

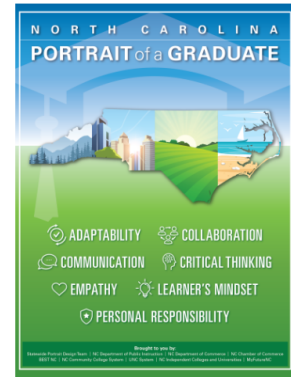


WHAT HAPPENED TO YOU? COMMON BOOK READ

FACILITATOR'S GUIDE

Empathy as a Durable Skill

One of the Competencies of [NC DPI Portrait of a Graduate](#) is empathy which emphasizes developing and supporting empathy in our graduates. One of the ways to start this is by Instructional Leaders and Teachers modeling what empathy is for our graduates.



Common Book Read

This year long work on developing empathy is best started with deep reading on empathy and trauma-informed pedagogy. We recommend starting with *What happened to you?* (see below). If interested, the E.M.P.A.T.H.Y™ Observation Protocol we offer later was adapted from the book titled *The empathy effect: Seven neuroscience-based keys for transforming the way we live, love, work, and connect across differences* by neuroscientist Dr. Helen Riess. In lieu of reading the second book, we also offer a couple of videos.

- *What happened to you?* By neuroscientist Dr. Bruce D. Perry and Oprah Winfrey (nice to have an electronic copy to take notes on but best on audible because it is read by the two authors)
- Videos: [The Power of Empathy](#) by Dr. Helen Riess; Reimagining empathy: [The Transformative Nature of Empathy](#) by Paul Parkin

Suggested pacing

Session 1	Chapters 1-3
Session 2	Chapters 4 & 5
Session 3	Chapters 6 & 7
Session 4	Chapters 8-10

NOTE: Facilitators can adjust the reading schedule and questions to fit the participants and the schedule.

Empathy Journal

Each participant should be given a physical journal or they may use the electronic empathy journal that has been provided. These journals can help participants keep track of their thoughts and reflections through each of the steps.

Begin with asking participants to read the first two pages of the Reading & Discussion Group Guide (**Printables:** [Discussion Guide](#) and [Journal](#)). Set the ground rules collaboratively by either having participants reflect on them in their journals or aloud, offering new ones as appropriate.

Participants can take notes on each chapter's reflection questions in their Empathy Journal (**Location:** [Empathy journal](#)) or the facilitator can ask them during the meeting. It can be helpful to have the questions beforehand and/or while reading for participants who like to be prepared.

It is best to have the discussion prompts posted somewhere (e.g. present this slideshow).