

EMPATHY - FOR SELF AND OTHERS
A MINDFULNESS AND FOCUSING
-ORIENTED APPROACH
- JOHN THREADGOLD



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Learning Together Online

Resource Guide

About John Threadgold

John Threadgold. I hold an MA in Focusing and Experiential Psychotherapy and am a recognized Focusing teacher by the British Focusing Association and The International Focusing Institute.

I run a private counselling and supervision practice called New Focus Therapy.

www.newfocustherapy.co.uk



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Empathy for Self and Others

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What is Empathy ?

Accurate empathic understanding means that the therapist is completely at home in the universe of the patient. It is a moment-to-moment sensitivity that is in the “here and now,” the immediate present. It is a sensing of the client’s inner world of private personal meanings “as if” it were the therapist’s own, but without ever losing the “as if” quality. (Carl Rogers)

Mindfulness Focusing and Empathy

- Mindfulness - Paying attention - in the here and now - with compassion - without making judgements – on what you find
- Mindful Awareness – of yourself, - is a foundation for self –empathy and empathy for others.
- Focusing on sensing - all your different configurations of self- from their point of view – can be seen as a journey into self –empathy
- Self empathy allows for integration of the configurations of self.
- Self empathy - empathy for the client - clients own self empathy – integration !

Empathy and client process

- Empathy for self – allows you to be very self aware
- When you are self-empathetic, you can also be more empathetic with your clients, - your configurations of self can resonate with your clients configurations of self
- Your empathy for clients, can also become a foundation for clients own self-empathy
- Self empathy results in Self healing

Empathy Exercises

- Mindfulness. Notice the sounds in the room 2) The chair and floor supporting you – notice the trunk of the body – sense how am I right now. Just notice sensations, thoughts feelings emotions, suspend judgements. Before bring your awareness into the room, say a thank you to what your body has shown you and promise to return.
- Silent Listening and Resonating exercise (With John Wilson) We both ground. I explore an issue - you notice me, and your own somatic, emotional, imaginative and cognitive responses.
- Deepening and flattening words and tone of voice - entering into the clients word and other ways of working empathetically.

Contact

www.newfocustherapy.co.uk



john@newfocustherapy.co.uk



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