



## Toolkit 1 Learning Unit 8

### Empathy :

*Use your creative resources to develop an authentic connection  
between yourself and others*

# L.U. 8 – Synopsis

## Empathy



### 1. Body Empathy

- Question: Do you feel that you are aligned and in connection inside your body ?
- Activity 1a: Cardiac coherence (Unit 1 step 2)



### 2. Cognitive Empathy

- Question: Do you feel hard or complex to understand and identify what the person feel when you're in contact with ?
- Activity 2a: Improve your cognitive empathy



### 3. Emotional Empathy

- Questions: Do you feel emotionally disturbed or overwhelmed at the contact of that patient ?
- Activity 3a: Grounding



### 4. Cultural Empathy

- Question: Do you feel that the person you're in contact with has references about something you don't believe in or understand?
- Activity 4a: Enhancing our differences



### 5. Risks of Empathy

- Question: Are you aware of the risks of too much or lack of empathy ?
- Activity 5b: Work in consciousness

N.B. : all exercises can be used in pré-acute phase, acute phase and follow up but with variations depending on the time you have.

# 1 – Body Empathy

1. Do you feel that you are aligned and in connection inside your body ?

No

Yes

Activity 1a :  
Please go to  
**Unit 1**  
**Step 2**

Please go to  
the next step

**Cardiac Coherence**

# 2 –Cognitive Empathy



# 3– Emotional Empathy



# 4– Cultural Empathy

4. Do you feel that the person you're in contact with has references to something you don't believe in or understand?

No

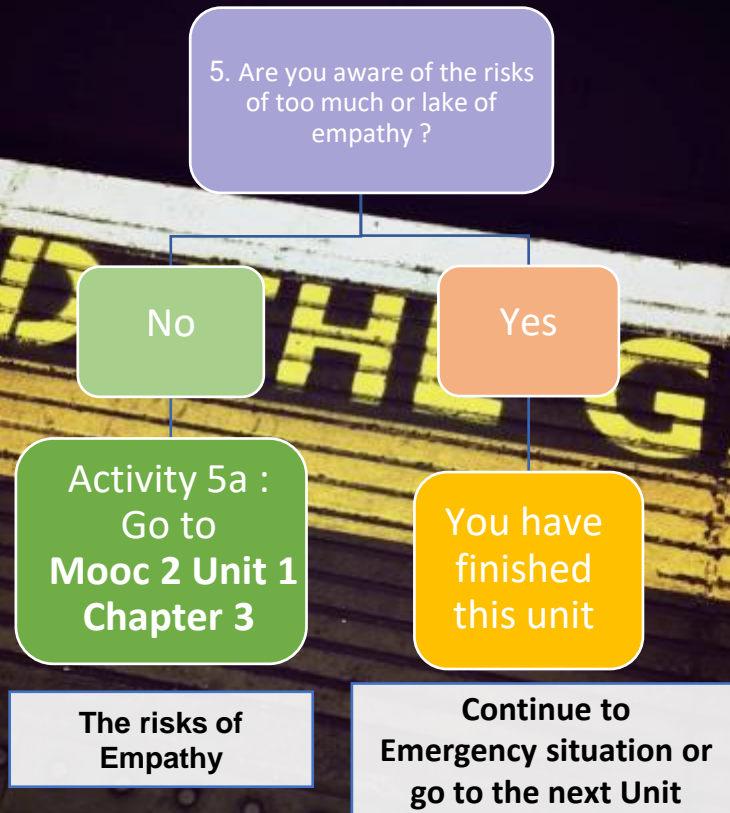
Go to the  
next Step

Yes

Click here  
to  
**Activity 4a**

**Enhancing our  
differences**

# 5– Risks of Empathy



# Toolkit 1

## Learning Unit 8



You have finished this section

You can go to the next Unit  
Or Go to the Acute Phase if you need



# Toolkit 1

## Learning Unit 8

### Empathy

### References

Pexels website :

Anna Shvets- Mains

Pixabay – Empilé de pierres à l'extérieur - 2 personnes se tenant la main / Mind the gap

Alexander Taranenko – Garçon miroir trotinette

Andrea Piacquadio – Map monde homme

James Wheeler - Photo De Chemin Entouré De Sapins