

Empathy & Acculturation

ParentLink & CASPP
College of HES Extension
University of Missouri
Presentation to Cambio De Colores, 2008



Introductions

Purpose of Today's Presentation:

Discover how **empathy** is an important resource that serves as a buffer between family stressors and crisis. Even though all families face stressors, newcomers experience unique challenges. We postulate that **empathy** is a resource that receiving communities can develop so that newcomers can more successfully acculturate.

What Will We Learn Today?

- Identify unique challenges that newcomers experience.
- Discover how **empathy** is an important resource that serves as a buffer between family stressors and crisis.
- Learn empathy skills to help effectively receive newcomers to our community.

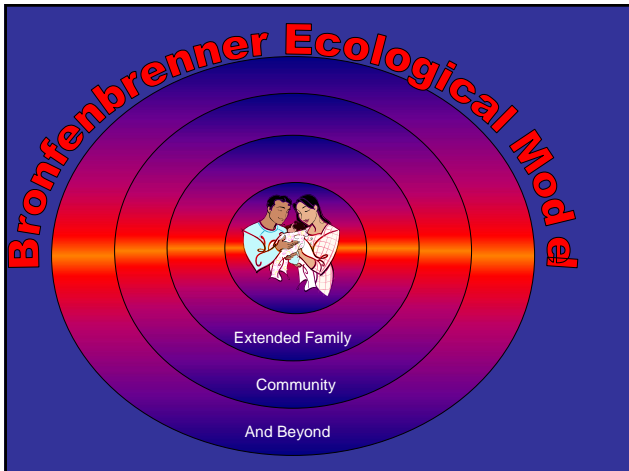
Story of Acculturation

Ale tells her story about buying flour

Empathy as a Community Resource

Presenters:

Carol Mertensmeyer
Alejandra Gudino
Roodhouse, Megan Elizabeth,
Etc.

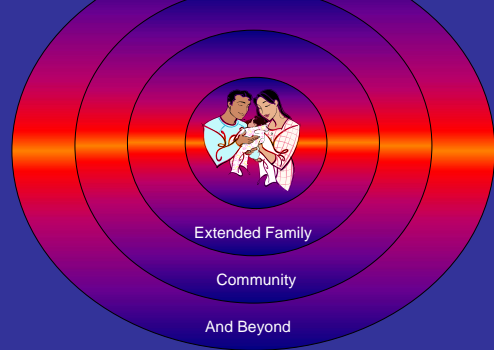


Levels of Support



Partner Support

Levels of Support



Extended Family

Community

And Beyond

Universal Stressors

Examples:

Poverty

No Child Care

Lack of Meaningful
Employment

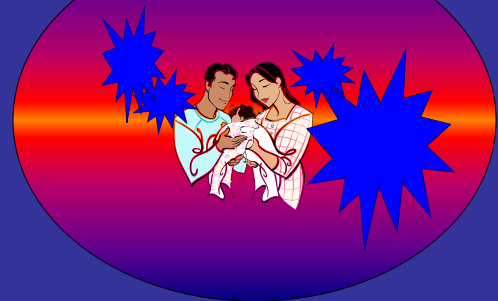
Work-Family Conflicts

No Transportation

No Health Care



Newcomers' Stressors



Newcomers' Stressors (as Observed in Intro Activity)

1. Language Barriers
2. Work Related Stress
(Lack of Employer Understanding & Empathy)
3. **Social/Cultural Environmental Stress (Cuellar 2002)**
Perceiving oneself as a target or victim of discrimination by members of the dominant group



Additional Newcomers' Stressors

4. Separation from Supports
5. Migratory Journey Stress (physical environment)
6. **Social/Cultural Environmental Stress (Cuellar 2002)**
Perceiving oneself as a target or victim of discrimination by members of the dominant group



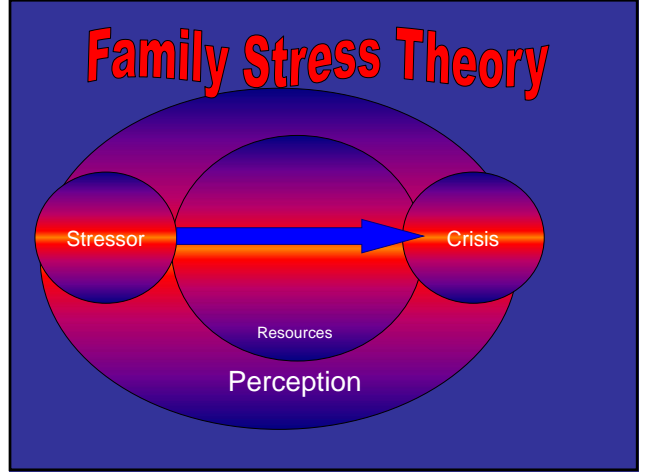
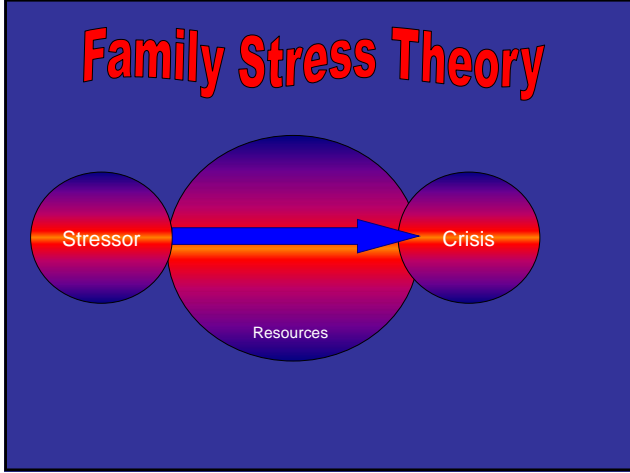
Newcomers' Stressors Handout

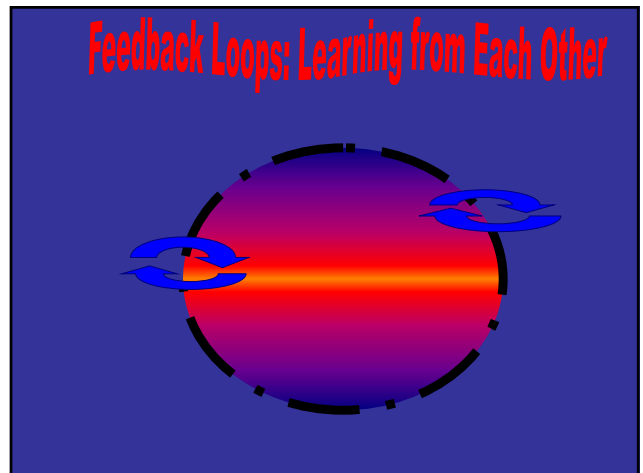
Family Stress Theory

Stressor

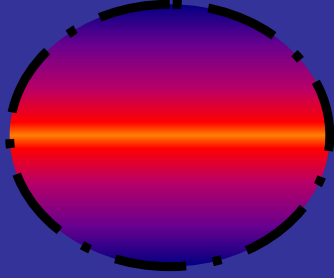
Crisis







Boundaries: Closed or Open?



Depends on Skills & Trust

How do we learn from each other



when our boundaries are closed?

How Do We Create Empathic Communities?

Each of us can take responsibility.

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We can begin one by one,

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We can begin one by one,

- Learn to listen --- really listen --- listen to understand
- Learn to speak: Speak to be understood

Learning Empathy Skills

Presentation by:

Kelly Warzinik

Love's Cradle

Love's Cradle is a research-based curriculum designed to teach empathy skills to couples. It is the primary focus of a \$5M ACF grant project called Connecting for Children that is a partnership of HDFS Extension (CASPP and ParentLink) and Head Start.

Building Skills

Listening to Understand;
Talking to be Heard

Skill Handouts

Taking Action

Committing to Empathic Action

Connecting with You
Please Address an Envelope

What Did We Learn Today?

- Identified unique challenges that newcomers experience.
- Discovered how **empathy** is an important resource that serves as a buffer between family stressors and crisis.
- Learned empathy skills that will help me and others to more effectively receive newcomers to our community.