



什麼是「同理心」

What constitutes as "empathy"

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同理心是助人的一種態度，所產生的功能有(一)讓受輔導者瞭解輔導員能清楚而完全的明瞭受輔導者表達之意。(二)讓受輔導者有機會更安全、開放的表達，促使其能進一步的傾訴。(三)有助於建立良好的諮商關係，幫助輔導員更深入的了解受輔導者。(四)有效疏導受輔導者的情緒。(五)藉由輔導員的反應而增加受輔導者的自我瞭解。(六)強化受輔導者的自我接納。(七)協助受輔導者負起自身的責任、面對問題。(八)釐清受輔導者的自我概念。

同理心是可以學習的，雖然人與人之間的差距很大，每個人因其性別、年齡、學歷、家庭.....有其個別的經驗，但由不斷地練習，我們可以做到由同理的態度去瞭解別人，進而促進良好的人際關係與溝通技巧。而要如何做到同理心呢？(一)豐富自己的人生經驗。(二)充實心理學的知識，對人性有較佳的瞭解。(三)培養客觀的思考方式和態度。(四)多了解對方的經驗、觀念、細聽他對每個事件的看法，多了解他是一個怎麼樣的人。(五)多給對方回饋、澄清的機會。

Empathy is of an attitude for helping others, and the functions that it creates include, (I) to steer the counselee to understand the counselor clearly, fully what the counselee is trying to express. (II) To prepare the counselee with opportunities for safe and open expression enabling further unloading of whose emotion. (III) To instill a fine counseling relationship by helping the counselor further understand the counselee. (IV) To effectively mitigate the counselee's emotion. (V) To excel the counselor's self awareness through the counselee's responses. (VI) To strength the counselee's self acceptance. (VII) To assist the counselee be independent in shouldering whose own responsibilities and confront problems. (VIII) To discern the counselee's self awareness.

Empathy is something that can be acquired. In spite that there are differences among people, who tend to have their individual experiences arisen from gender, age, schooling, family and so forth, through constant practice we are able to understand others through empathy, and to excel fine interpersonal relationships and communication skills with others. How does one acquire empathy? (I) To enrich one's life experiences. (II) To strengthen one's psychology learning to gain better understanding of humanity. (III) To develop an objective thinking method and attitude. (IV) To listen to others' viewpoint and know what the person is like by learning to know more about a person's experiences and concepts. (V) To provide the other party with feedback and clarification opportunities.