# Additive Empathetic Responding

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**Fall 2026 Week 12 SOWK 486w**

## Agenda

- Week 12 expectations
- Additive empathy and interpretation
- Reactance theory

## Learning Objectives

- Identify and apply the components of additive empathy and interpretive responses in client interactions.

# Plan for Week 12

# Week 12 Activities

## What You Should Be Doing This Week

**Read** and do a quiz for chapter 17 and 18

**Submit** A-04a: Interviewing Skills Video Role-Play by Monday, 11/16 at 8 am.

**Three Replies Across Any of the Forums**

- Chapters 17 and 18 Discussion
- Using Reddit to Practice Surface and Additive Empathetic Responses
- Practice Effective Assertive Confrontation
- Personal Examples of Challenges Making Change
- SAMHSA's Working Definition of Recovery

# Types of Empathy

## Fundamental Expressions

**Emotional Empathy**

expressed feeling and an understanding that infers or reflects clients' emotions

**Cognitive Empathy**

is the translation of such feelings into words

(Hepworth et al., 2023)

# Components of Empathy

## Three Parts of Empathetic Responding

We recognize ourselves as different and similar to the client

Self-Awareness

Skills in both turning on receptivity and turning it off

Mental Flexibility

Empathy

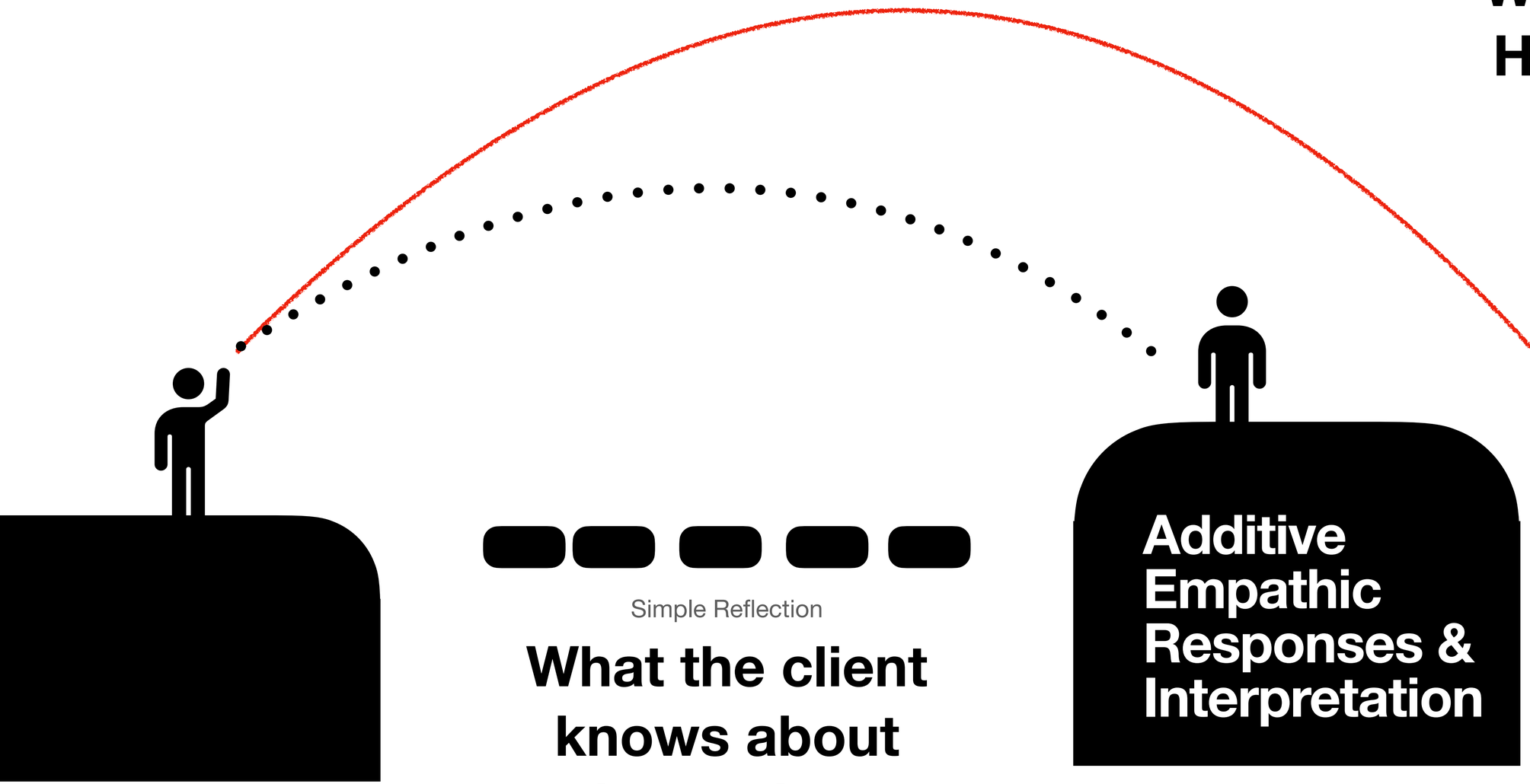
Affective Sharing

Person sharing something to respond to

(Hepworth et al., 2017)

# Going Beyond What the Client Has Expressed

Interpretation is intended to help clients view their problems from a different perspective, thereby creating new possibilities for remedial courses of action




(Hepworth et al., 2023)

# Pitfalls of Additive Empathy

(Hepworth et al., 2023)

## Moderate Interpretations vs. Deep Interpretations

- Working relationship has evolved
- Engaged and ready for self-exploration
- Pitch these responses to the edge of clients' self-awareness
- Avoid making several additive empathic responses in succession

- Phrase interpretive responses in tentative terms
- Note clients' reactions after offering the interpretation
- Acknowledge your probable error & respond empathically
- Culturally differences



# Ways of Using Additive Empathy

## What Context Do we Use it

- Deeper feelings

  - Identify feelings implied or hinted at in clients' verbal messages
  - To identify feelings that underlie surface emotions
  - To clarify the nature of feelings clients express only vaguely
  - To identify feelings manifested only nonverbally
  - Challenging beliefs stated as facts

(Hepworth et al., 2023)

# Ways of Using Additive Empathy

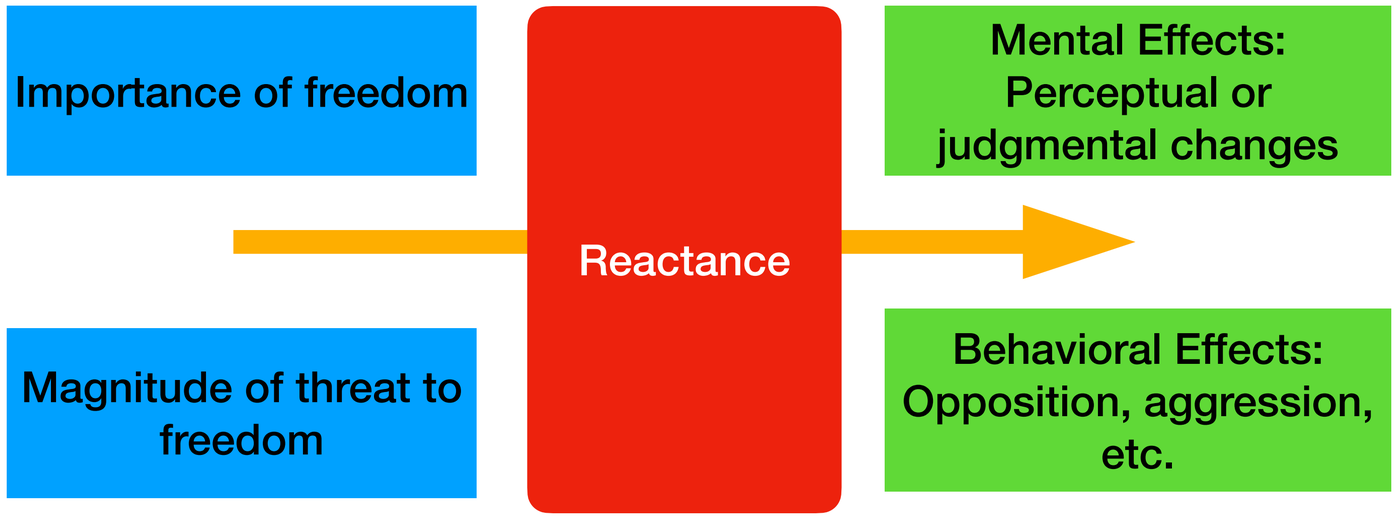
## What Context Do we Use it

- Deeper feelings
- Underlying meanings of feelings, thoughts, and behavior
- Wants and goals
- Hidden purposes of behavior
- Challenge beliefs stated as facts
- Unrealized strengths and potentialities

(Hepworth et al., 2023)

# Reactance Theory

## The Larger the Loss, the Larger the Reaction




(Brehm, 1972)