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The foreword

~~Therapist Empathy,  
Systems Theory,  
and Imposter~~

~~Syndrome John A~~

Bowlby, Attachment  
Theory and

Psychotherapy –  
Professor Jeremy  
Holmes Empathy

From The  
Psychotherapy  
Client

The therapist is

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Experiencing an accurate, empathic understanding of the client's awareness of his own experience. 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. 243).

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The  
Problematic  
Empathy in  
Client's  
Counseling and  
Psychotherapy .A

In the context of psychotherapy, empathy involves perception of a clients experience from their internal frame of reference and the communication of

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This perception to the client in order for the client to feel as though the therapist understands them from their perspective (Kahn, 1991; Rogers, 1980; Tolan, 2007).

Exploring the role  
of empathy in  
psychotherapy

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Abstract. Put simply, empathy refers to understanding what another person is experiencing or trying to express. Therapist empathy has a long history as a hypothesized key change process in psychotherapy. We begin by discussing

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The  
Psychotherapy  
Client's  
definitional issues  
and presenting an  
integrative  
definition.

## Perspective A

Therapist empathy  
and client outcome:  
an updated meta ...

They conclude with  
a list of clinical  
recommendations  
related to their  
findings on  
empathy, including

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The following points:

Empathy involves  
the psychotherapist  
continuing to

understand their  
clients and

demonstrate that  
understanding.

This... Client  
perspectives, seen  
to be the best  
predictor of ...

Therapist Empathy

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## Predicts Success in Psychotherapy

Put simply,  
empathy refers to  
understanding what  
another person is  
experiencing or  
trying to express.  
Therapist empathy  
has a long history  
as a hypothesized  
key change process  
in psychotherapy.

We begin by



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discussing  
definitional issues  
and presenting an  
integrative  
definition.

Therapist Empathy  
and Client Outcome:  
An Updated Meta-  
analysis

While empathy is  
important in  
psychoanalytic, self-  
psychological, and

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Client-centered  
therapies, its  
primary function is  
seen as different in  
each. For client-  
centered therapy,  
the major function  
of empathy is to  
create a certain  
kind of learning  
experience through  
which clients come  
to live and relate to  
themselves

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differently.

Psychotherapy  
Empathy in Client-  
Client Centered Therapy:  
A Contrast with A...

Empathy is a  
robust, medium-  
sized predictor of  
psychotherapy  
outcomes, an  
association evident  
across theoretical  
orientations,  
treatment formats,

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and client problems.

This repeated  
finding emerging  
from now over 80  
studies and multiple  
meta-analyses  
supports a series of  
clinical  
recommendations:

Therapist empathy  
and client outcome:  
an updated meta-  
analysis

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Empathy is an important human emotion that can greatly benefit clients in therapy and may potentially benefit therapists as well.

Demonstrating empathy is something that therapists can consciously do, and there are also ways

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that therapists can increase their own levels of empathy so that it comes more naturally during sessions.

## Understanding Empathy: What is it and Why is it Important ...

In empathic attunement, one tries to respond to

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The client's perception of reality at that moment, as opposed to one's own or some 'objective' or external view of what is real... The therapist takes in and tastes the client's intentions, feelings, and perceptions,

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The developing a feel of  
what it is like to be  
the client at that  
moment.

## Perspective A

Empathising and

Attuning |

Relational

Integrative ...

Empathy in  
counselling is about  
the counsellor  
seeing the client ' s  
world as they see



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it. Empathy is to respectfully perceive what the client is bringing from their frame of reference and to communicate that back in a way that makes the client feel they 've been understood.

Empathy in  
Counselling [PDF

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Counselling Tutor

Empathy is an indispensable element of modern psychotherapy, but it only became central to clinical practice after World War II. At this time, the newly established National Institute of Mental...

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Empathy's Paradox

| Psychology

Today

Empathy is

generally

considered

indispensable to the

therapist-client

relationship. In his

1957 highly

influential paper,

‘ The necessary and

sufficient conditions

of therapeutic

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personality

change', Carl

Rogers discussed

the role of empathy

in bringing about

positive client

change:

The power of  
empathy | APS

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Psychotherapy:

How Therapists and

Clients Understand

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Client S

Empathy in  
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How Therapists and  
Clients ...

Empathy involves a counselor feeling or sharing the emotional state of the client. It ' s differentiated from sympathy where

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one “ feels-for ”  
someone. Empathy  
is “ feeling-with ”  
someone. As a  
therapeutic  
technique, empathy  
facilitates effective  
communication and  
promotes a  
stronger  
relationship  
between client and  
counselor.

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## For Counselors, How To Show Empathy: 3 Steps & 1 Formula ...

In counseling, empathy is an expression of the regard and respect the counselor holds for the client whose experiences may be quite different from that of the counselor. The



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The ability to empathize with another is enhanced by an alert attentiveness to facial expressions, body language, gestures, intuition, silences and so on.

Why Is Empathy So  
Important In  
Counselling? –  
Happy Ho

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Person-centered therapy, also known as person-centered psychotherapy, person-centered counseling, client-centered therapy and Rogerian psychotherapy, is a form of psychotherapy developed by psychologist Carl Rogers beginning in

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The 1940s and extending into the 1980s. Person-centered therapy seeks to facilitate a client's self-actualizing tendency, "an inbuilt proclivity toward growth and ...

[Person-centered therapy - Wikipedia](#)

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The Client and observer perceptions of therapist empathy predicted outcomes better than therapist perceptions of empathic accuracy measures, and the relation was strongest for less experienced...

(PDF) Empathy

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"In "Empathy in  
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Each Other," Frank-  
M. Staemmler  
brings together  
neuropsychology,  
the psychotherapy  
literature, the  
developmental  
psychology  
literature, and  
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Literature...to  
rigorously and  
thoroughly present  
a new view of the  
nature of empathy  
that makes it clear  
how the relationship  
can be healing.

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