



Empathy Pathways

for therapists

In week 1 you'll receive the course workbook, meet the rest of the group online, discuss your current understandings of empathy and how you engage in empathy in your practice. We'll then learn about the first pathway - Insightful Empathy.

During the rest of the week you can go through the section on Insightful Empathy in the workbook.

In week 2 we will explore Translational Empathy. We'll discuss what you learned about this through the week and we'll explore clinical scenarios.

During the rest of the week you can go through the section on Translational Empathy in the workbook.

In week 3 we will explore Empathising Systems. We'll discuss what you learned about this through the week and we'll explore clinical scenarios.

During the rest of the week you can go through the section on Empathising Systems in the workbook.

In week 4 we will explore Relational Empathy. We'll discuss what you learned about this through the week and we'll explore clinical scenarios.

During the rest of the week you can go through the section on Relational Empathy in the workbook.

In week 5 we will talk through how to decide what empathy pathway to use in which situation.

CPD: 15 CEUs