

KUWAIT COUNSELING CENTER

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Compassion and Empathy

Compassion

<https://www.psychologytoday.com/blog/the-compassion-chronicles/200804/what-is-compassion-and-how-can-it-improve-my-life>

- Ability to understand the emotional state of another person or oneself.
- Compassion has the added element of having a desire to alleviate or reduce the suffering of another.
- Having compassion for someone can lead to feeling empathy for another person.
- Beginning to have a totally different perspective when it comes to how you perceive others.



Why Compassion?

http://www.huffingtonpost.com/shefali-tsabary/raising-compassion-the-most-important-thing-parents-can-do_b_4559124.html

- “Why are they so selfish, when I gave them everything?”
- Building compassion=lies within the parent’s sense of self-connection, worth and acceptance
- A child’s capacity to self-love is directly related to its parent’s level of emotional intelligence.
- Authentic connection with your children; world a better place with prosocial behavior



Empathy

<https://www.psychologytoday.com/basics/empathy>

- Empathy is the experience of understanding another person's condition from their perspective.
- You place yourself in their shoes and feel what they are feeling.



- Empathy is known to increase prosocial (helping) behaviors.
- Research has uncovered the existence of "mirror neurons," which react to emotions expressed by others and then reproduce them.



Why Empathy?

<https://www.washingtonpost.com/news/parenting/wp/2015/06/11/teaching-our-children-empathetic-assertiveness/>

- Help children become happier people with more fulfilling relationships
- Improved communication skills
- Increased quality of personal and professional relationships
- Empathetic assertiveness=respect others and can see their perspective, but at the same time we're firm in our boundaries and are confident in how we implement them



How to Raise Compassionate and Empathetic Children

- Be Present
- Treat others with respect
- Model behavior in everyday life
- Make caring a priority
- Practice!
- Guide children



What is Bullying?

<http://nobullying.com/what-is-bullying/>

- Bullying is when someone keeps doing or saying things to have power and control over another person
- Takes place overtime
- Main goal is to intimidate others



Recent Stats:

<http://www.stopbullying.gov/news/media/facts/#stats>

National (USA) statistics about bullying:

- 1 in 7 students in grades K-12 is either a bully or a victim of bullying
- 90% of fourth through eighth graders report being victims of bullying
- 15% of all school absenteeism is directly related to fears of being bullied at school
- 38% of girls report being bullied online
- 39% of social network users have been cyberbullied



Bullying can be:

DIRECT

Face to face

Verbal

Insults, putdowns,
teasing,
harassment

Physical

Shoves, pushes,
hitting, assault

Psychological

Rolling eyes, dirty looks, uttering threats,
extortion



Bullying can be:

INDIRECT

Behind someone's back

Exclusion

Leaving out
Shunning

Relational Aggression

Telling people not to be
friends with a victim

Gossip

Lowering people's opinion
About the victim



Cyberbullying:

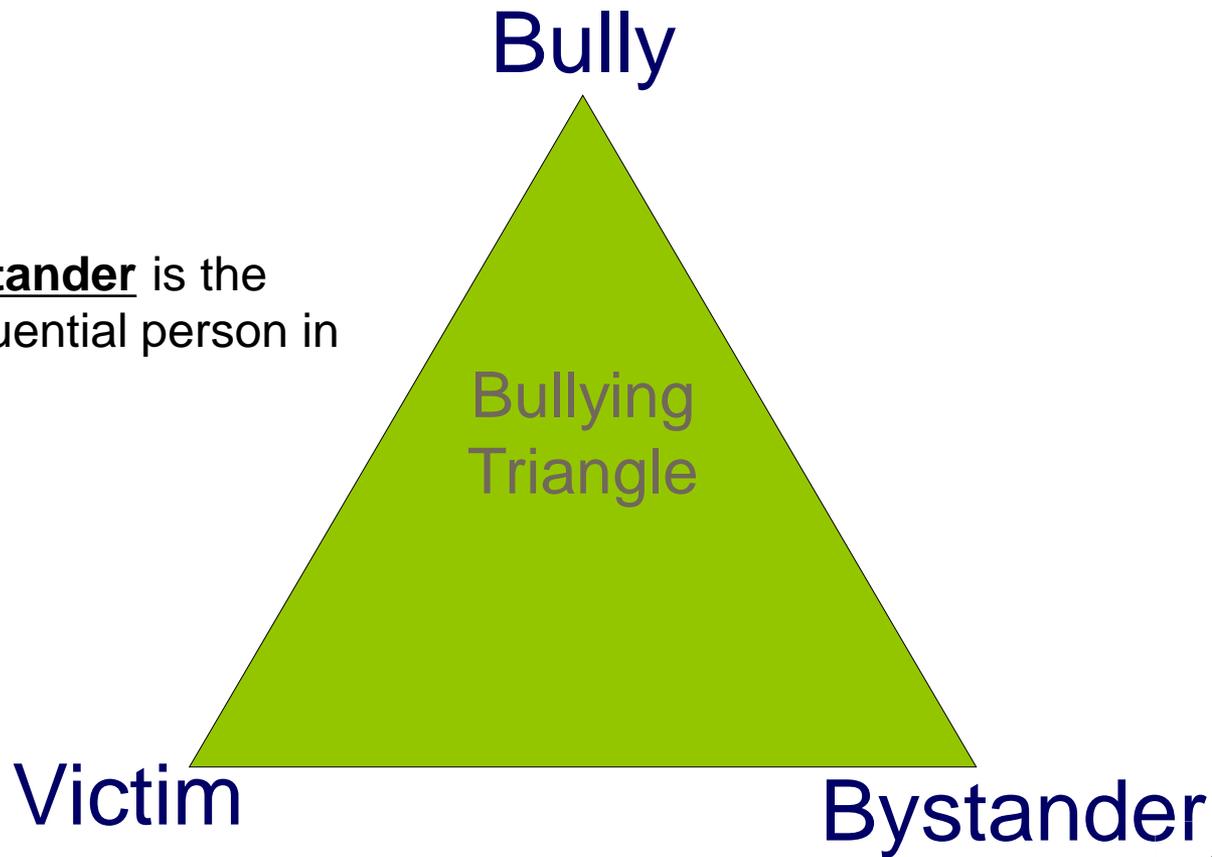
The most common online risk for all teens. Similar to social bullying but using digital technology. It includes:

- Gossip, exclusion, impersonation, harassment, cyber threats, pictures, videos, emails, texting
- It can happen 24 hours a day, 7 days a week even when the person is at home



Who is involved in Bullying?

The **Bystander** is the most influential person in the triad



What Can Parents Do:

- Try to observe changes in your child's behavior
- Ask questions and take time to listen to answers
- Respond in a comforting way to encourage your child to continue
- Encourage honesty
- Praise child for being brave enough to take a stand
- Be their friend but not forgetting to be their parent



What Can Parents Do Cont.:

- Implement parenting with your head and not your heart
- Teach your kid to solve problems without using violence
- Encourage your child to help others who need it (team work)
- Educate students on personal safety activities
- Encourage your child to visit the school counselor
- Don't become your own child's bully...



**Treat everyone
with respect**

**Tell an adult
at school.**

**Talk to the
bully privately.**

**Don't gossip about
what happened.
Change the
topic.**

**Talk to the victim
in private.**

**Tell your child
to:**

**Don't be a bystander and
just walk away. Take
friends
with you and stand WITH
the victim against the
bully.**

**Invite the victim
to join you and your
friends.**



Remember ...

- Allow your child to let you know if you say something that humiliates or hurts them in any way
- Children learn through modeling to use empathy with others
- Pay attention to your body language, it is more important than your actual words
- Use less words....lectures don't work
- Select one line to show your empathy and stay with it:
 - This is so sad
 - This must really hurt
 - That is really hard
 - I am sorry you feel that way
 - It must be hard to feel so frustrated



Take the driver's seat and not
the passenger's seat



