

# Effecting Change

Empathy, Confrontation, & Barriers

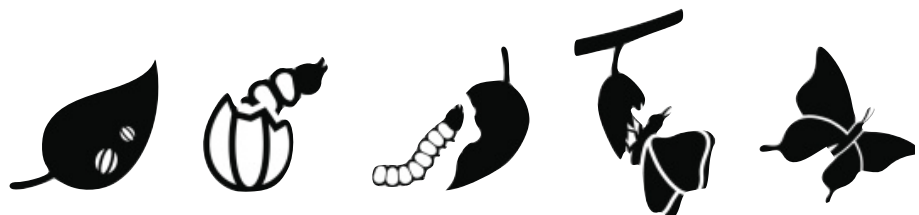


**Fall 2019 SOWK 486 - Theories of Practice I**

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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

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

# 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



(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

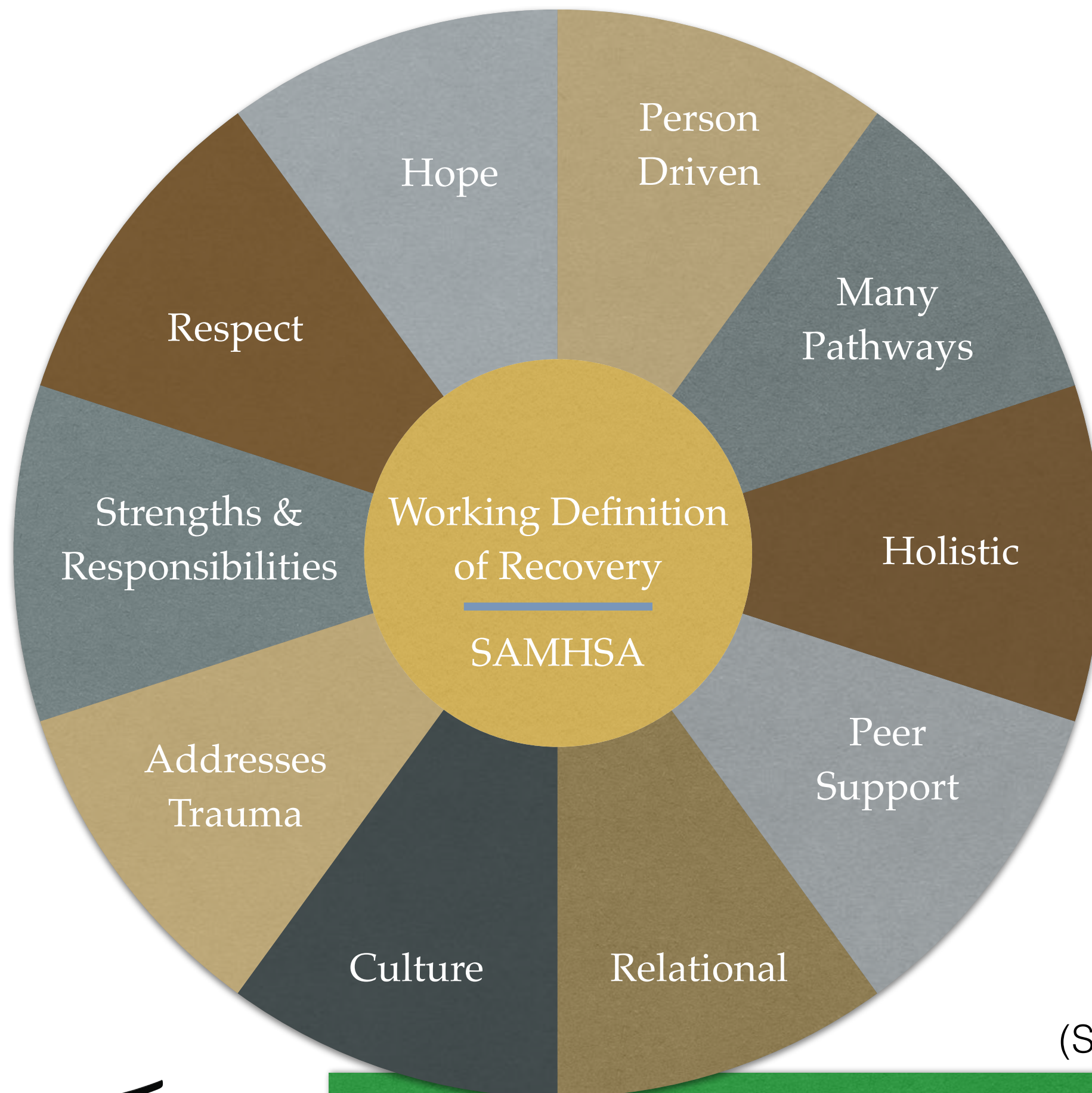
What About Bob?



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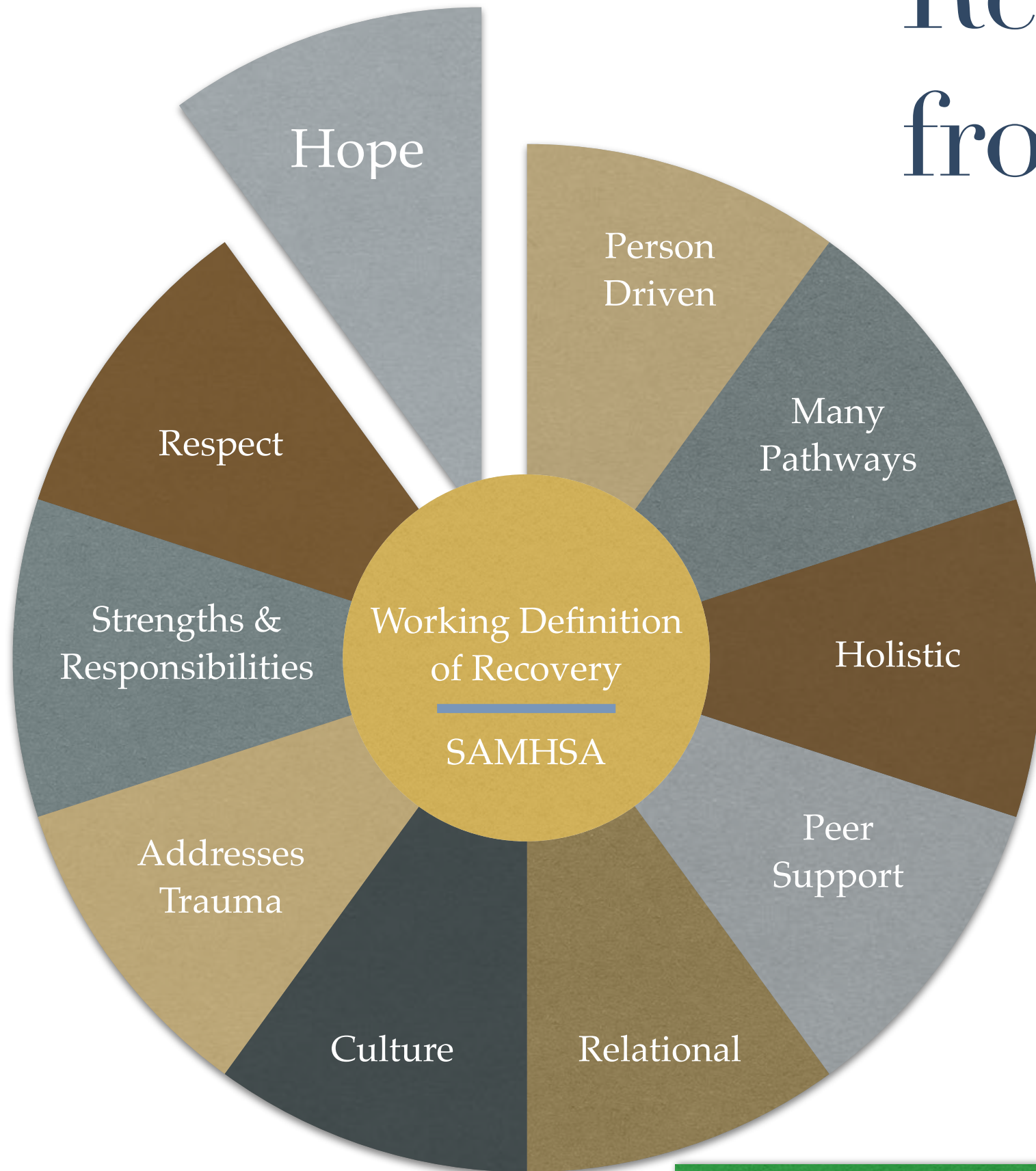
(SAMHSA, 2012)



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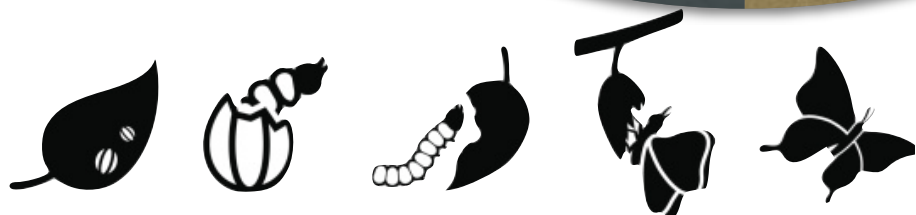
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# Recovery emerges from hope



- Recovery is real
- People can and do overcome
- Hope is internalized
- Hope is the catalyst of the recovery process

(SAMHSA, 2012)

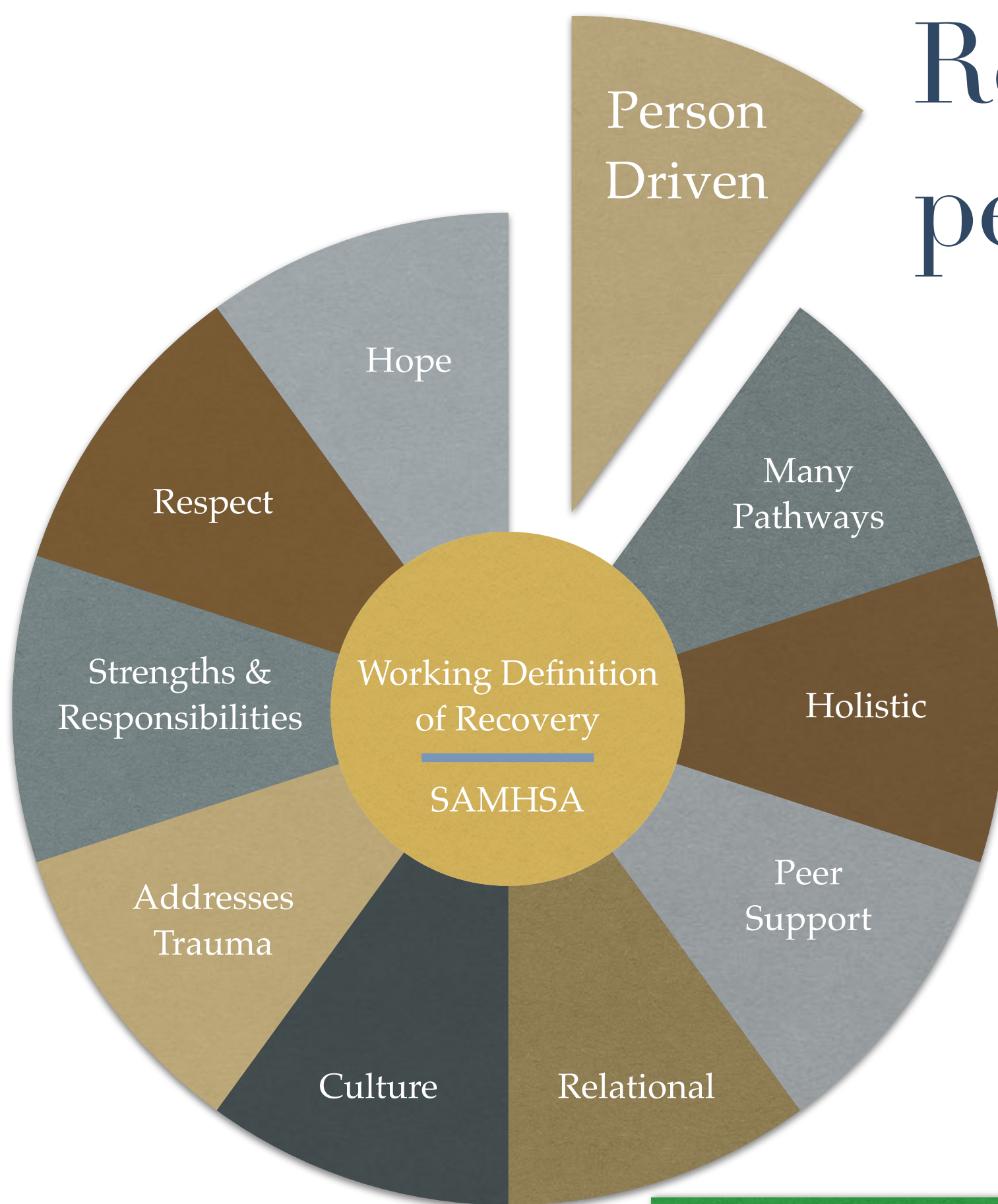


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# Recovery is person-driven



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

(SAMHSA, 2012)



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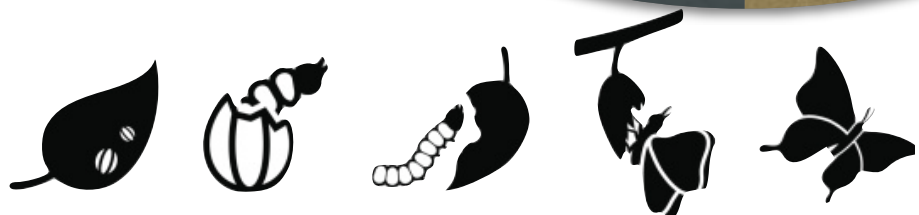
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# Recovery occurs via many pathways



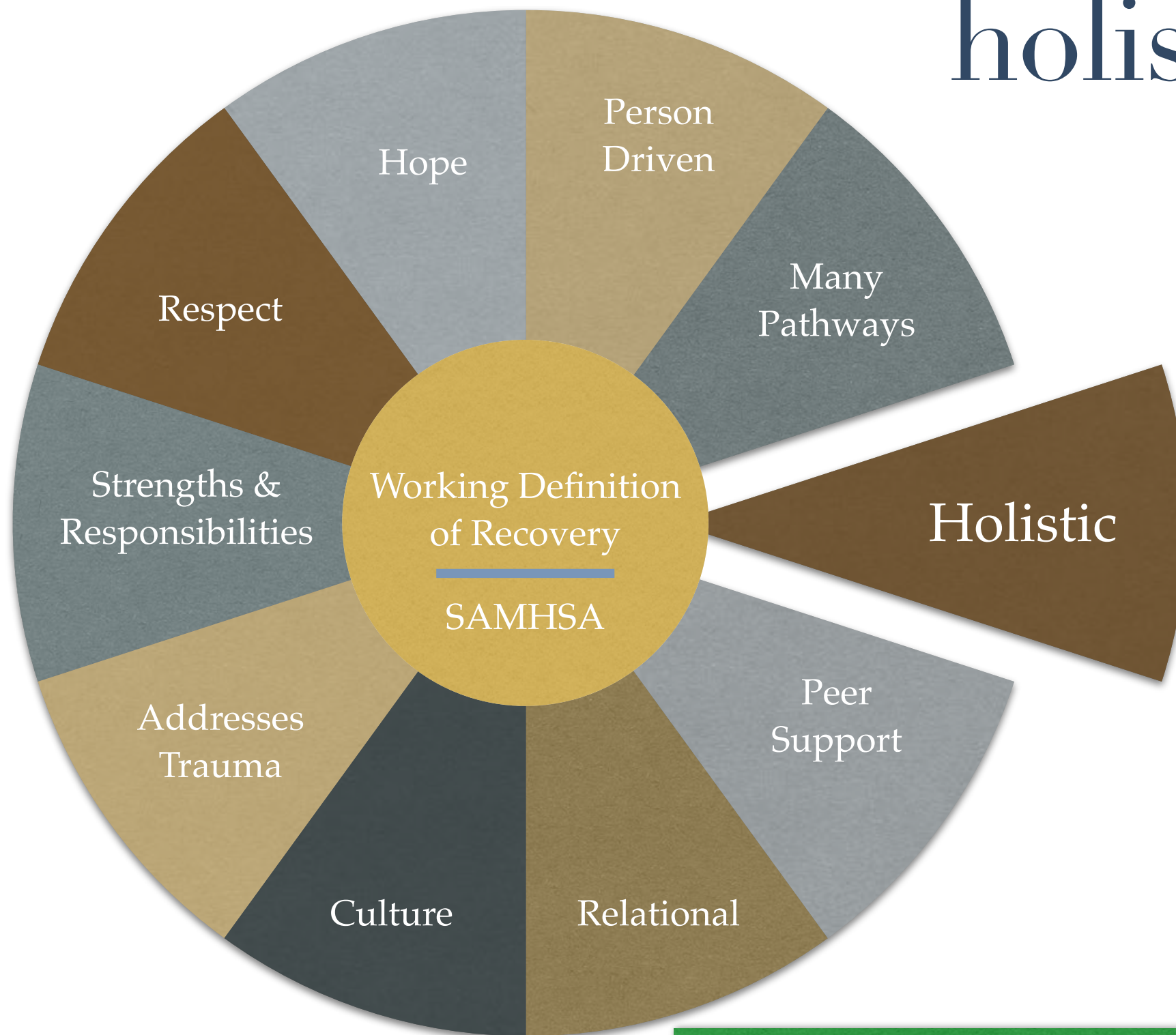
- Individuals are unique
- Pathways are highly personalized
- Recovery is non-linear
- Must foster resilience
- Focus on abstinence
- Creating a supportive environment

(SAMHSA, 2012)





# Recovery is holistic



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

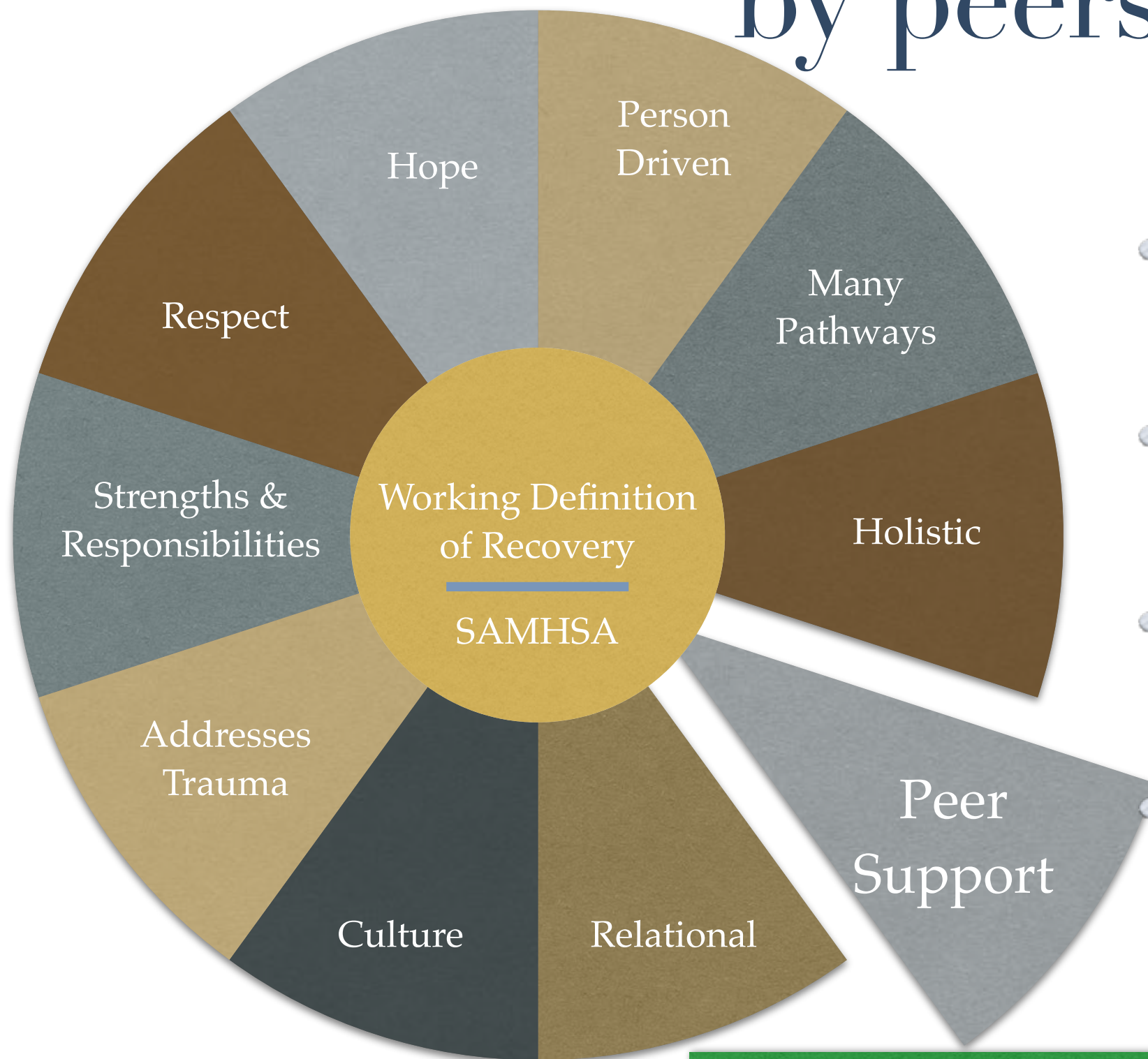
(SAMHSA, 2012)



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# Recovery is supported by peers and allies



- 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)



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# Recovery is supported through relationship and social networks



- Presence and involvement of people who believe in the person's ability to recover
- Through relationships people engage in new roles

(SAMHSA, 2012)

# Recovery is culturally-based and influenced



- Services should be culturally grounded

(SAMHSA, 2012)



# Recovery is supported by addressing trauma



- Trauma is often a precursor to or associated concerns
- Should be trauma-informed

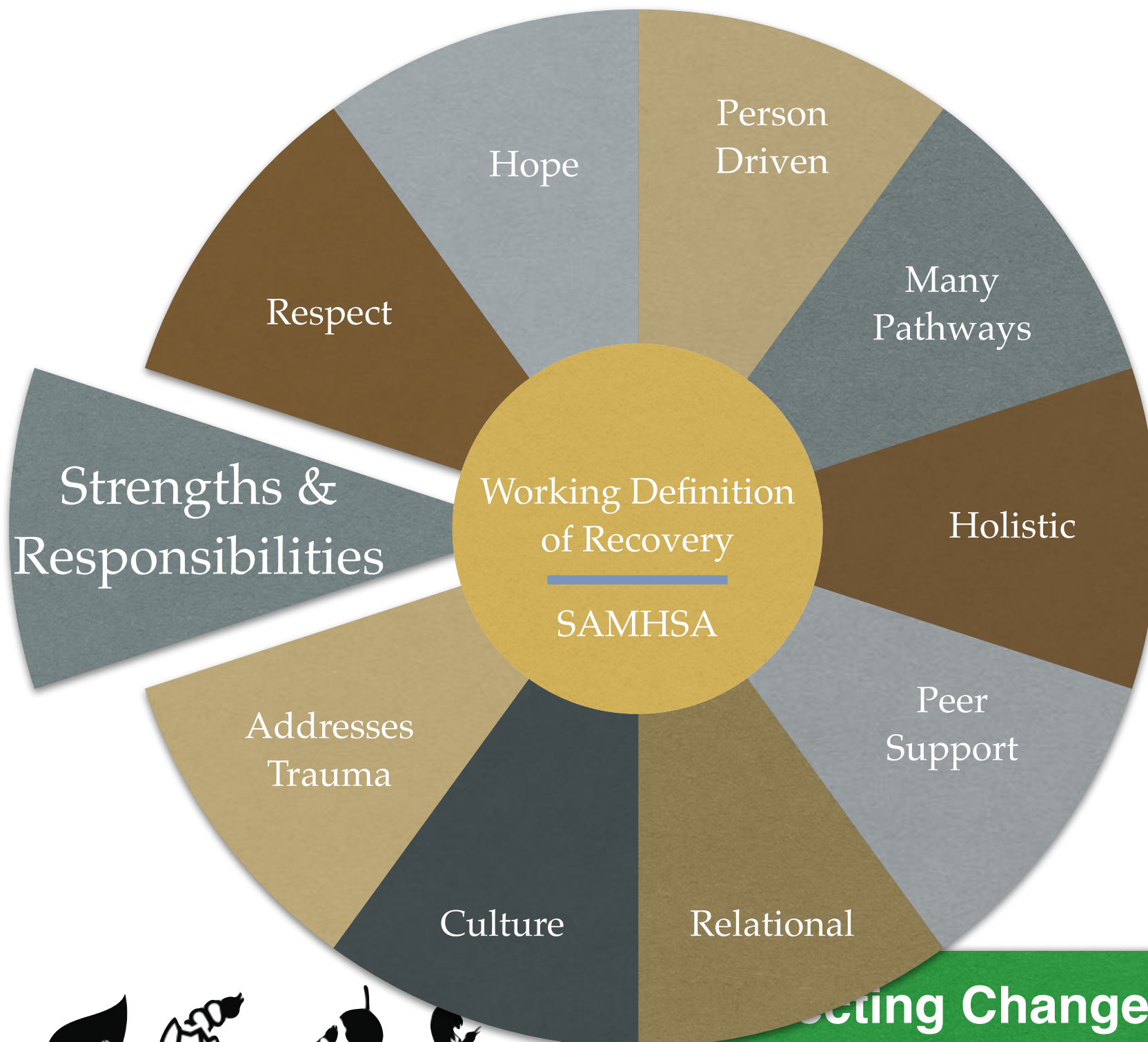
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# Recovery involves individual, family, and community strengths and responsibility



- 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)

