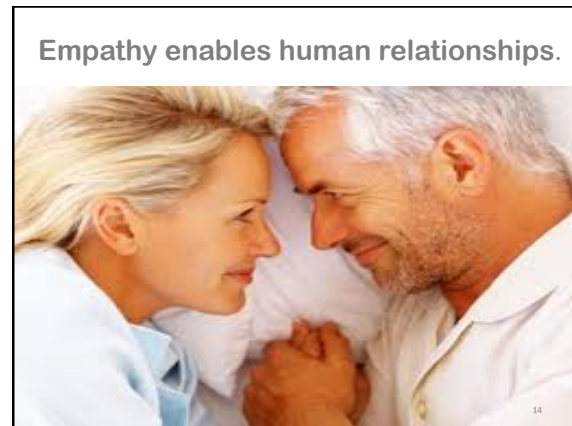


13

Empathy as gateway to altruism

- Emotions move us to action
- Despite skepticism, research shows no alternative but to admit that altruism happens...
- Under the condition of emotional empathy



Our survival requires relationships



How do we develop empathy?

15

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2. Brain Science

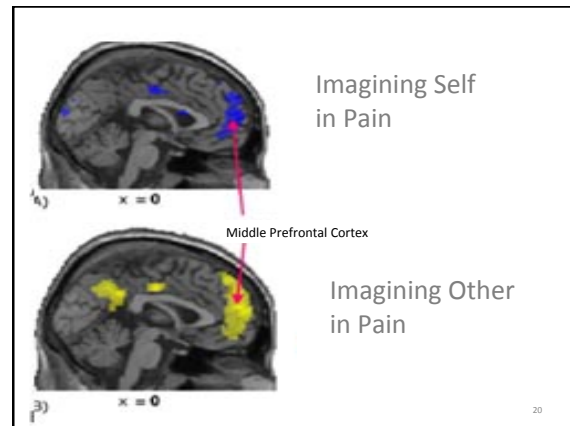
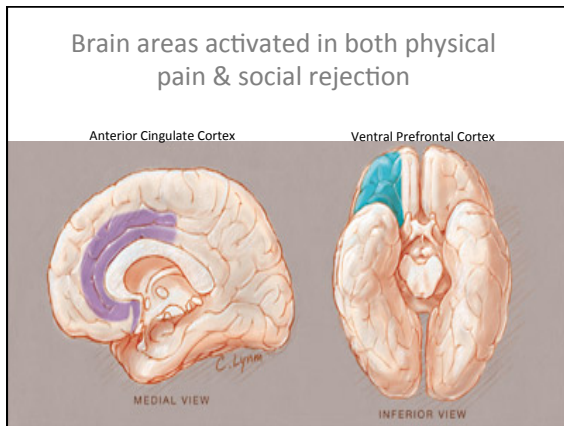
Brain development requires social interaction



16

A healthy human brain...

...has the capacity (mirror neurons) to automatically mimic another's behavior & feel what we would if we were doing it ourselves.



21

Why do we have this capacity?

A social species, dependent on others.

- Rejection by others signals social danger to ourselves.
- Feeling the pain of others signals need to protect them.

22

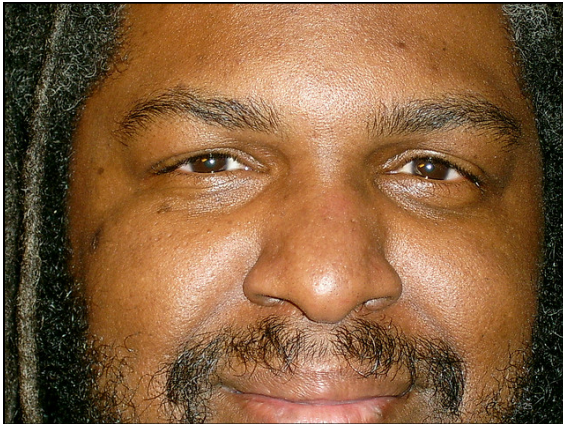
How to develop empathy?

By engaging in certain interactions:

Collaborative, contingent conversations

(...Dan Siegel)





27

We “attune” to & with others

Our brain is made for participation. We...

- see ourselves in the other’s eyes.
- automatically mimic, attune to what the other is feeling...about us.
- develop a mental picture of self as well as empathy for the other.

Thus, we grow capacity for empathy.

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Empathy requires...

A healthy, integrated

- Physical
- Social &
- Mental System

None of these domains can exist without the other two.

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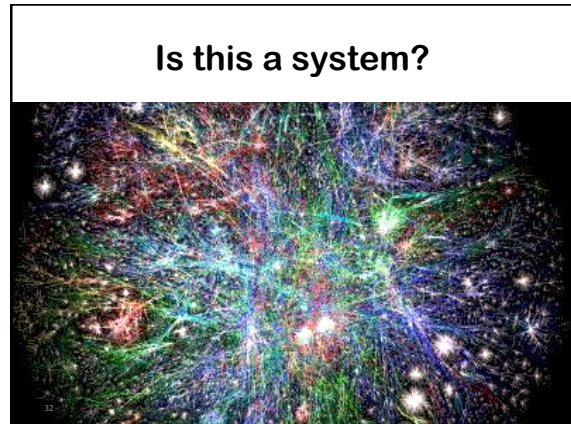
3. Systems

The linkage of differentiated elements.

30

Major Insight of 20th Century Physics:

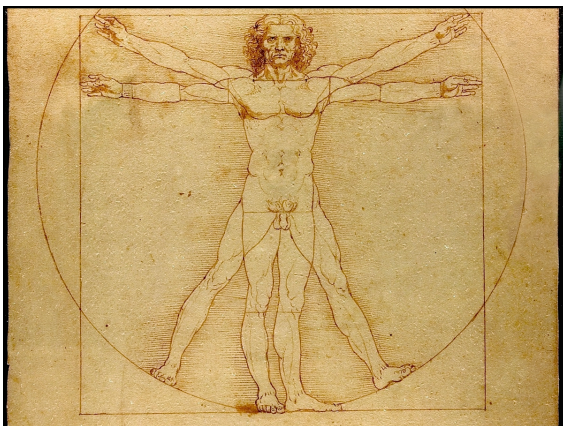
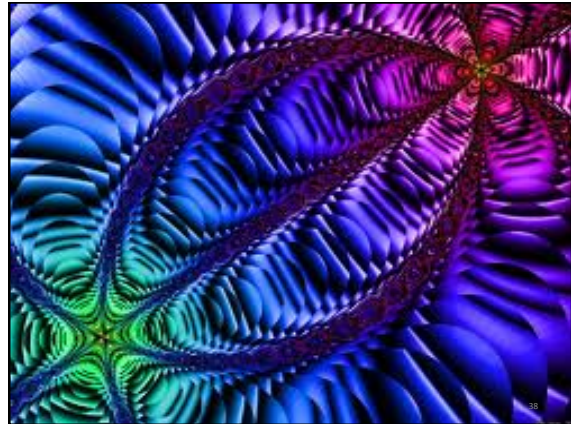
Relationships are more fundamental than things.

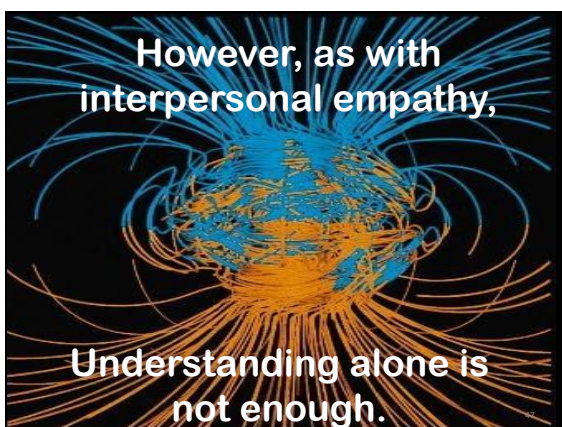
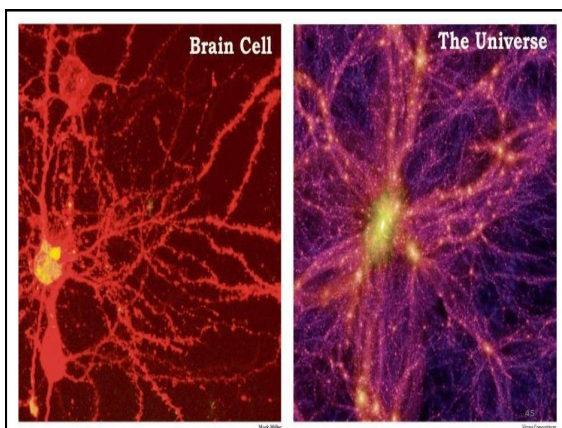
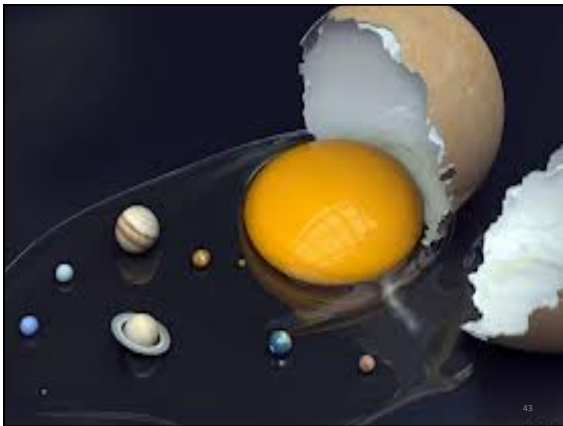


37

Many types of systems

- Mechanical
 - Social
 - Natural
 - Complex





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If emotion is...

A neural impulse that
moves an organism to
action...

50

What the world needs now is..

Empathy for the
Systems that sustain
us...

Systempathy

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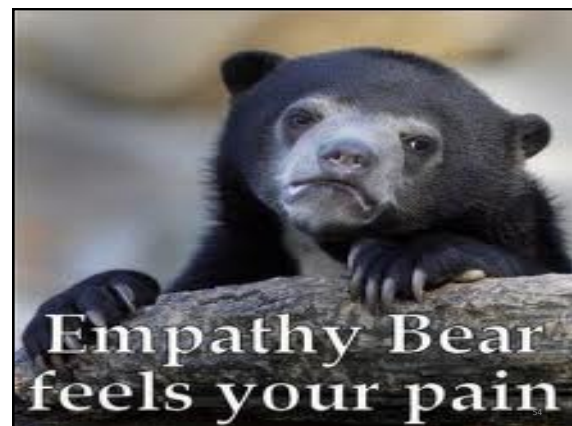
Is Systempathy possible?

Can we have feelings for things?

52

Additional meaning of empathy

“The imaginative
projection of a subjective
state into an object so that
the object appears to be
infused with it.”





60

The capacity for systempathy

Can be developed with practice in

- "Seeing" & "feeling" connections
- Giving & receiving graciously
- Recognizing context (situational attributions)
- Accentuating the positive
- Engaging in relationships that are...

Safe



Respectful



Nurturing



Hopeful



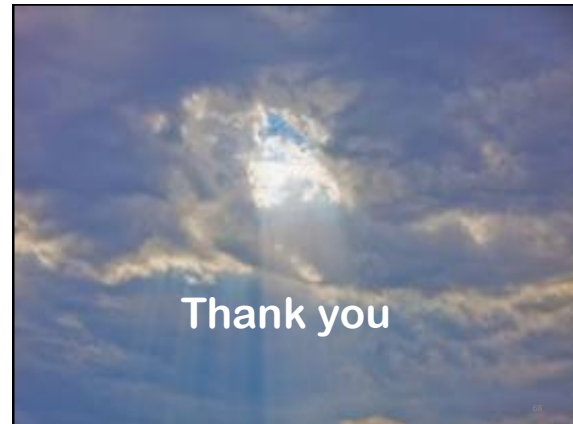
That is, social interest.



Rx Systempathy

Summary

- We recognize our systemic connectedness, but we don't yet *feel* systems
- Not as readily as we feel for one another
- Systempathy—feeling our connectedness—may be part of developing a new brain...
- A brain that has compassion for the systems that sustain us as well as for people...
- A brain required for social interest



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