

HEALING MODEL OF COMPASSION

LISTEN: OVER AND OVER WITH CLOSED MOUTH

Allow Victims to Process Their Experiences Over Time without Interruption or Interrogation

EMPATHIZE: PUT YOURSELF IN THE OTHER PERSON'S SHOES

Display Warm Gestures of Understanding While Refraining from Critiquing Their Personal Choices

IDENTIFY: FIND YOUR PARALLEL EXPERIENCE WITHOUT SHIFTING THE FOCUS TO YOURSELF

Very Briefly Share a Similar Experience to Show You are Listening Well

ASK: HOW CAN I HELP?

Ask This One Question to Demonstrate You are Willing to Support Them on Their Journey

ACCEPT: BELIEVE THE EXPERIENCE TO BE TRUE

Believe the Experience to be True without Asking Doubting Questions

VALIDATE: MIRROR BACK WHAT YOU UNDERSTAND

Convey It's Not Their Fault and That Nothing They Did Deserves Maltreatment

ENCOURAGE: OFFER SUPPORT FOR THE OTHER'S PATH

Provide Them Hope That with Education and Support, They Can Gain Clarity and Heal

GRIEVE: WITH THEM FOR ALL THEY HAVE LOST OR WILL LOSE

Maintain a Meaningful Connection by Sharing in the Healing Power of Mourning