Hepworth et al., 2022)

EMPATHIC COMMUNICATION

BRENÉ BROWN – "THE POWER OF VULNERABILITY."

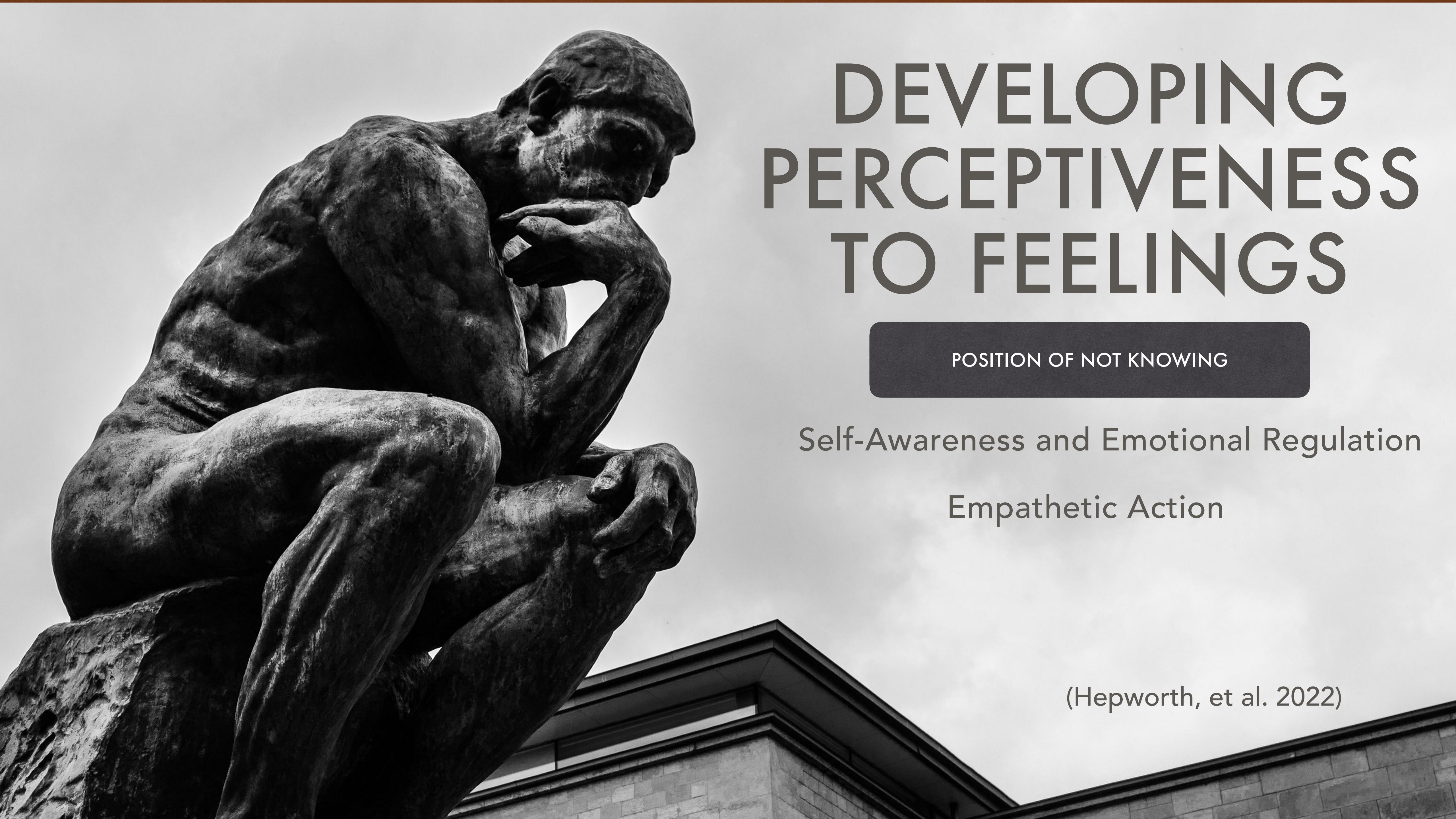


EMPATHETIC COMMUNICATION

THE PARTS OF EMPATHETIC COMMUNICATION

1. PERSPECTIVE TAKING AND RECOGNIZING THEIR PERSPECTIVE AS TRUTH
2. STAYING OUT OF JUDGMENT
3. RECOGNIZING EMOTION IN OTHER PEOPLE
4. COMMUNICATING EMOTION WITH PEOPLE

(Wiseman, 2007)



DEVELOPING PERCEPTIVENESS TO FEELINGS

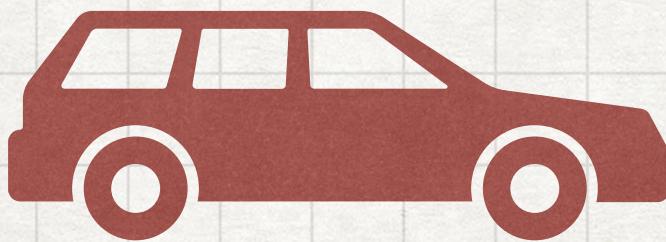
POSITION OF NOT KNOWING

Self-Awareness and Emotional Regulation

Empathetic Action

(Hepworth, et al. 2022)

LEVELS OF EMPATHETIC RESPONDING



SURFACE EMPATHY

Focus on the direct feelings that clients express to you, but extends perspective taking and speculate about feelings and emotions.



ADDITIVE EMPATHY

The process of reflecting the full range and intensity of the surface and underlying feelings that a client conveys through verbal and nonverbal communication

RECIPROCAL EMPATHY

A direct reflection of the feelings and concerns that the clients express, usually using the same vocabulary



CONSTRUCTING RECIPROCAL RESPONSES

ACCURATELY CAPTURING THE CONTENT AND SURFACE FEELINGS

You feel _____ about _____ because _____ accurately identifies or describes feelings.

You feel _____, yet you also feel _____

Consider the list of affective words and phrases on page 84

With a partner, take turns sharing respectively, about an experience with an emotional response (any emotion, happiness, sadness, excitement, nervousness, etc. - does not need to be an overly personal story.) The person not telling the story's job is to draw out the details of the event and find opportunities to respond empathetically.

Consider the sentence frames above, or the leads for empathetic responding on page 89.

(Hepworth et al., 2022)

AUTHENTICITY

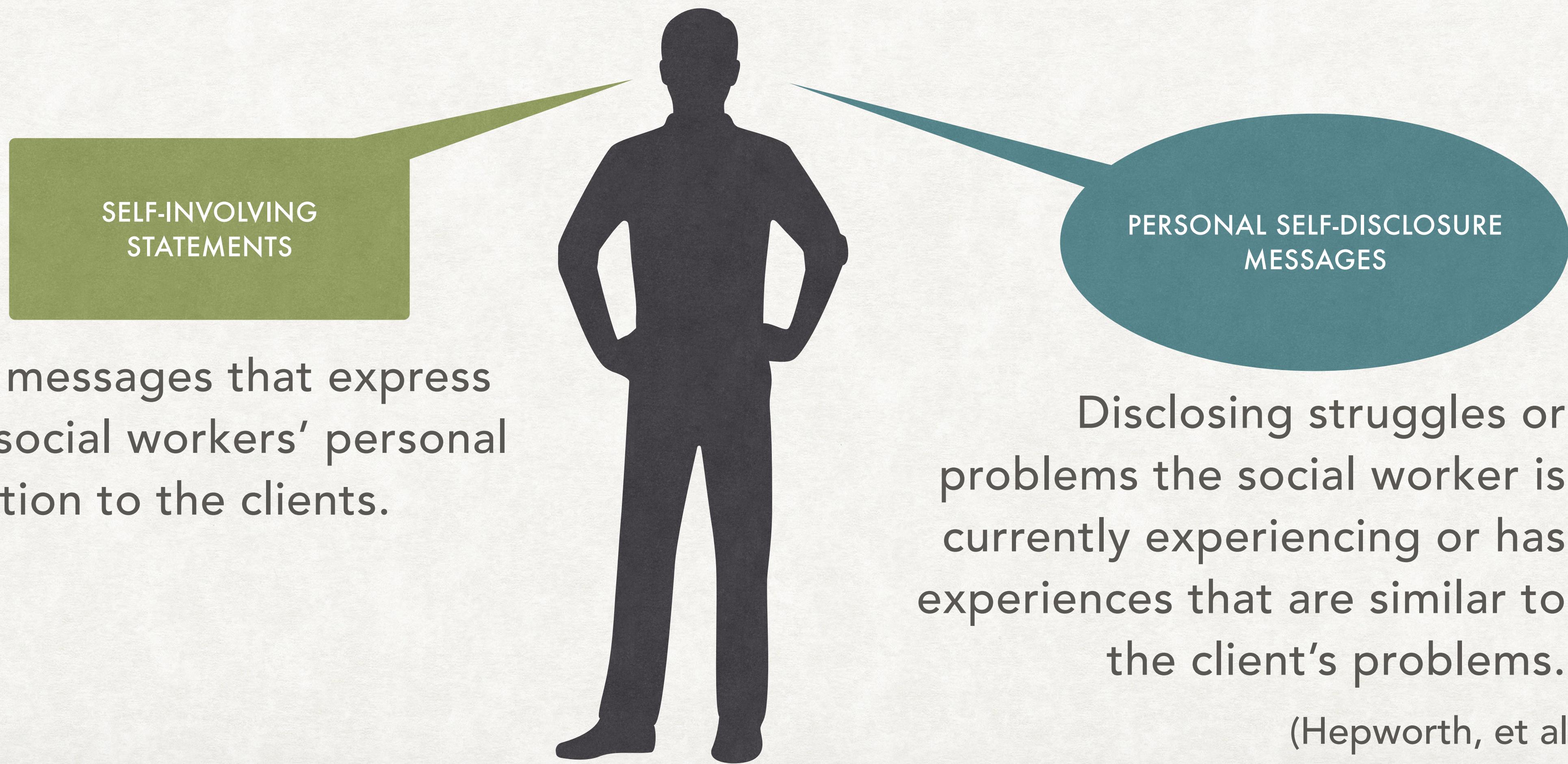
THE SHARING OF SELF
BY RELATING IN A
NATURAL, SINCERE,
SPONTANEOUS, OPEN,
AND GENUINE
MANNER.



(Hepworth et al., 2022)

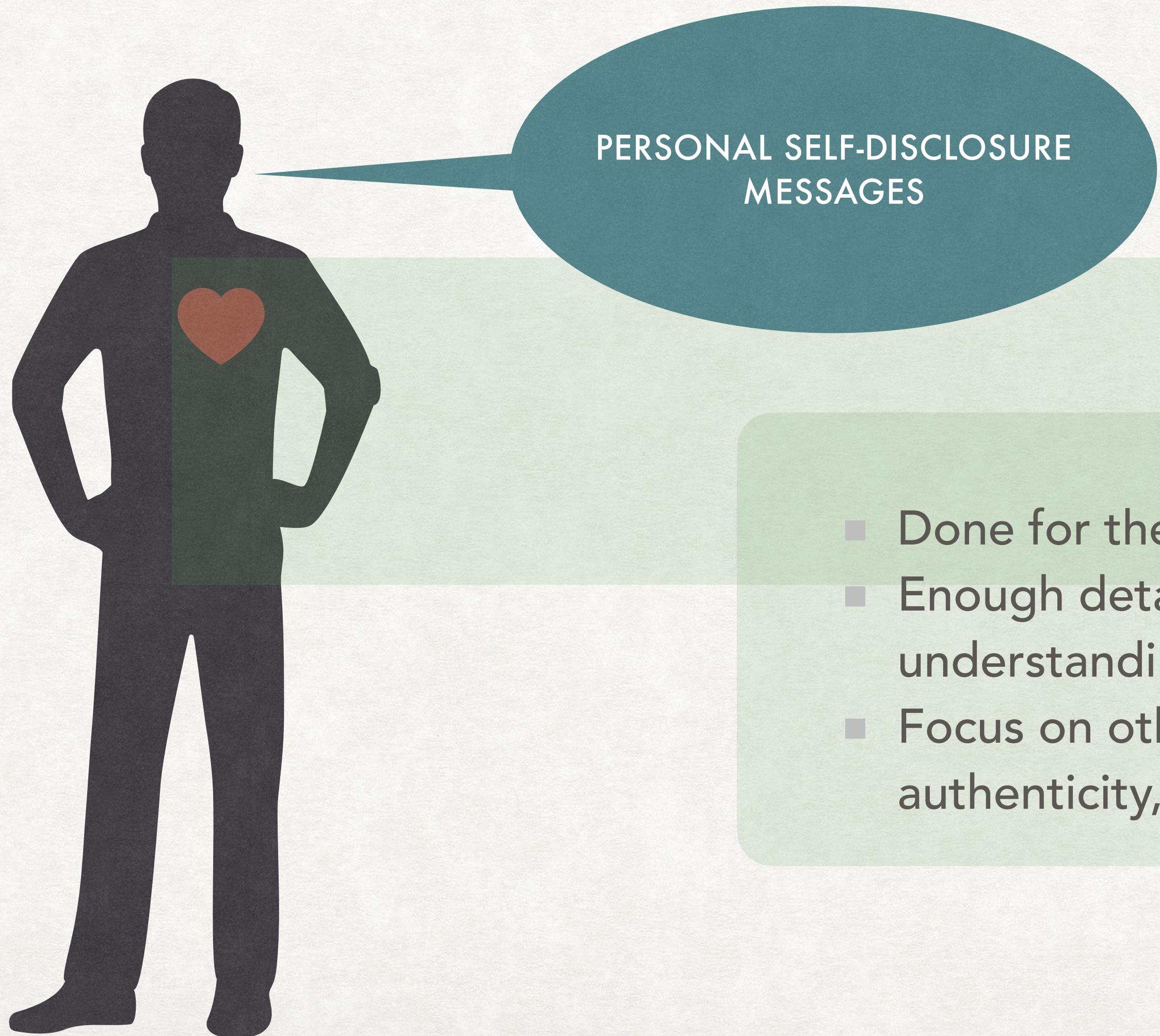
TYPES OF SELF-DISCLOSURE

ENCOURAGING TO RECIPROcate WITH TRUST & OPENNESS



TYPES OF SELF-DISCLOSURE

ENCOURAGING TO RECIPROcate WITH TRUST & OPENNESS



Considerations to have

- Done for the client, **purposefully**
- Enough details to provide connection and understanding, but **limited**
- Focus on other forms to demonstrate authenticity, use **sparingly**

(Hepworth, et al. 2022)

A PARADIGM FOR SELF-INVOLVING STATEMENTS

ASSERTIVE COMMUNICATION

- Personalize messages with the pronoun “I.”
- Share feelings that lie at varying depths.
- Describe the situation or targeted behavior in neutral or descriptive terms.
- Identify the specific impact of the problem situation or behavior of others.

(Hepworth, et al. 2022)

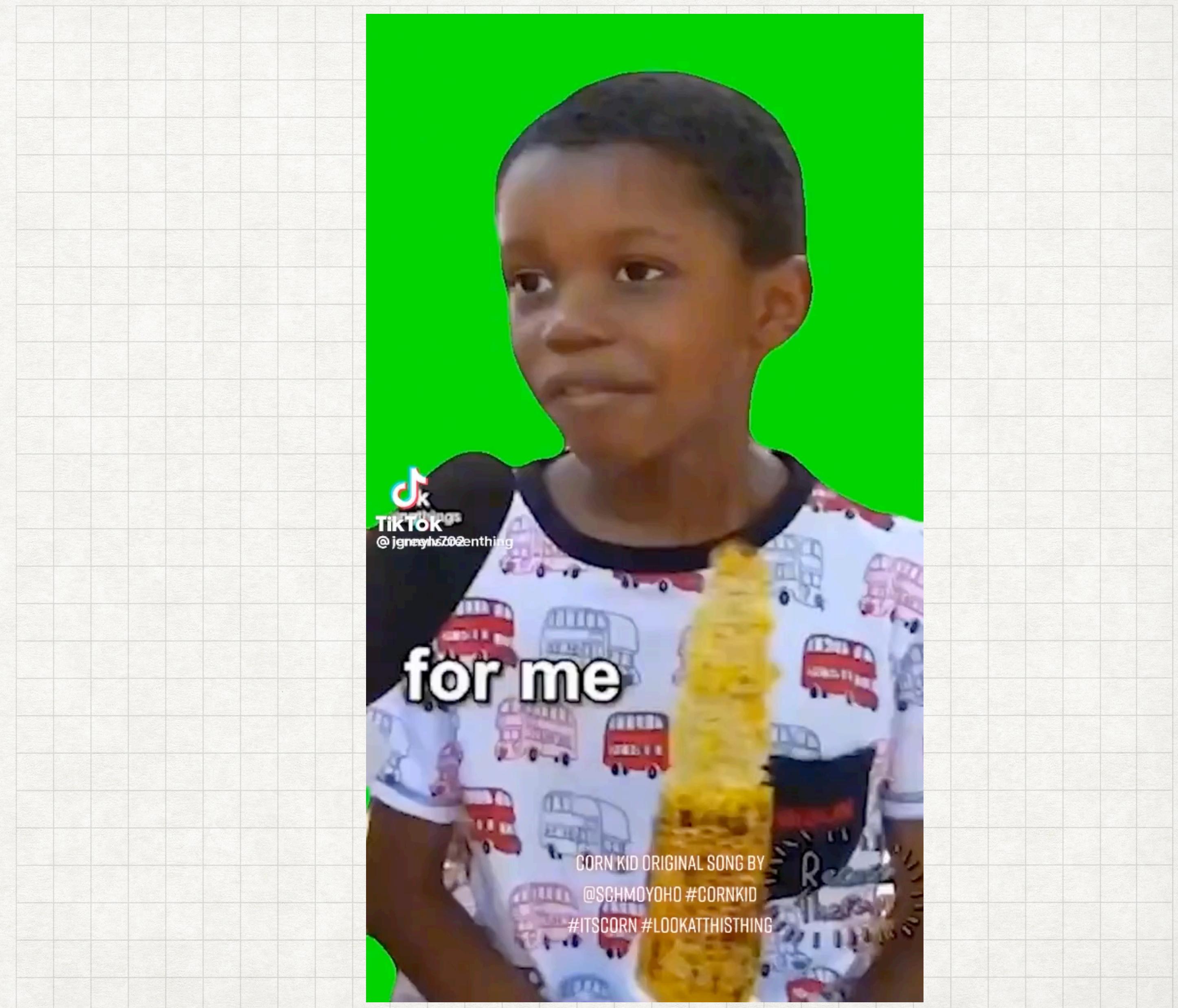
A STUDY ON PRAISE AND MINDSETS

CAROL DWECK

2. PRAISED IN ONE OF TWO WAYS



OPPORTUNITY FOR PRAISE POPCORN POSITIVES



CUES FOR AUTHENTIC RESPONDING

CLIENTS REQUEST FOR SELF-DISCLOSURE

- Request for personal information
- Request for social worker's opinions, views and feelings

SOCIAL WORKERS DECISION TO SHARE PERCEPTIONS AND REACTIONS THEY BELIEVE WILL BE HELPFUL

- Requests for social worker's opinions, views, and feelings
- Disclosing personal past experiences
- Providing Feedback
- Experiencing discomfort in session
- Shareing feelings of frustration, anger, and hurt
- Responding to positive feedback
- Giving positive feedback
- Saying no and setting limits

OBSERVATION YOUR CONVERSATIONS THIS WEEK



- A. As you interact with others and observe others' interactions during the week, notice how frequently infrequently people send empathic messages. Also, observe the types of messages that are sent and how these messages influence the course of conversations.

- B. As you interact with your spouse, parents, children, friends, and fellow students, practice listening carefully and responding with empathic messages when appropriate. Be alert to how empathic messages influence interactions and to the feeling tones that these responses create.