

MINDFUL LISTENING AND IT'S EFFECTS ON COMPASSION.

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Psychology, Mental Health, Mindfulness

INTRODUCTION

In the last nearly 3 decades it has been observed that lack of listening, which includes not feeling listened to, is one of the major causes behind a vast number of mental health and relationship problems. This includes – marital problems, family issues, depression, suicide, anxiety, and loneliness among many others. In the last 5 years it has been visibly noticed that number of depressions, suicides, anxiety, and divorces have gone up tremendously, and a not so commonly known reason behind this is the lack of listening or feeling truly listened to.

Through this presentation the speaker aims to share various discoveries in relation to mindful listening having an effect on empathetic compassion from the phenomenological and qualitative standpoint. Besides that, the presentation also aims to share various ways one can truly experience mindful listening and how it can not only help the therapists & clinicians when working with their clients, but also others in the audience. The practical information shared in the presentation can be applied with any age group varying from primary aged children to old aged adults. This keeps in line with the past research from Mindfulness Based Interventions.

AIM:

To promote compassionate mindful listening and its benefits.

CONCLUSIONS:

It is the speaker's attempt to depict and clarify that mindful listening can have an effect on one's level of empathetic compassion resulting in better and connection-based communication across various kinds of relationships. Some of the previously done research on listening and compassion will be presented.

KEYWORDS:

Positive Psychology, Mental Health, Mindfulness, Compassion

BIOGRAPHY:

Sneha Kukreja, is a Professional Mental health Counselor in Dubai, UAE. She completed her M.A. in Counseling Psychology from Sofia University, California, USA. In the past, she has had experience working in special needs schools as special ed. teacher along with working with the families of the special needs students to offer them support. During the years of working with special needs students, she offered mindfulness-based sessions to her students and discovered that mindfulness activities helped them feel calmer and more focused in class than before. Since then, her efforts have been concentrated on applying mindfulness and art of listening in her own practice in professional and personal life. She discovered that mindful listening skills when practiced, can contribute to improved self-awareness, greater connection, better communication and relationships.