

Empathic communication



What is empathic communication?

Empathic Communication means the will and the responsibility to understand another without the need for sympathy. One is able to sense, listen and observe without interpretation. The onset of Empathic Communication is to listen without prejudice, or need to advise or interpret.

Why?

The aim in learning this technique is to be able to comprehend the essence of the information before being understood. One learns in a conversation to give the speaker the freedom to speak freely without apprehension.

Who?

Empathic Communication is important for those who want to expand their communicative dialogue. This can include different interest groups, leaders, parents, coaches and teachers.

When?

This technique can be used in a variety of situations. These include: dialogue, coaching, conflicts, parenting, HR development, nonviolent communication enhancing, and other mindset exercises. This technique can be used in combination with other skills to broaden and enhance communication to a higher level.

How & how not?

Communicative Empathy does not occur when listening is negated, false or selective. Advice is not the goal or the outcome of the conversation. One must not interpret, search, fill in or give opinion. Behavior is open, positive and attentive. Instead one learns to simplify their mindset. "Seek first to understand, then to be understood." (Steven Covey) "To 'hear', you need attention and readiness to listen with your heart." (Interpretation Benedictus by Odilo Lecher) Once this is achieved, other listening skills may be implemented. These may include active listening, reflection, and reformulation.

Easy Symbols

