

The Essence of Interpersonal Neurobiology and Empathy

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Received: September 17, 2020; **Published:** June 23, 2021

Interpersonal neurobiology

While children grow the interactions with others can assist with developing important certain factors such as, social skills, and language development. Furthermore, children may also learn about trust and how to develop healthy relationships. Wheeler and Taylor [1] expanded on interpersonal neurobiology and correlated it to play therapy. Through play children might interact with other peers and learn how to have positive interactions. In addition, Wheeler, *et al.* [1] described that interpersonal neurobiology is the connection between the mind, brain, and relationships that are built with others. In understanding, children may further their interactions with other peers by obtaining relationships. When relationships are being developed, the child's memory, emotions, and different parts of the brain may be heightened. Moreover, Wheeler, *et al.* [1] expanded on imperativeness of play, by saying that through play children learn how to express their feelings. It is essential that children learn how to express their feelings in a safe environment because it may lessen the display of negative behaviors.

Empathy within therapy

In continuation, children may attend therapeutic counseling sessions for various reasons and one of the reasons might be due to previous traumatic experiences. A child may have been abused by an individual and therapy may be used as a form of treatment. Yet in therapy clinicians may show empathy to their patients in order to express that they are listening to the child. When a clinician shows empathy, it can then assist in building trust and in obtaining the clinician-patient relationship. Goss [2] discussed the correlation between empathy and brain integration as it pertained to the therapeutic relationships. It was identified that in therapy when clinicians show empathy certain changes occur within the brain such as the reproduction of neurons, and reconstruction of the neural networks [2]. Therefore, therapy in general can be beneficial for a child's brain development.

Bibliography

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2. Goss D. "Integrating Neuroscience into Counseling Psychology: A Systematic Review of Current Literature". *The Counseling Psychologist* 44.6 (2016): 895-920.

Volume 13 Issue 7 July 2021

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