



Abstract Nr: 80
Internet ID: 248

Type of Presentation: Workshop

Building diverse communities of healing- bridging silos and cultivating connected culture.

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Learning Goal:

Appraise creative play as a unique way to discover more about yourself and others. Infer how sharing vulnerability connects others to your own experience. Experience reflective listening as a method of increasing empathy and clarity of others' experiences. Discover the healing potential of reciprocal attention.

Abstract Text:

Societies and institutions need an enormous shift in the way people relate to one another in order to truly thrive. Limited, cognitive-focused, and fear-driven environments are contributing to rising social isolation and compartmentalization. Community support systems are decreasing amidst an overemphasis of professionalized care. Finally, in times of crisis, we miss the opportunity to learn from the wisdom that lies within extreme state experiences as a gateway to improving our broader global community.

Empatiko emerged to be a catalyst for a cultural shift from disengaged to deeply connected. We're an organization driven by progressive ideas and inspiring people to take action. We humorously critique elements of society and find opportunities for empowerment and social change through creative positive protest. We design workshops that empower new social activism using elements like Improv Theater, Cultural Anthropology, Jungian Psychology, Design Thinking, and Open Dialogue.

In this workshop you will have the chance to step outside of your default mode and shift social patterns that you believe are not serving society. Discover your needs in connection, and embrace them in a playful, safe, creative space. Experiment with your own authenticity while being mirrors for each other. Together we will build a diverse community of people through embodiment, experience sharing, and creative inspiration.



**ON THE HEALING POWER
OF HUMAN RECONNECTION**