



RICE

SUSANNE M. Glasscock School of CONTINUING STUDIES



Understanding Empathy

Empathy, the ability to understand another person’s feelings and thoughts, is at the root of all successful relationships. It is an ancient concept (“do unto others as you would have them do unto you”) and a focus of popular and scientific interest. Psychologist Michael Winters, Ph.D., reviews research and philosophical wisdom about empathy and shares strategies to better comprehend others and ourselves. This course also examines the role empathy plays in close relationships, like love and parenting, and in promoting cross-cultural understanding. This lecture-style class incorporates some discussion and in-class exercises.

TOPICS INCLUDE

- Defining empathy; how empathy has been viewed throughout history
- The capacity for empathy; is the brain “wired” for empathy; lacking empathy as a necessary but not sufficient condition for evil; strategies for increasing empathy
- Empathy as a spiritual concept
- Self-empathy
- Is empathy needed to solve the world’s problems?



Michael Winters, Ph.D., is a psychologist in private practice in Houston, former director of the Rice University Counseling Center and a frequent presenter at the Glasscock School of Continuing Studies. He is a diplomate in logotherapy—a meaning-centered psychotherapy—and has taught at Rice University, Purdue University, the University of Houston and other higher-education institutions.



	Oct. 15–Nov. 12, 2018
SCHEDULE	Five Mondays 1–2:30 p.m.
FEE	\$175 \$165 if registering by Oct. 1 \$158 for Rice alumni
CEUs	0.75
FORMAT	On Campus

Note: This course is offered for educational purposes only. Please consult with the professional of your choosing if you are seeking specific therapeutic or medical advice.

To register for this class or browse all available courses, visit us at glasscock.rice.edu/personal.