



The Ripple Effect

The Impact of Empathy in Healthcare

Empathetics
Summer 2017
Newsletter

Tip of the Month: The Importance of Empathy

Self empathy is not self centeredness, it is self preservation. The way you take care of yourself is ultimately how you will care for others. Self empathy means being kind to yourself when you make a mistake, which will make you kinder to others who make mistakes. It begins with you.

Does Empathy and Warmth Make a Physician Seem More Competent?

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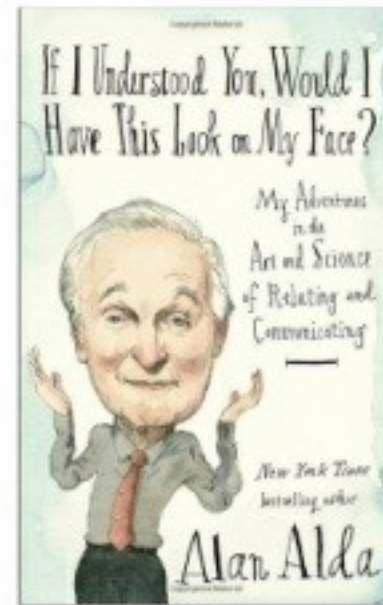
Empathetics Summer Reading Tips!

Do you want to understand the people you engage with at work, home and play in a deeper way?

Empathetics suggests two new communication skills titles by two diverse communications experts that will educate, entertain and delight your summer holidays.

Alan Alda's new book, *If I Understood You, Would I Have This Look on My Face? My Adventures in the Art and Science of Relating and Communicating*

Alan Alda, known for his charming wit as Sky Hawk on M*A*S*H*, and for his years hosting the long running television series, "Scientific American Frontiers," shares the secrets of improvisational theater techniques and empathy to foster greater understanding between people. His love of science and intuitive mastery of communication are woven together in an engaging and immediately useful new book.



Frank Sesno's new book, *Ask More: The Power of Questions to Open Doors, Uncover Solutions, and Spark Change*

Frank Sesno, a television journalist, former White House Correspondent, CNN anchor, and Washington bureau chief, is director of the School of Media and Public Affairs at the George Washington University. His exciting new book draws from years of asking questions of some of the most powerful and powerless people in the world. His book categorizes questions in a way that can open and expand conversations. From diagnostic questions, to strategic questions, to empathy questions, mission and legacy questions, Sesno's book makes one think about the questions that need to be asked to bridge impassés and help improve our lives.

