

Springer Publications, New York

Frank-M. Staemmler

Empathy in Psychotherapy

How Therapists and Clients

Understand Each Other

Table of Contents

1. **Introduction:** The mystery of the other
2. **Retrospective:** How empathy has been understood in psychotherapy to date
3. **A critique of the traditional concept of empathy:** One-sidedness, disembodiment and individualism
 3. 1 **One-sidedness**
 3. 2 **Disembodiment**
 3. 3 **Individualism**
 3. 4 **Summary of Chapter 3**
4. **Towards a new concept of empathy**
 4. 1 **Empathy in the plural:** Social Referencing
 4. 1. 1 Mutual empathy
 4. 1. 2 The different perspectives of client and therapist
 4. 1. 3 The communication of empathy
 4. 1. 4 Summary of Chapter 4. 1
 4. 2 **Bodily empathy:** "Encorporation"
 4. 2. 1 The psychological standpoint

Facial Feedback and recognition of basic emotions — Imitation in infants — Mimetic synchronization — Digression on the portrayal of feelings in acting — What we can more or less know about others and what we cannot know
 4. 2. 2 The perspective of phenomenology

Perspectivity — Multiperspectivity, referential totality and ex-centricity — Bodily expression and "encorporation" (Einleibung) — Ordinary and non-

originary experience — Phases of empathy — The middle mode — Confluence and difference — Reciprocal incorporation

4. 2. 3 The neuroscientific viewpoint

Emergence and reductionism: The mind-body problem — Mirror neurons — The principles of mirroring in neuronal systems with relevance for empathy — Selective empathy — Open questions

4. 2. 4 Summary of Chapter 4. 2

4. 3 Empathy in the joint situation

4. 3. 1 Situation, situational circles and roles

4. 3. 2 Characteristics of the joint situation: Play and dance

4. 3. 3 Dyadically expanded states of consciousness, connectedness and joint constructions

4. 3. 4 Summary of Chapter 4. 3

4. 4 Proposal for an expanded definition of empathy

5. Empathy and altered states of consciousness —

Parapsychology and meditation

5. 1 Normal and paranormal empathy

5. 2 Meditative empathy and empathic meditation

5. 3 Summary of Chapter 5

6. Why is empathy healing? Some considerations inspired by Vygotsky

6. 1 Interiorization and the zone of proximal development

6. 2 Ruptures and “repairs” of empathy

6. 3 Summary of Chapter 6

7. Conclusion

8. References and Indexes

8. 1 References

8. 2 Author Index

8. 2 Subject Index