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# Cultivating Empathy Inspiring Health Professionals to Communicate More Effectively

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## About the ebook

Cultivating Empathy is perfect for any student or practicing health care professional who has felt that there was an absence of rapport when interacting with clients or patients and their families. Readers will gain awareness about human and emotional aspects of patient care, which will hopefully make a positive contribution to their professional practice.

### Contents

- ▶ What is Empathy
- ▶ When the Client/Patient Feels Alone
- ▶ Why Empathy is Sometimes Lacking: The Influence of Environmental Factors
- ▶ What it Feels Like to Experience Empathy
- ▶ How to be Empathetic
- ▶ Dealing with Difficult People and Situations with Empathy and Care
- ▶ Understanding Compassion Fatigue

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