

		SD	ST	P	F	V	E	G
PIL N = 157	Purposes	0.338	0.555	0.523	0.418	0.391	0.437	0.516
	Process	0.422	0.611	0.606	0.404	0.324	0.398	0.542
	Result	0.399	0.632	0.602	0.473	0.419	0.487	0.596
	Locus-Control-I	0.375	0.523	0.530	0.530	0.413	0.506	0.566
	Locus- Control-Life	0.345	0.531	0.513	0.388	0.348	0.405	0.507
POI N = 93	Orientation of the time					0.325	0.319	0.304
	Values					0.280		
	Creativity				0.273			
	Autonomy				0.434	0.396	0.435	0.331
	Self-understanding				0.367		0.307	
	Auto sympathy				0.419	0.381	0.430	0.345
	Total score				0.406	0.379	0.412	0.342
EPI N = 82	Neuroticism	-0.511*	-0.344*	-0.475*	-0.454*	-0.463*	-0.496*	-0.511*

Tab. 2: The significant Spearman correlations between scales ES and tests PIL, POI and EPI. p <.01; \*p <.05.

the ES test version satisfy the validity requirements such as the internal validity, external validity, criterion validity and is applicable for the Russian-speaking population, first of all, as measuring tool in psychotherapy and counseling practice as well as in the research of personality features.

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## Different types of empathy indications in psychological practice

Diploma work at MSU (Moscow State University), Psychological Faculty, 2007

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**Summary**

In this graduate work empathy is investigated by a phenomenological procedure which aim is the perception of essence. Empathy can be understood as a perception of a person’s essence. This is a theme of greatest interest in psychotherapy since being seen and understood in one’s essence is what the clients need most in psychotherapy.

Three stages of phenomenological perception in empathy may be extracted in the following way:

- 1<sup>st</sup> stage: getting information;
  - 2<sup>nd</sup> stage: experiencing own feelings as a reaction on this information (primary emotion);
  - 3<sup>rd</sup> stage: understanding of the essence (integrated emotion – a feeling regarding a primary emotion).
- It should be noted that these stages

are the stages of receiving impressions. Besides of these phases Personal Existential Analysis differentiates more phases for the therapeutic practice: a phase of taking a position and a phase of action performance, but these phases weren’t taken into consideration in this work.

Existential analysis doesn’t consider empathy only as a sharing of the client’s feelings. It puts emphasis on integrated emotions which help to understand the meaning of the primary emotion in the context of personal life. Only experienced psychotherapists with a strong self are able to create such kinds of integrated impression.

In consequence of the different understanding of empathy in psychotherapeutic schools we have differen-

tiated three types of empathy noticeable in the practical psychotherapeutic work.

This classification is done for the following reasons:

- type of emotion (primary or integrated);
- subject which is at revelation of this emotion (client or psychotherapist);
- correlation with the Self (if it occurs or not).

**Peculiarities of each type of empathy**

**I type** – paying attention to the *primary emotion*. This type of empathy is relevant at early stages of psychotherapy. It’s important to reflect emotions that can be realized by the clients at the present moment.

**II type** – expression of *understanding*. The psychotherapist reflects integrated emotion or facilitates its realization. This type of empathy should be

applied at final stages of psychotherapy.

**III type** – *assumption* concerning primary or integrated emotion is made by the psychotherapist: he/she suggests his/her own impression of what (s)he had heard from the client, sometimes even expressing confrontation. At early stages of psychotherapy when trusting connexion isn't established this type of empathy should be applied with caution.

According to the phases of the Per-

„to want“ are used frequently, especially with children. For type I of empathy the main technique used by the psychotherapists is *mirroring*: the psychotherapist reflects an emotion which is contained in the phrase of the client or in the context.

*Type II*: At the beginning of a phrase the psychotherapist often uses parenthesis („so“, „in other words“). In the empathic phrase it's not only the position

allows you to do“). In the last case there are words like „probably“, „maybe“ etc.

## Results

The research has shown that in the overall work of C. Rogers empathy type II prevails. The amount of empathic statements of type I has decreased in the later work compared to his early ones whereas the empathic statements of type II and III have increased.

In A. Laengle's works the empathy type III prevails, though type II is also widely present, but empathy type I is absent.

In the sessions of the client-centered psychotherapist empathy type III dominates, which suggests that this work is probably accomplished more in the form of existential analysis than of Rogerian type.

In M. Snider's work with children empathy type I is mostly used, and type II is almost absent.

The attribution of the types of empathy was done by means of a discourse analysis; however this matching shouldn't be done formally but in close consideration of the context of the psychotherapeutic session. Therefore the matching of empathic statements should be accomplished according to a phenomenological understanding and not by a mechanistic matching of words.

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Subject	Emotion		Correlation with Self
	Primary	Integrated	
Client	I type	II type	+
	III type	III type	-
Psychotherapist	III type	III type	+

sonal Existential Analysis a sequence of types of empathy can be presumed: at the early stages of psychotherapy it's better to use mostly type I, then type III and at the end of psychotherapy type II (which means that the client has learned to cope with himself/herself in the same way as the psychotherapist did). This consecution should be considered as a logical one rather than a temporal one.

The psychotherapy sessions were studied by the following transcripts:

- 1) sessions of an ordinary psychotherapist who works in a course of client-centered psychotherapy;
- 2) fragments of sessions of C. Rogers and his colleagues (early and later works);
- 3) fragments of A. Laengle sessions;
- 4) fragments of M. Snider's psychotherapeutic work with children in kindergarten.

All empathic statements have been marked and attributed to one type of empathy in each group of texts. The therapeutic approaches have been compared with each other subject in the amount of empathic statements of different types.

*Type I*: An example is the construction like „You feel ...“ used more often than „You are ...ed“ – for example („You feel irritation“ instead of „You are irritated“). *Verbs* „to like“ and

[stand, opinion, and attitude] of the clients which is expressed, it can be also a position of the psychotherapist (in 38%). As an example of a phrase in which the position of the client is expressed: „You treat him badly not because he hadn't treated you kindly, it is because you can't be proud of him, right?“ Example of the phrase in which the position of the psychotherapist is expressed: „It is completely right that you have no hope in this situation“. Technique used by the psychotherapist is paraphrasing: the psychotherapist retells what the client had said before.

*Type III*: There are different pronouns used: I (in 38%, for example, „When I hear..., I feel distrust“) or you (in 44%, for example, „Maybe you feel that you do more than your breeding

## Wörterbuch der Logotherapie und Existenzanalyse von Viktor E. Frankl

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