

BUILDING A CULTURE OF EMPATHY TOGETHER

EMPATHY IN FOCUS



COGNITIVELY

awareness of the inner state of the other, understanding of thoughts and content



AFFECTIVELY

recognition of the emotions of the person with whom one empathizes, emotional reaction

Building capacity for empathy together we are adding value to democracy rights, peace in the family, and in the world.



WHAT?

Experiencing and understanding emotional experience of another person



WHO?

building a culture of empathy is a job for all: family, partners, coworkers, professionals in mental health groups



WHY?

for protection, binding, successful socializing, resilience, survival (life events, stress, trauma)



HOW?

through communication, thoughts, emotions working on: perception, listening skills, communication



"Empathy reduces stress and fosters resilience, trust, healing, personal growth, creativity, learning and nourishing connection,.... also transforms conflict and supports sustainable collaborative action and positive social change" - Carl Rogers

responsability - social awareness of empathy

How to ensure empathy in the society?



obligations of authorities clearly defined by the Protocol

- Police
- Medical facilities
- Judicial bodies
- new: establishment of family courts
- Social welfare centers/ CZSS
- Educational institutions



GOOD CLINICAL PRACTICE

- bio + psycho + social model of understanding of health and illness
- cruciality of the 'patient - therapist' relationship
- multidisciplinary approach



SOCIETY

- Public awareness of the mental well-being
- National media campaigns #empatijasada
- increasing the number of shelters and their availability
- Education

PROTOCOLS IN HANDLING VIOLENCE IN THE FAMILY, PROTOCOLS IN HANDLING SEXUAL VIOLENCE



Neuropsychiatric Hospital Popovača and Good Practices:

3-years project with NGO "Female's room"(Ženska soba) and Zagreb City office for Health welfare in Sensibilisation against sexual violence- education for med.staff and supervision

Cooperation with NGO Delfin-Pakrac, support for human rights and Civil society, support for victims at Courts/psycho support

Activities in "Croatian Network of Health Cities/lectures/articles

Cooperation "No to addictions"city Novska/EU Social Fond supp.

"Hospital without a fence" lectures in Mental Health for community



Poster is prepared by Jasminka Matić, mr.spec., Clinical Psychologist, NPB Popovača/Graph. designed by Anja Jogunica X CROATIAN CONGRESS ON CLINICAL PSYCHOPHARMACOLOGY WITH INTERNATIONAL PARTICIPATION CULTURE OF EMPATHY IN CLINICAL PSYCHOPHARMACOLOGY: HOW TO INCREASE TREATMENT EFFECTIVENESS IN PSYCHIATRY

"Empathy is the medicine the world needs" - Judith Orloff / I Chinese-Croatian Congress on Clinical psychiatry and Psychology with theme on Global Mental Health Applied Psychology and Psychiatry: "Growing challenges of the 21st Century", Dubrovnik, September 8-11, 2022