Empathetic Communication Format:

Purpose:

* To learn together as a group.
* To practice giving feedback.
* To provide a space to explore ambivalence around cases or other pertinent issues.

Method: The speaker will present an issue they are ambivalent about. The listener will respond using empathetic communication techniques that we have discussed. The group will take note of techniques used and how the interaction went. Afterwards a few people will share what they noticed and provide feedback.

Feedback tips:

* Yes: Positive and critical feedback around empathetic communication skills and how they were received. As always, be respectful.
* No: Comments or advice about content of discussion. If the demo is about a case that the speaker would like feedback on, we can open a case discussion after the feedback exercise complete.

References and Resources:

Miller, W.R. (2018). Listening well: The art of empathetic understanding. *Wipf and Stock. (*Short, accessible book about empathetic communication skills)

EM Consulting. (N.D.). *Motivational interviewing*. <https://www.emorrisonconsulting.com/resources/motivational-interviewing/> (Collection of online resources for practicing motivational interviewing)

There are many, many, many more resources a quick internet search away!