Empathy Roadmap to the WE Space Empathy-Skills Training Program

Much of the theory and concepts presented in this course are informed by the following.

References

- Beebe, B., Knoblauch, S., Rustin, J., Sorter, D. (2005). *Forms of Intersubjectivity in Infant Research and Adult Treatment.* New York: Other Press.
- Boston Change Process Study Group, (2010). *Change in Psychotherapy: A Unifying Paradigm*. New York: W.W. Norton & Co.
- Calabrese, F., Molteni, R., Racagni, G., Rivia, M., (2009). *Neuronal plasticity: A link between stress and mood disorders*. Psychoneuroendocrinology, 34S, S208-S216.
- Cozolino, L. J., (2002). *The Neuroscience of Psychotherapy: Building and Rebuilding the Human Brain.* New York: W.W. Norton & Co.
- Cozolino, L. J., (2006). The Neuroscience of Human Relationships. New York: W.W. Norton & Co.
- Feller, C.P., & Cotton, R. (2003). The Importance of Empathy in the Therapeutic Alliance. *Journal Humanistic Counseling, Education, and Development: Vol. 42, No.1, Spring, 2003.*
- Fosshage, J. L. (2005). The Explicit and Implicit Domains in Psychological Change. *Psychoanalytic Inquiry, Vol. 25, 4:516-539.*
- Gallese, V. (2001). The Shared Manifold Hypothesis: From Mirror Neuron to Empathy. *Journal of Consciousness Studies, 8, No. 5-7, pp.33-50.*
- Gallese, V. (2009). Mirror Neurons, Embodied Simulation, and the Neural Basis of Social Identification. *Psychoanalytic Dialogues*, 19:519-536.
- Gallese, V. (2010). Embodied simulation and its role in intersubjectivity. In T. Fuchs, H.C. Sattel, P. Henningsen, (Eds.), *The Embodied Self: Dimensions, Coherence, and Disorders*. Stuttgart: Schattauer.
- Gallese, V., Eagle, M.N., Migone, P. (2007). Intentional attunement: Mirror neurons and the neural underpinnings of interpersonal relations. *Journal of the American Psychoanalytic Association* 55: 131-176.
- Gazzaniga, M. S, (2008). *Human: The Science Behind What Makes Us Unique*. New York, NY: Harper Collins.
- Harkness, K.L., Tucker, D.M. (2000). Motivation of Neural Plasticity: Neural Mechanisms in Self-Organization of Depression. In *Emotion, Development and Self-Organization; Dynamic Systems Approaches to Emotional Development*, M. Lewis & I. Granic (Eds.), (pp. 15-36). Cambridge: Cambridge University Press.
- J. Hemmerdinger, S. Stoddart, and R. Lilford: (2007) "A systematic review of tests of empathy in Medicine". *BMC Medical Education*, *7*, *24*.

- Izard, C. E., Ackerman, P., Schoff, K. M., Fine, S. E. (2000). Self Organization of Discrete Emotions, Emotion Patterns, and Emotion-Cognition Relations. In *Emotion, Development and Self-Organization; Dynamic Systems Approaches to Emotional Development, M. Lewis & I. Granic* (Eds.), (pp. 186-208). Cambridge: Cambridge University Press.
- Kohut, H. (1981). Introspection, empathy, and the semi-circle of mental health. In P Ornstein (Ed.) *The search for the Self: Selected Writings of Heinz Kohut: 1978-1981, Vol. 4 pp. 537-567.* New York: International Universities Press, 1991.
- Kohut, H. (1984). How Does Analysis Cure? Chicago, University of Chicago Press.
- Lichtenberg, J.D., Lachman, F.M., Fosshage, J.L (2002). A Spirit of Inquiry: Communication in *Psychoanalysis*. Hillsdale, N.J.: The Analytic Press.
- Livingston, M. (2001). Vulnerable Moments: Deepening the Therapeutic Process. New York: Jason Aronson.
- Livingston, M. (2015). Interventions at an impasse: Vulnerability, the group leader's use of self, and sustained empathic focus as a bridge between theory and practice. In R. Grossmark & F. Wright (eds.) *The One and the Many: Relational Approaches to Group Psychotherapy (pp. 145-167)*. New York and London: Routledge
- Livingston, M., & Scott, C. A. (2017). Sustained empathic focus and the creation of the "WESpace" revisited in light of recent findings in neurobiology. *International Journal of Group Psychotherapy*, Vol. 67, 20117.
- S.W. Mercer, W.J. Reynolds: (2002) "Empathy and Qualitative Care." *British Journal of General Practice*, *52,S9-S12*.
- S.W. Mercer, M. Maxwell, D. Heaney, G. Watt: (2004) "The Consultation and Relational Empathy Measures: Preliminary Validation and Reliability of Empathy Based Consultation Process Measures." *Family Practice, Vol. 21, No. 6.*
- Orange, D, Atwood, G. & Stolorow, R. (1997). *Working Intersubjectively: Contextualism in Psychoanalytic Practice.*_Hillsdale, NJ: Analytic Press.
- Ramachandran, V.S. (2011). *The Tell-Tale Brain: A Neuroscientist's Quest For What Makes Us Human.* New York: W.W. Norton and Company.
- Schore, A. N. (2000). Self-Organization of the Right Brain and the Neurobiology of Emotional Development. In M.D. Lewis and I. Granic (Eds.), *Emotion, Development, and Self-Organization: Dynamic Systems Approaches to Emotional Development*. New York, Cambridge University Press.
- Schore, A. N. (2010). The right brain implicit self: A central mechanism of the psychotherapy change process. In J. Petrucelli (Ed.), *Knowing, Not Knowing and Sort-of-Knowing: Psychoanalysis* and the Experience of Uncertainty. London, Karnac Books Ltd.
- Scott, C. A. (2013) Being Human Together: Empathy Revisited. Paper presented at International Association of Psychoanalytic Self Psychology annual conference, Chicago, October, 2013.

- Scott, C. A. (2016) Deconstructing Empathy: Creating the WESpace. In Group, the Journal of the Eastern Group Psychological Society. Vol. 40.2, (p. 103-120).
- Siegel, D. J. (1999). *The Developing Mind: Toward a Neurobiology of Interpersonal Experience*. New York, The Guilford Press.
- Siegel, D. J. (2012) The Developing Mind 2nd Edition: How Relationships and the Brain Interact to Shape Who We Are. New York, The Guilford Press.
- Stolorow R. & Atwood, G. (1992), Contexts of Being. Hillsdale, NJ. The Analytic Press.
- Stolorow, R., (1993). Thoughts on the nature and therapeutic action of psychoanalytic interpretation. In A. Goldberg (Ed.) *The Widening Scope of Self Psychology: Progress in Self Psychology (pp. 31-43)* Vol. 9.
- Trevarthen, C. (1993). The Self born in intersubjectivity: The Psychology of an infant communicating. In U. Neisser (Ed.), *The Perceived Self: Ecological and interpersonal sources of self-knowledge* (pp.121-173). New York, Cambridge University Press.
- Van der Kolk, B. (2014). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.* Penguin Publisher, New York.
- Winnicott, D. (1953). Transitional objects and transitional phenomena: A study of the first not-me possession. *International Journal of Psychoanalysis, 43, 89-97*.
- Winnicott, D. (1965). *The Maturational Process and the Facilitating Environment: Studies in the Theory of Emotional Development*. New York: International Universities Press.