



Roots of Empathy

Racines de l'empathie

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The attachment relationship is the template for all other relationships in life

- **Secure attachment is the single biggest predictor of positive learning outcomes , associated with greater emotional regulation, social competence and a willingness to take on challenges**
 - *Bergin and Bergin 2009*





Trauma from insecure attachment relationships may result in...

- **Toxic stress: high levels of stress hormones leads to hyperarousal (fight-flight) and dissociation (tuning out)**
- **Inability to manage behaviour**
- **Shame- hypersensitivity to criticism/apparent lack of remorse**
- **Impaired understanding of others and difficulty with perspective taking and challenges to empathy**
- **Feelings of worthlessness and poor self-esteem**
- **An inability to feel joy**

• *Bergin and Bergin 2009*





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