Effecting Change

Empathy, Confrontation, & Barriers
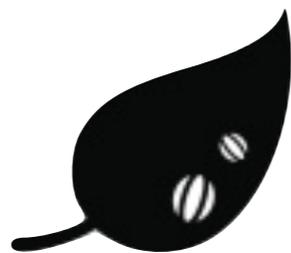
Fall 2019 SOWK 486 - Theories of Practice I

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Agenda

- Additive Empathy & Interpretation

- Confrontation

- Barriers to change

WE EACH SEE THE WORLD DIFFERENTLY

(Lieber, 1994)

boating excursion from Margarita Island in Venezuela

Lieber (1994)

Success	Freedom	Morality
Racism	Injustice	Community
Democracy	Family	Police
Human rights	Love	Sexism
Tolerance	Prejudice	Friend

Types of Empathy

Emotional Empathy

Cognitive Empathy

(Hepworth, et al. 2017)

Components of Empathy

(Hepworth, et al. 2017)

Additive Empathic Responses & Interpretation

- Lead to interpretation

- The identification of patterns, goals, and wishes

(Hepworth, et al. 2017)

Types of Interpretation

Semantic

"By 'frustrated,' I gather you mean you're feeling hurt and disillusioned."

Propositional

"You have a tendency to worry about problems down the road and lose focus on dealing with your anxiety about taking the exam."

(Hepworth, et al. 2017)

Pitfalls of Additive Empathy

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

- Deeper feelings

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

(Hepworth, et al. 2017)

Ways of Using Additive Empathy

- Deeper feelings

- Underlying meanings of feelings, thoughts, and behavior

- Wants and goals

- Hidden purposes of behavior

- Unrealized strengths and potentialities (Hepworth, et al. 2017)

Practice Using Additive Empathy

With a partner, have a discussion about a time when they felt frustrated, upset, uneasy, etc. Practice asking good open ended questions and implementing additive empathetic statements.

(Hepworth, et al. 2017)

Confrontation

Self-
Confrontation

Assertive
Confrontation

(Hepworth, et al. 2017)

Effective Assertive Confrontation

- Expression of concern

- A description of the client's purported goal, belief, or commitment

- The behavior (or absence of behavior) that is inconsistent or discrepant with the goal, belief, or commitment

- The probable negative outcomes of the discrepant behavior

(Hepworth, et al. 2017)

Barriers to Change

- Relational dynamics that occur in the interactions between clients and practitioners Behaviors on the part of practitioners

- Dynamics that are challenging in cross-racial and cross-cultural relationships

- Sexual attraction toward clients and the ethical and legal implication of this behavior

(Hepworth, et al. 2017)
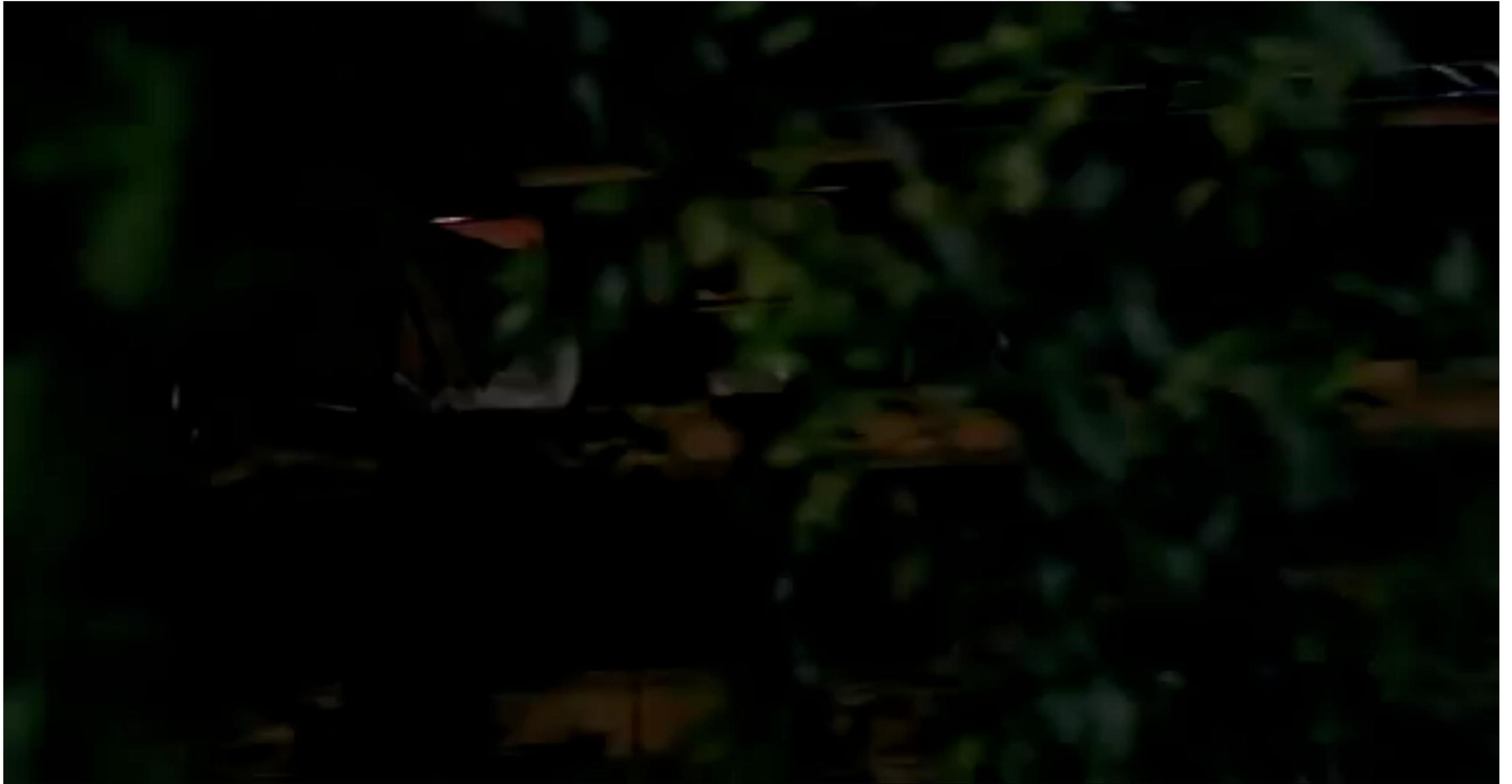
Death Therapy - Transference

What About Bob?

Working Definition of Recovery — SAMHSA

Person Driven · Many Pathways · Holistic · Peer Support · Relational · Culture · Addresses Trauma · Strengths & Responsibilities · Respect · Hope

(SAMHSA, 2012)

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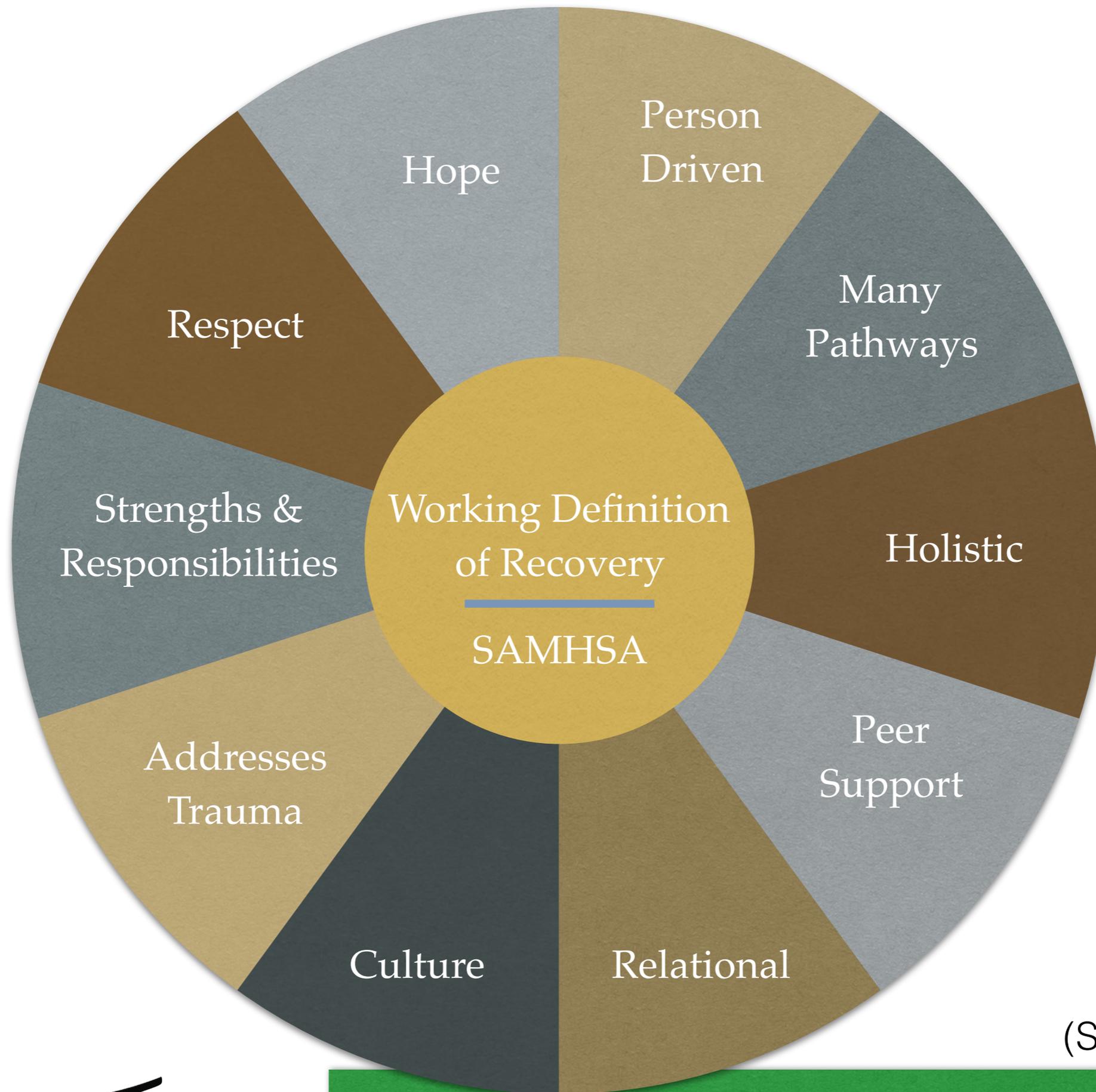
Recovery emerges from hope

Hope

Person Driven

Many Pathways

Respect

Holistic

Strengths & Responsibilities

Working Definition of Recovery

SAMHSA

Addresses Trauma

Peer Support

Culture

Relational
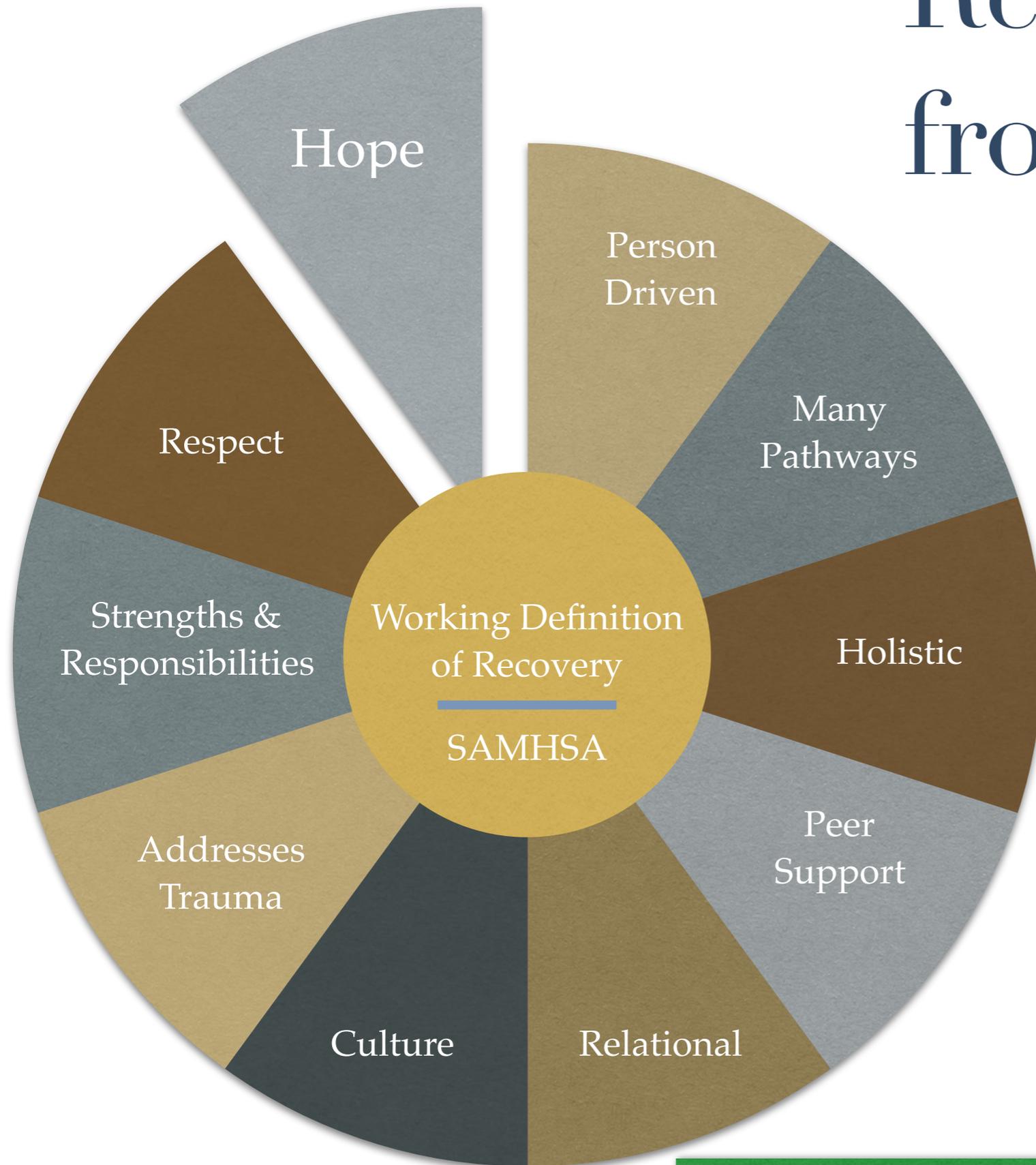
- Recovery is real

- People can and do overcome

- Hope is internalized

- Hope is the catalyst of the recovery process

(SAMHSA, 2012)

Recovery is person-driven

- Foundation for recovery
- Assists recovery and resilience
- Empowering and providing resources

(SAMHSA, 2012)

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Recovery occurs via many pathways

Working Definition of Recovery

SAMHSA

- Person Driven
- Many Pathways
- Holistic
- Peer Support
- Relational
- Culture
- Addresses Trauma
- Strengths & Responsibilities
- Respect
- Hope

- Individuals are unique
- Pathways are highly personalized
- Recovery is non-linear
- Must foster resilience
- Focus on abstinence
- Creating a supportive environment

(SAMHSA, 2012)

Recovery is holistic
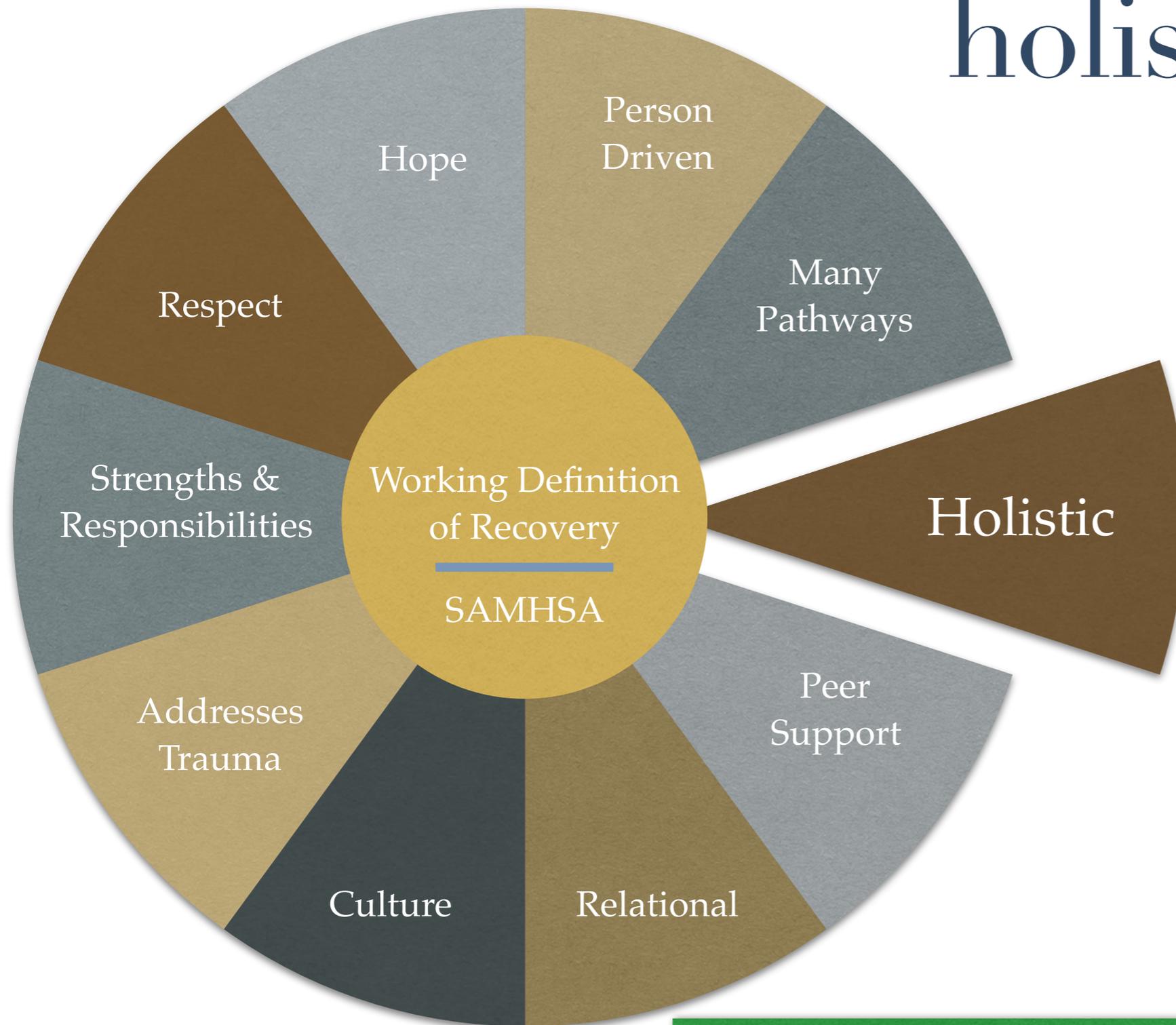
- Encompasses an individual's whole life
- Addresses a range of areas
- Integrated and coordinated services and supports

(SAMHSA, 2012)

Recovery is supported by peers and allies

Working Definition of Recovery

SAMHSA

Person Driven
Many Pathways
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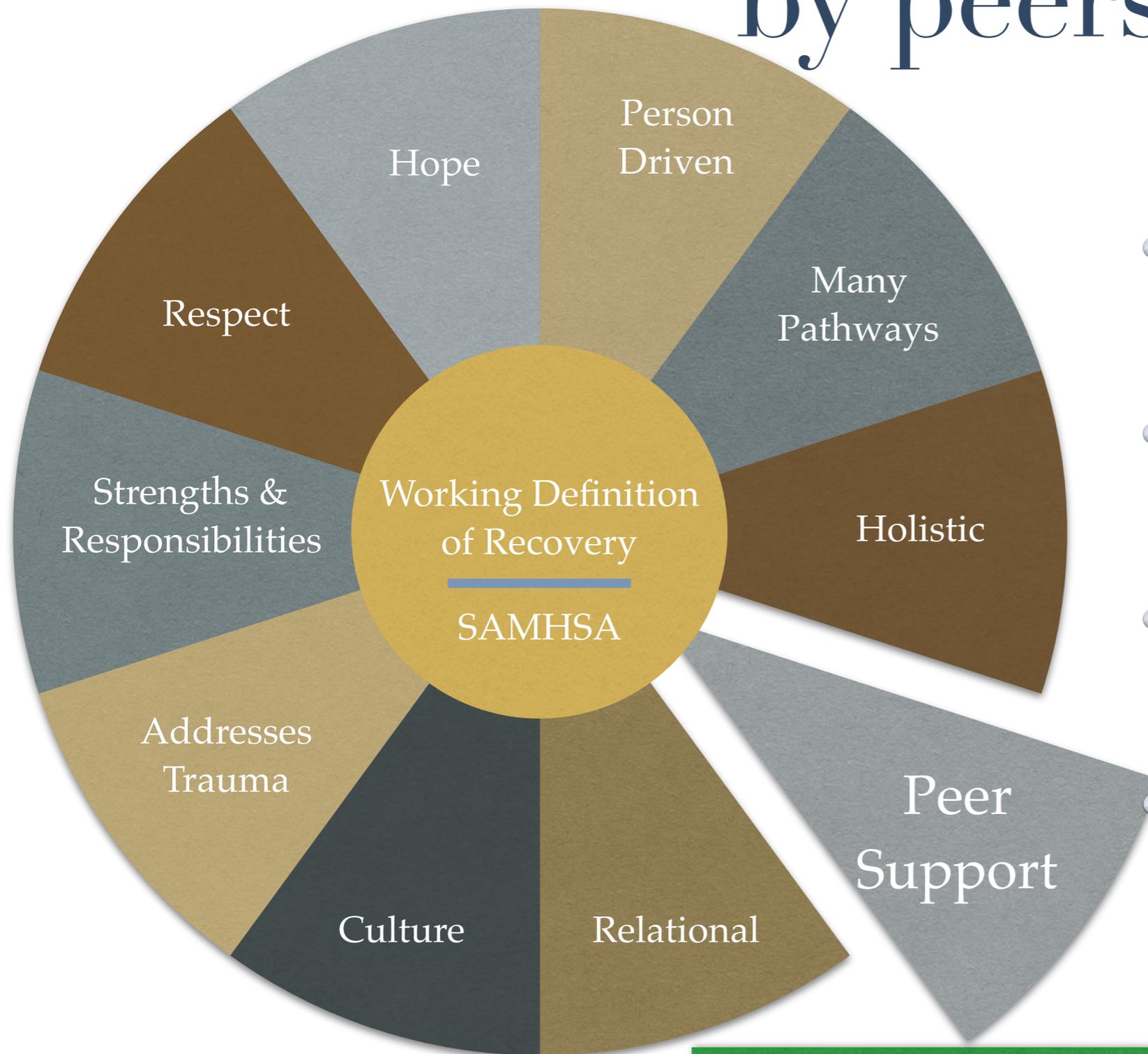
Peer Support

- Mutual support and mutual aid groups

- Developing a sense of belonging

- Using peer operated supports & services

- Very important for children with behavioral health problems

(SAMHSA, 2012)

Recovery is supported through relationship and social networks

Person Driven

Hope

Many Pathways

Respect

Working Definition of Recovery
———
SAMHSA

Holistic

Strengths & Responsibilities

Peer Support

Addresses Trauma

Culture

Relational

- Presence and involvement of people who believe in the person's ability to recover

- Through relationships people engage in new roles

(SAMHSA, 2012)

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Recovery is culturally-based and influenced

Hope

Person Driven

Respect

Many Pathways

Working Definition of Recovery

SAMHSA

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Peer Support

Relational
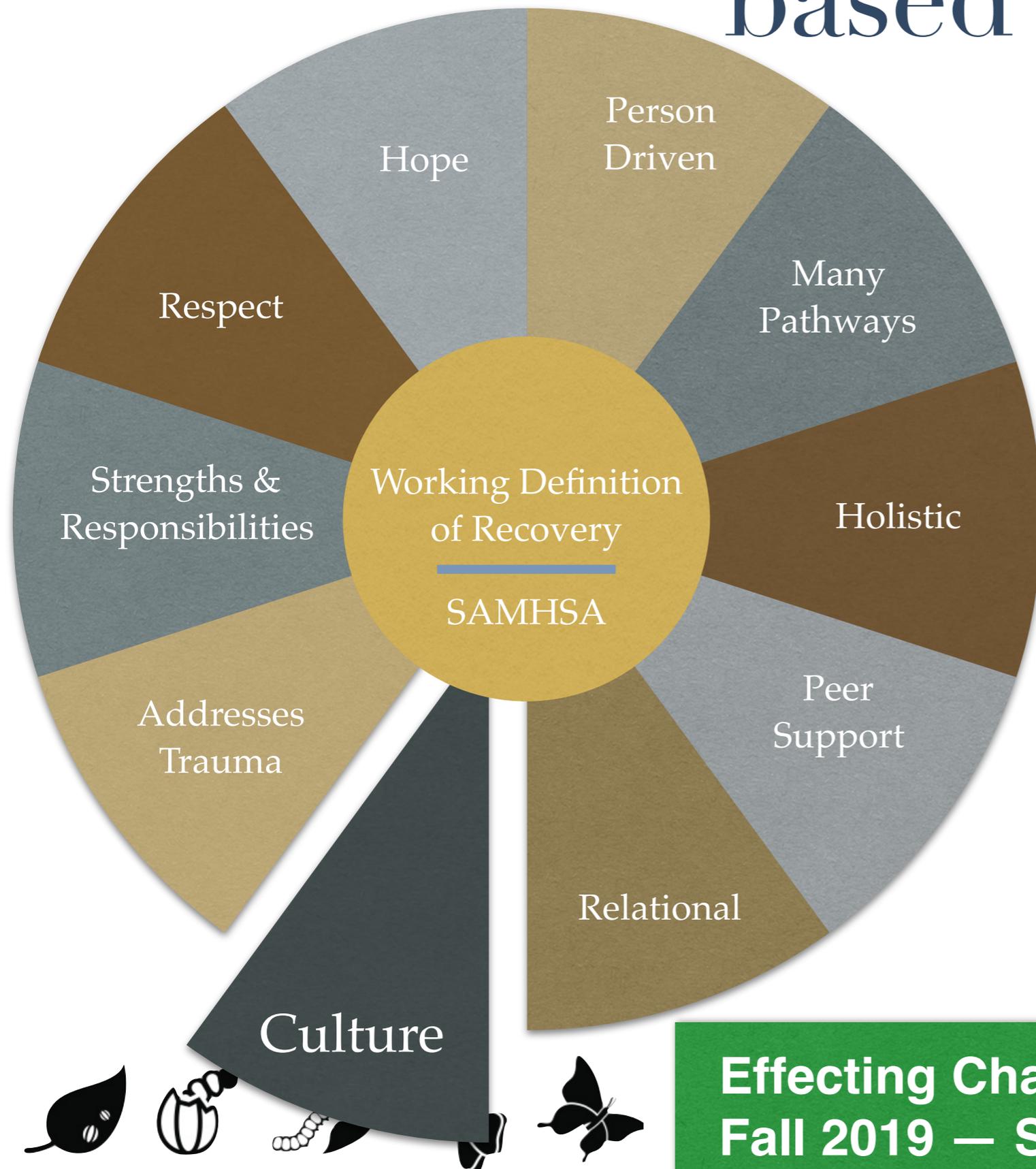
Culture

- Services should be culturally grounded

(SAMHSA, 2012)

Recovery is supported by addressing trauma

Working Definition of Recovery

SAMHSA

Person Driven

Many Pathways

Holistic

Peer Support

Relational

Culture

Addresses Trauma

Strengths & Responsibilities

Respect

Hope

- Trauma is often a precursor to or associated concerns

- Should be trauma-informed

(SAMHSA, 2012)

Recovery involves individual, family, and community strengths and responsibility
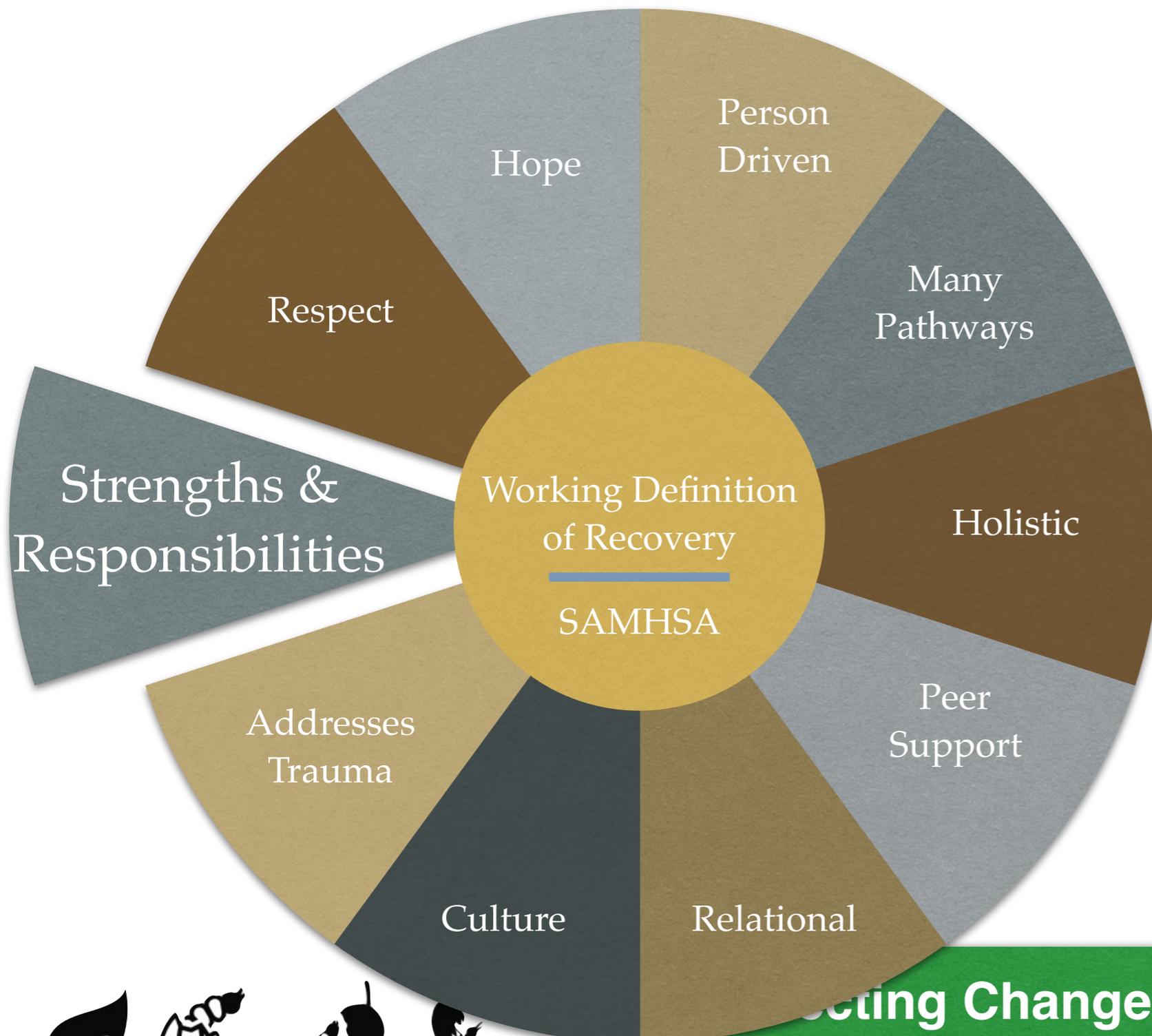
- Have strengths and resources
- Empowerment
- Communities have responsibilities to provide opportunities and resources
- Work collectively

(SAMHSA, 2012)

Recovery is based on respect

- Focus on protecting rights and eliminating discrimination
- Steps towards recovery take great courage
- Self acceptance

(SAMHSA, 2012)

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