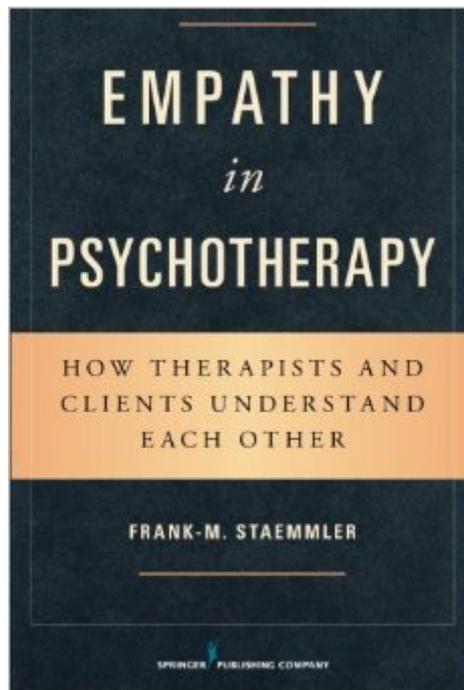


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# Empathy In Psychotherapy: How Therapists And Clients Understand Each Other



## Synopsis

In *Empathy in Psychotherapy: How Therapists and Clients Understand Each Other*, Frank-M. Staemmler brings together neuropsychology, the psychotherapy literature, the developmental psychology literature, and philosophical literature...to rigorously and thoroughly present a new view of the nature of empathy that makes it clear how the relationship can be healing. The book is an impressive effort of scholarship in which Staemmler has thoroughly grounded his ideas in the literatures that he brings to bear." --*PsycCRITIQUES* Staemmler's new book on empathy, *Empathy in Psychotherapy: How Therapists and Clients Understand Each Other*, is a tour de force. Rarely have I read a book--surely not in psychoanalysis or psychotherapy--so scholarly and so accessible, so theoretically challenging and so humanistically rich." --*International Journal of Psychoanalytic Self Psychology* People intuitively know that we travel the byways of life jointly. Dr. Staemmler takes this common sense perspective and through professionally astute examination transforms it into a dependable guideline for living. His de-mystification and humanization of the elusive dynamics of communal existence returns the reader to the old adage that we are all in the same boat and, further, that it is emotionally imperative to let ourselves be there. Erving Polster, PhD Director, The Gestalt Institute of San Diego According to large scale studies on therapeutic outcomes, psychotherapists' ability to understand their clients has been considered the second most important healing factor in all therapies. The author of this scholarly volume seeks to improve our understanding of the immense therapeutic potential that the human capacity for empathy holds, and to improve our use of it in therapeutic practice. Drawing from the work of great thinkers in philosophy, literature, theology, psychology, and social sciences, and recent discoveries in neuroscience, the author provides a critique of traditional concepts of empathy and creates a new, more expansive definition. More specifically, the author exposes the basic characteristics of current individualistic ideologies that are concealed within traditional concepts of empathy and focuses on the concept that empathic relating between human beings does not just take place in the psyche but is an embodied process. The book also considers scientific phenomena from the field of parapsychology such as telepathy and clairvoyance, which can be thought of as special cases of empathy. The potential for certain types of meditation to increase our empathic abilities is also explored. Key Features: Improves our understanding of the potential for empathy to greatly enhance therapeutic practice Draws from philosophy, literature, theology, psychology, social sciences, and neuroscience to create a new definition of empathy Critiques traditional concepts of empathy and highlights their strengths and weaknesses

## Book Information

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## Customer Reviews

... and many other things besides. It is quite heavy going, but well worth it. It covers empathy from the point of view of definition, phenomenology, philosophy, neuroscience, psychotherapists and (an appropriate amount of) the author's own psychotherapy practice. The book is well written and the author seems to have read, understood and integrated everything going in the above fields of study.

Oh, there were a few things he didn't mention, like how psychopaths are made worse by empathy training, but just like, wow. Summary I did for my own benefit.

1. INTRODUCTION: THE MYSTERY OF THE OTHER=====Rene Descartes

(1596-1650). Cartesian dualism. Wrong. The traditional definition does not include those surrounding the person. Hermeneutics is the area of philosophy concerned with understanding, interpretation and meaning. Especially how worldviews are transmitted. Social referencing begins as a child. Phenomenology is approaching things as they are experienced with a minimum of prior assumptions. Intentionality means that consciousness always refers to something in the world.

Gestalt psychology defines itself as holistic - a melody being more than the sum of the notes. The game is playing the players as much as the converse. Lev Vygotsky (1896-1934) founder of cultural-historical psychology.

2. RETROSPECTIVE: HOW EMPATHY HAS BEEN UNDERSTOOD IN PSYCHOTHERAPY TO

DATE=====

====Wikipedia: the capacity to share another being's emotions and feelings. Wiktionary: a) intellectual identification of the thoughts, feelings or state of another person, b) understand the other's point of view, or the consequence of same.

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