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November 24th 2021: Creating Empathic Connection

In this episode, my guest David B. Alexander and I will discuss the essential elements of empathic communication, specifically focusing on Marshall Rosenberg's Nonviolent Communication approach, and Harville Hendrix and Helen Hunt's Imago Relationship Therapy. Topics include Mirroring and Observations, Validation and Needs, Empathy and Feelings, and Behavior Change Requests, principles that apply to all of our relationships.

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Featured Guest



David B. Alexander

David B. Alexander, LP's therapy work is focused on individuals and couples, as well as organizational therapy for leaders and their teams, leading to connection, well-being, and achieving more of one's goals in life. He uses principles of Gestalt Therapy, psychoanalysis, and Nonviolent Communication, as well as a lifetime of study and teaching Zen and Tai Chi Chuan. In his activities as a speaker and facilitator, David brings his experience as a psychotherapist, consultant, partner, and parent, as well as integrating a lifelong practice and teaching of meditation and Tai Chi Chuan.

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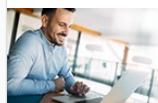
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