

www.bornslivskundskab.dk

www.trainingempathy.com

”Empatiboken Empati – det som limer verden sammen” Jesper Juul, Peter Høeg, Michael Stubberup, Helle Jensen, Jes Bertelsen, Steen Hildebrandt.
Arneberg Forlag 2013

”Fra Lydighet til ansvarlighet – pedagogisk relasjonskompetance.” Jesper Juul & Helle Jensen.
Pedagogisk Forum, 2003.

”Nærvær og empati i skolen.” Helle Jensen. Gyldendal
Norsk Forlag 2014

Film om nærvær og empati, se
www.filmkompagniet.dk

www.bornslivskundskab.dk
www.trainingempathy.com

- *"Empathy. It's what holds the world together."* Jesper Juul, Peter Høeg, Jes Bertelsen, Steen Hildebrandt, Helle Jensen, Michael Stubberup. <http://www.jesperjuul.com/shop>
- *"Hellwach und ganz bei Sich"* Helle Jensen, Beltz 2014
- *"Vom Gehorsam zur Verantwortung"* Jesper Juul & Helle Jensen, Beltz 2009
- Jesper Juul *"Familienberatung. Perspektiv und Prozess"* + plus München, 2012
- **Film's with English/German subtitles:**
www.filmkompagniet.dk/en,
- www.vimeo.com write nfon for "Empathy and Aggression – the existential Twins" by Jesper Juul

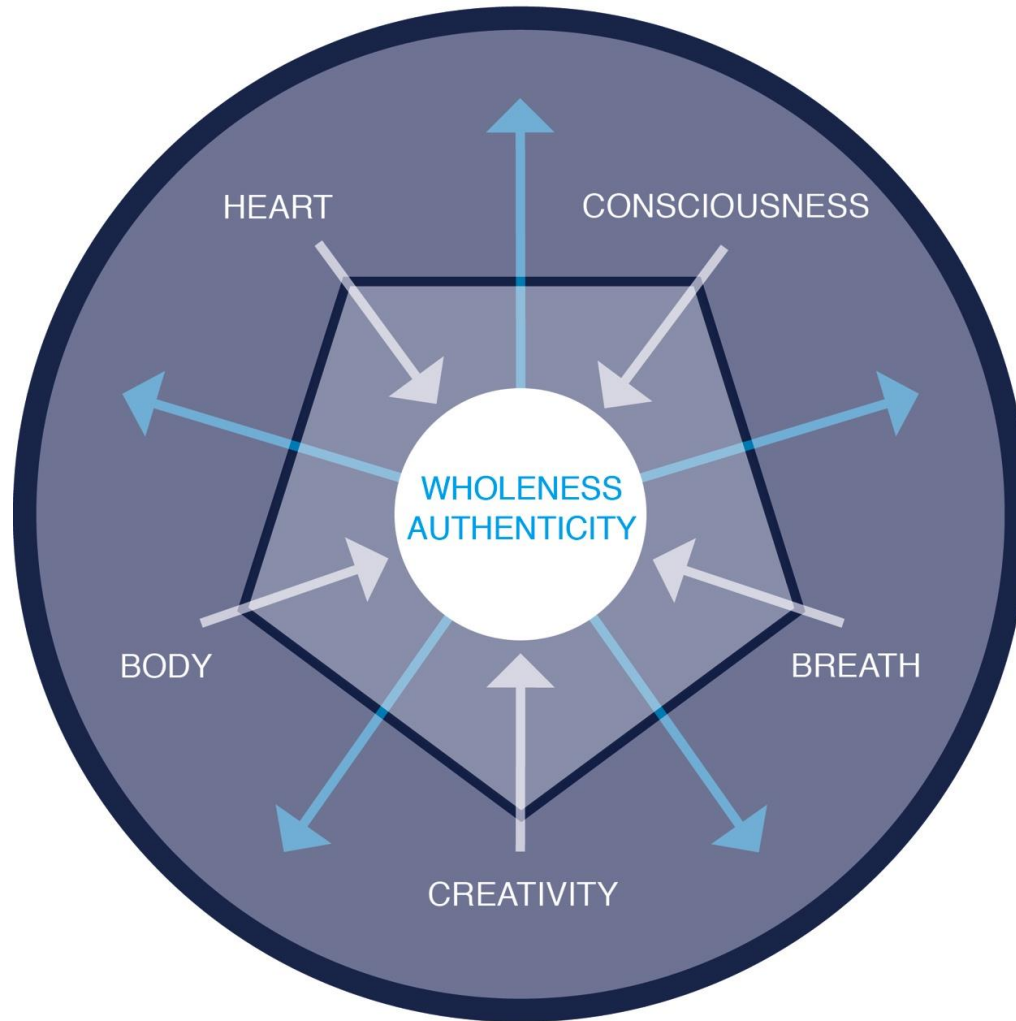
The important Relations

- If we want to create a good learning environment it's important to teach teachers to create good relations: To show tolerance, respect, interest, empathy and compassion to each child and appeal to the children's understanding of a conflict instead of bullying them
- (From a review of 220 studies of different factors of importance for the learning environment, Danish Pedagogical University, 2008)

Relational Competence

- The professional's ability to “see” the individual child on its own terms and attune her behavior accordingly without giving up leadership, as well as the ability to be authentic in her contact with the child.
- And as the professional's ability and desire to take full responsibility for the quality of the relation

GATEWAYS of EMPATHY



Research

- Four year Research Program at the Teacher Education in Aarhus carried out in a collaboration with BL, Aarhus University, Faculty of Arts, Department of Education and 6 Public Schools in the Area around Aarhus.
- 2 classes training the development of mindfulness, empathy and relational competence.
- Preliminary results from the first 2 years.

The Thesis of the Research Project

Systematic work with awareness, presence, empathy and relational competencies will strengthen the students ability to establish a positive learning environment for the children in school

Relation Building Strategies

Proff. Per Fibæk Laursen and Ass. Proff. Anne Maj Nielsen

Intended Relation Building:

Student teachers reflect on relations to students and decide to build and/or change a relation.

Having an expressed reflective intention to assume an open and inviting approach.

Intentional insisting to change unsatisfying relations.

Lucky Relation Building:

Relations grow out of lucky situations where student teachers become aware of how they can support a good relation building.

Levels of education

Speeches on Pedagogical Arrangements

Seminars 1 – 3 days

Seminars 5 – 10 days

2 – years training, 4 x 9 days

Goals

- Enhance and develop empathy and compassion
- Enhance the contact to the inner strenght and core
- Enhance the ability to be aware and present

Means

- Remember the natural competencies (the gateways in the pentagram)
- Use more of the competencies at the same time
- Remember the breaks – change of activities and change of gear

Berit Bae

“Acknowledgement is a manner of behaving or an attitude and not a communication technique. To respond to someone with acknowledgement means to be able to use all of yourself – both feelings and intellect.

It is not a matter of any outer device or technique, but of something which must come from the inside. (That is why it cannot be learned in a quick weekend seminar!)”