

EQUITY- GROUNDED COUNSELING: Serving Black Students WEBINAR SERIES

Empathy as a Tool for Equity



Welcome & Invitation to the Space

Dr. Wendy Stewart

*Dean of Counseling & Student Development
MiraCosta College*

Community & The Porch

Dr. Adrean Askerneese

*Counseling Faculty
MiraCosta College*

Nkonsonkonson





Framing for the Work

Luis Chavez

Senior Director

Career Ladders Project

Founding Member, COLEGAS

Speakers



Selam Gebrekristos, MS, LMFT
Counselor & Coordinator
EOPS/NextUp Program
San Diego City College
Co-Director/Lecturer
San Diego State University
MA in Education, Counseling



Mercedes Tiggs, LCSW
Umoja Co-Coordinator
EOPS Counselor
Palomar College
CalWORKs Counselor
San Diego City College
Founder, Eight16 Culinary Therapy



How do we define empathy?



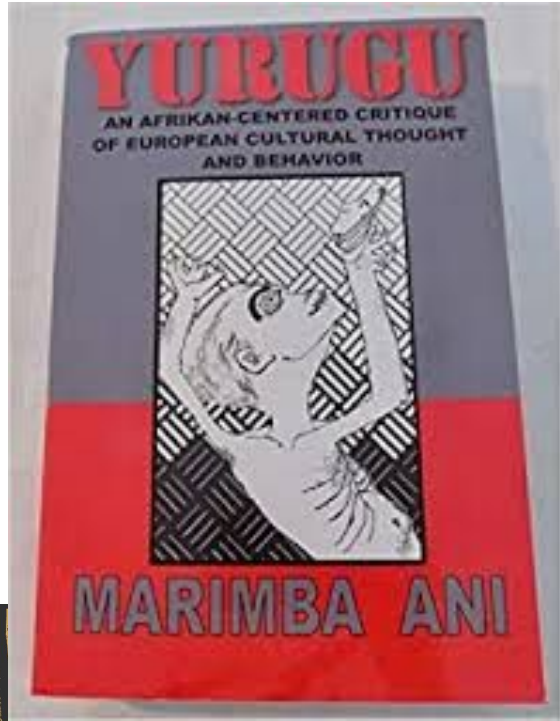
- Empathy is a deeply feeling what another feels in any given moment in that person's unique life experience
- Experiencing the inner world of another
- It allows for joining between counselor and students
- Empathy term coined in 1908

How do we define empathy?



- The Neuroscience of Empathy
 - Mirroring the Mind
 - Shared Pain

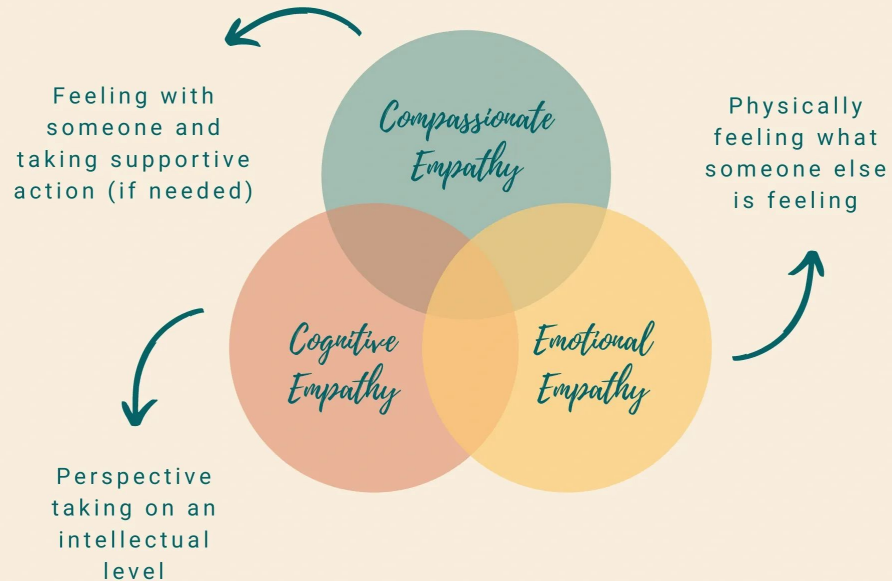
Yurugu: An African-Centered Critique of European Cultural Thought and Behavior



- African folklore of an incomplete human, Dogon people of Mali, West Africa

The three types of

Empathy



Empathy versus Sympathy



Empathy versus Sympathy

	EMPATHY	SYMPATHY
Definition	Understanding the feelings of another	Feeling pity for others
Relationship	Personal understanding and care for another's struggles or situation	Understanding of one's experiences and well-being
Scope	Positive and negative experiences	Pity for negative experiences

Why Empathy Matters



Without empathy, we cannot understand the diverse students and communities we serve.

Why Empathy Matters



- Students come to be viewed as academic producers rather than social-emotional beings.
- In our educational roles, it is vitally important that we model how empathy has power to influence a variety of contexts and interactions. Investing in the well-being of both our students and our colleagues promotes a positive, empathic culture

Empathy in the Counseling Relationship



- Carl Rogers, in developing the person-centered approach to counseling, recognized empathy as being necessary within the therapeutic relationship to bring about psychological contact.
- Carl Rogers's 3 core conditions: empathy, congruence, unconditional positive regard
- Empathy is central to the helping relationship

Empathy in the Counseling Relationship



- Empathy is not a counseling skill as such; it is more *a way of being*. It is very important because it underpins the skills that we might bring to a session.
- Empathy Skills for Counseling: be in the here & now, the golden rule, active listening, ask open ended questions, don't jump into "fit it" mode, validate feelings, "we," not "me", and tune into nonverbal communication

What is the relationship between race and empathy in America?



Dr Joy DeGruy



How empathy can
serve as a tool for
equity practices in
serving Black
students

- Northwestern University Study: Race and Empathy Matter
- Empathy
- Empathy Is More Than “I Hear You”
- It takes a village
- Empathy can show up in different ways and when working with Black students it needs to show up in a specific way

Empathy in Action



Putting it into practice

“Perspective Taking,”
or putting yourself in
someone else’s shoes

Communicating that
you can recognize
that emotion

Understand
Students’
Feelings

Communicating
Understanding

Recognizing emotion
in another person
that you have maybe
felt before

Staying out of
judgement and
listening

Questions?

Zoom users:

Please let us know your questions in the chat

YouTube users:

You will need to log in to add your questions in the live chat function.

TAKE IT TO THE PORCH

- What are simple ways that we can show empathy to Black students in our formal and informal interactions?
- How do we embody empathy in the language that we use with Black students?
- How do we show empathy in virtual spaces?
- How might a Black student experiencing empathy in a Counseling space differ from their day-to-day interactions in the world?
- What cues do we receive from Black students that show they feel connected?
- If a student walked into our physical or virtual spaces, what in the environment shows that they are welcome? unwelcome?

NEXT WEBINAR:

Deconstructing the process of career & educational planning

February 5th
8:30 am to 10:00 am

EQUITY GROUNDED COUNSELING

Serving Black Students

4-PART WEBINAR SERIES

EMPATHY AS A TOOL FOR EQUITY

JANUARY 29TH
8:30 - 10:00 AM



Dr. Adrean Askerneese
Counseling Faculty
MiraCosta College



Devon Boone, LCSW
CARE Manager
MiraCosta College



Dr. James Canady
Counseling Faculty
Grossmont College

DECONSTRUCTING THE PROCESS OF CAREER AND EDUCATIONAL PLANNING

FEBRUARY 5TH
8:30 - 10:00 AM



Selam Gebrekristos, MS, LMFT
Counselor & Coordinator
EOPS/Next Up Program
San Diego City College



Jonathan Henderson, MA
Regional Coordinator
Umoja Community
Education Foundation



Don Love, MA
Umoja Co-Coordinator/
Coordinator
MiraCosta College

ADDRESSING BASIC NEEDS IN EDUCATIONAL COUNSELING ENVIRONMENTS

FEBRUARY 19TH
8:30 - 10:00 AM



Nicole Jones, MS, MFT
Dean, Counseling Services
Cuyamaca College



Dr. Wendy Stewart
Dean, Counseling &
Student Development
MiraCosta College



Mercedes Tiggs, LCSW
Umoja Co-Coordinator/
EOPS Counselor
Palomar College

MAINTAINING AN EQUITY FOCUS IN THE FACE OF OPPRESSIVE STRUCTURES

FEBRUARY 26TH
8:30 - 10:00 AM

Sponsored by:



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- Hey!
- Activity
- My Stuff
- Find

Go to the Clientside for Public →

Public

CACN, a community of practice sponsored & facilitated by the Career Ladders Project

The CaCN (California Counseling Network) basecamp group, open to ALL student support services professionals and counselors at high schools and community colleges, serves as a communication and exchange tool in support of student success and equity.



Campfire

- Kerry Compton 1:42pm
Not to my knowledge, but I
- Deidre Hill-Valdivia, Ed.D 1:55pm
Thanks, Kerry.

Message Board

- Student Supports Going Virtual!
- Student Supports Going Virtual!

Docs & Files



The background features a decorative border with a repeating pattern of yellow and black geometric shapes, including vertical and horizontal lines, and small squares, set against a dark background.

Thank you for joining us!

The recording, presentation and resources from today's session will be emailed to all those that registered.

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