

Contents

Tables *v*

Foreword *vii*

Preface *ix*

Introduction: About the Prepare Curriculum **1**

Part 1: Theoretical Foundation and Program Overview **11**

Part 2: Empathy and Social Competence Training Lessons **21**

Lesson 1: The Problem Situation 23

Lesson 2: What Is Empathy? 29

Lesson 3: Attending and Nonattending Behavior 33

Lesson 4: Identifying Your Feelings 39

Lesson 5: Ten Years from Now 43

Lesson 6: Increasing Feelings Vocabulary 53

Lesson 7: Range of Feelings 63

Lesson 8: Introduction to HEARS 73

Lesson 9: The “H” of HEARS: Hold the Correct Posture 87

Lesson 10: The “E” of HEARS: Eye Contact 97

Lesson 11: The “A” of HEARS: Assess the Person’s Feelings Correctly—
Part 1 103

Lesson 12: The “A” of HEARS: Assess the Person’s Feelings Correctly—
Part 2 109

Lesson 13: The “R” of HEARS: Respond with Your Face
Appropriately 117

Lesson 14: The “S” of HEARS: Say the Person’s Feelings in Your Own
Words—Part 1 121

Lesson 15: The “S” of HEARS: Say the Person’s Feelings in Your Own Words—Part 2	125
Lesson 16: Practicing the HEARS Model	133
Lesson 17: “I” Statements	137
Lesson 18: Trust Accounts	145
Appendix: Empathy and Social Competence Training Fidelity Form	155
<i>References</i>	<i>159</i>
<i>About the Editors</i>	<i>165</i>
<i>About the Author</i>	<i>167</i>