

Connecting the Concepts of Empathy

For each concept below, write out a definition that fits for you. You can also include a brief example of a time you've experienced each. Don't go into too much detail, just begin to notice when these experiences are happening for you with your clients.

Empathy:

Unconscious Empathy:

Conscious Empathy:

Self-Regulation:

Emotional Contagion:

Practicing Safe Empathy: