







What is empathy and types.

Empathy can be defined as the cognitive and affective recognition of one person's state of mind by another. An act that entails an important emotional understanding and connection. In other words, to be empathetic means to put oneself in another person's shoes.

Empathy can be classified in several ways.

- 1. In terms of the predominant component:
- Cognitive predominant empathy: when people are able to mentally put themselves in the other person's point of view, however, there is no emotional involvement.
- Emotional empathy; this is true empathy and occurs when people are not only able to put themselves in the other person's shoes, but also feel moved or concerned.
- 2. In terms of its dispositional character.
- Dispositional empathy is a stable way of being in relation to empathy. In this way we can say that there are people who are not very empathetic and people who are very empathetic.
- Situational empathy, which is given to a specific situation.

MAIN FOCUS

WHAT IS EMPATHY?

TYPES OF EMPATHY.

EFFECTS OF EMPATHY

WHY IT IS IMPORTANT IN EDUCATION?

HOW TO BE A MORE EMPATHETIC TEACHER?

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Effects of Empathy

FOR ONESELF



FACILITATES SUCCESS IN SOCIAL AND PERSONAL RELATIONSHIP



IT ALLOWS TO GIVE HELP IN AN EFFECTIVE WAY



ENABLES TO ASK FOR AND GNE HELP TO **OTHERS**



REDUCES THE LIKELIHOOD OF CONFLICTUAL RELATIONSHIPS



THEY ARE MORE LIKELY TO SOLVE PROBLEMS IN A PEACEFUL WAY, WITHOUT RESORTING TO AGGRESSION TOWARDS OTHERS

TO OTHERS



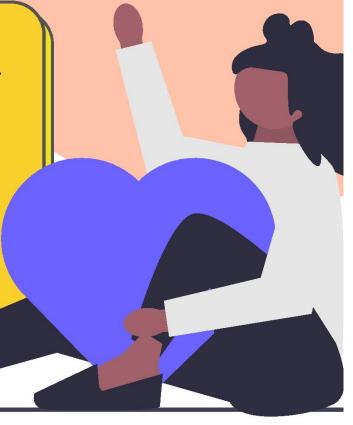
EMPATHETIC PEOPLE ARE MORE LIKELY TO HELP OTHERS



THEY ENJOY THE WELL-BEING AND HAPPINESS OF OTHERS



THEY FAVOUR A GOOD CLASSROOM CLIMATE, FRIENDLY RELATIONS AND CONFLICT RESOLUTION.



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Why it is important in education?



Empathy is essential for education professionals. The only genuine and fruitful way to promote personal development in educational institutions is to create an atmosphere of cordiality and trust that allows the learner to feel accepted, valued and secure. Empathy plays an important role in all teaching relationships, as it is a dimension that facilitates the improvement of the personality. Without attunement, acceptance, respect, consideration and care for people, education is interrupted.

Empathy allows us to get closer to others, to tune in to them, and is therefore a key aspect of the educational relationship. Empathy favours what we can call the "educational alliance" between teacher and pupil. Every pedagogue/educator must acquire in a theoretical-practical way during their training period a basic cognitive-emotional competence that allows them to manage and adequately channel relational events during the educational process, especially at critical stages and in critical situations. It is far from being a question of teachers becoming psychologists, but it is a question of them acquiring the empathy and communication skills necessary to develop their work in heterogeneous environments and in potentially difficult situations.



The educator who adopts an empathetic attitude towards the learner opens the door to dialogue, participation and cordiality. Such a psychological stance favours educational personalisation, because it shows a healthy concern for each learner, according to his or her uniqueness. In summary, the empathic educational style can be conceptualised as a cognitive and affective process of approaching the emotional reality of learners. Empathy, in particular, occupies a central place in the inter-human relationship and while its appropriateness can facilitate the intellectual and emotional enhancement of the learner or counsellor, if insufficient or inappropriate attention is paid to it, it can negatively impact on the learner's development.







How to be a more empathetic teacher?

