

Empathy for wildlife



LILLY FAMILY
SCHOOL OF PHILANTHROPY
INDIANA UNIVERSITY



THE NEW
SCHOOL
FOR SOCIAL
RESEARCH

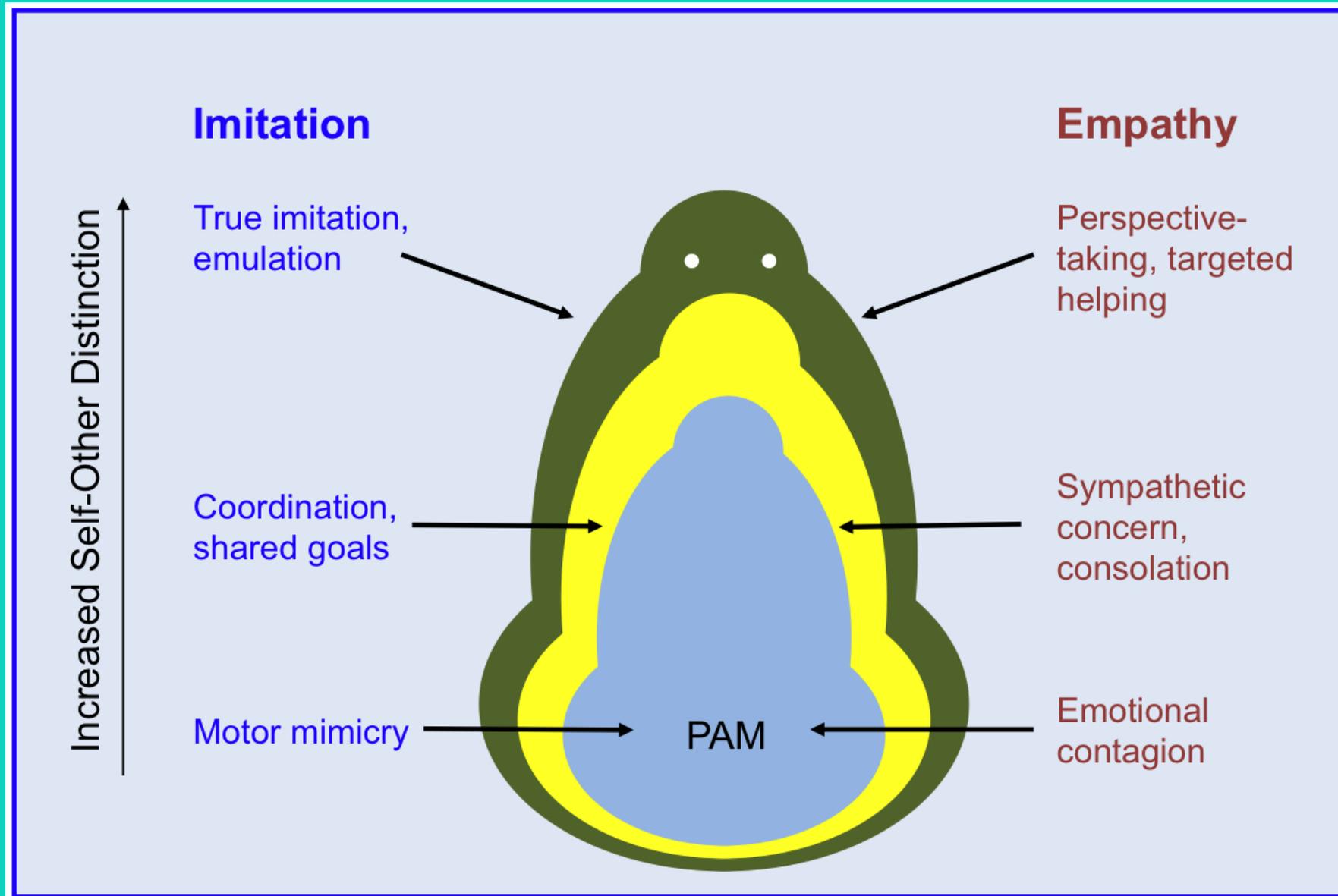


What is empathy?

“Empathy in the broadest sense refers to the reactions of one individual to the observed experiences of another.” ~Mark Davis, 1983

Russian Doll model of empathy

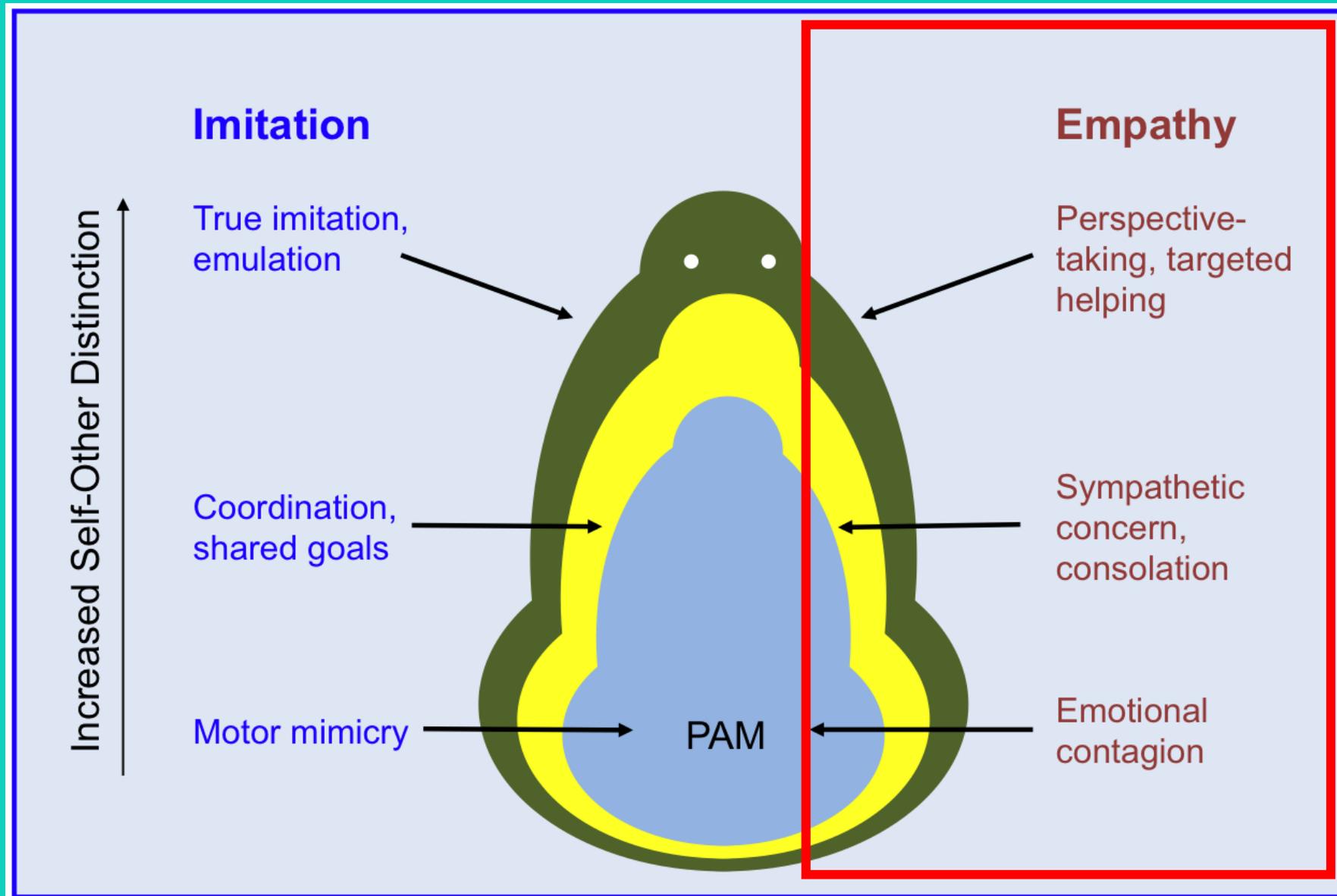
ACTION



MIND

Russian Doll model of empathy

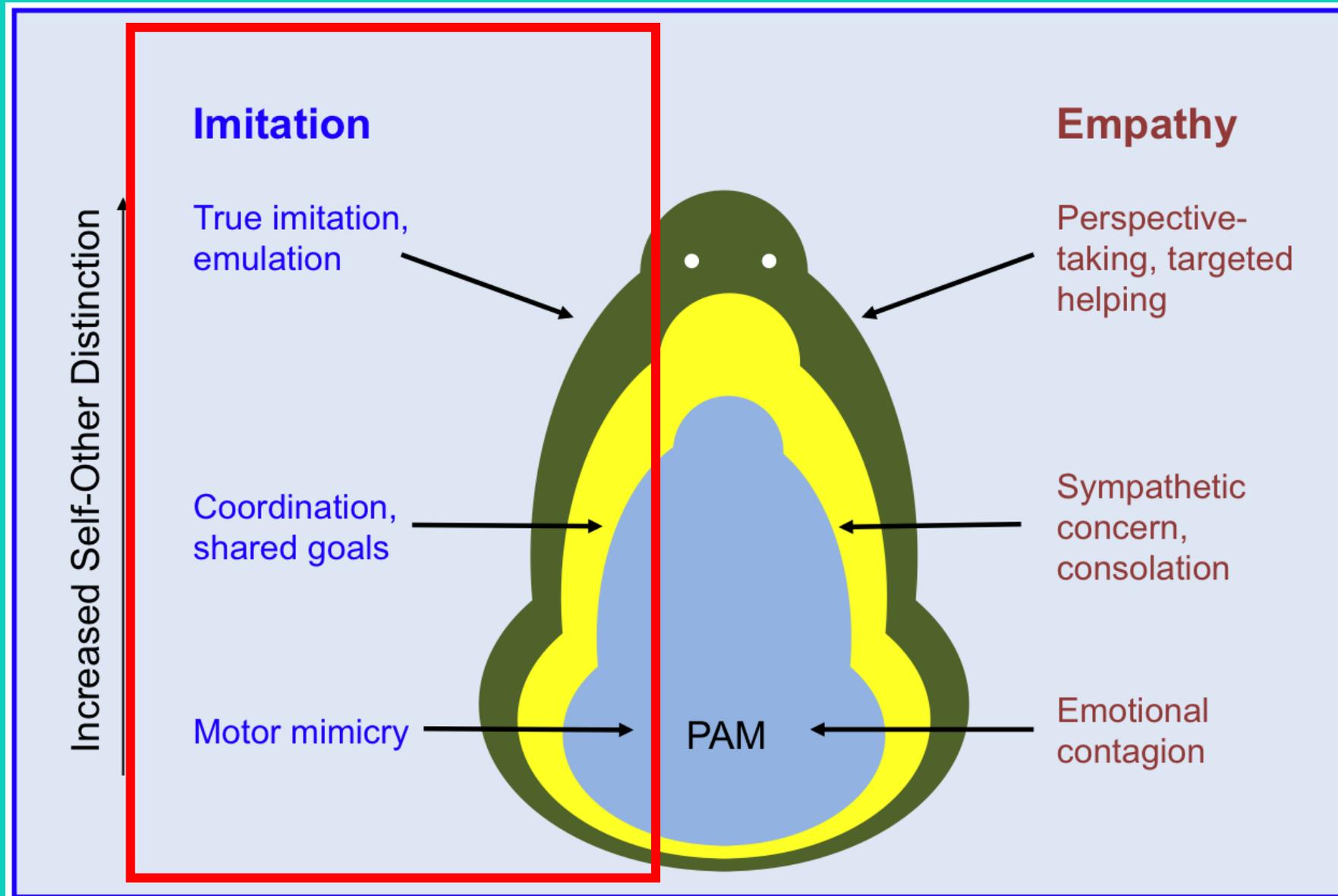
ACTION



MIND

Russian Doll model of empathy

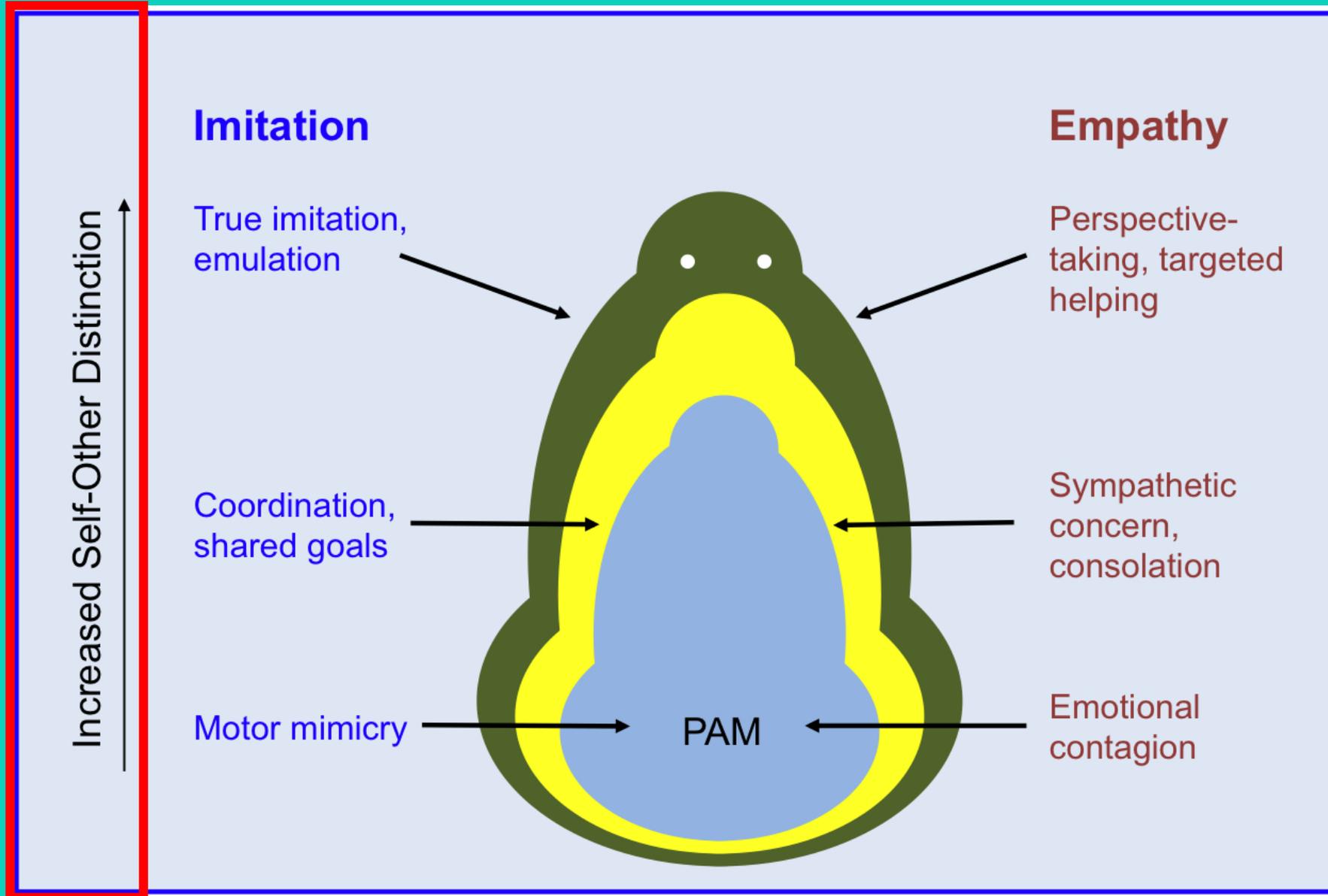
ACTION



MIND

Russian Doll model of empathy

ACTION



MIND

Why is empathy important?



 American Red Cross

 American Red Cross
Disaster Relief



Keep Left



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It's not just for the holidays!
SO organic for the holidays!
that's good for the environment!
Julie Duggan's test





STRESS





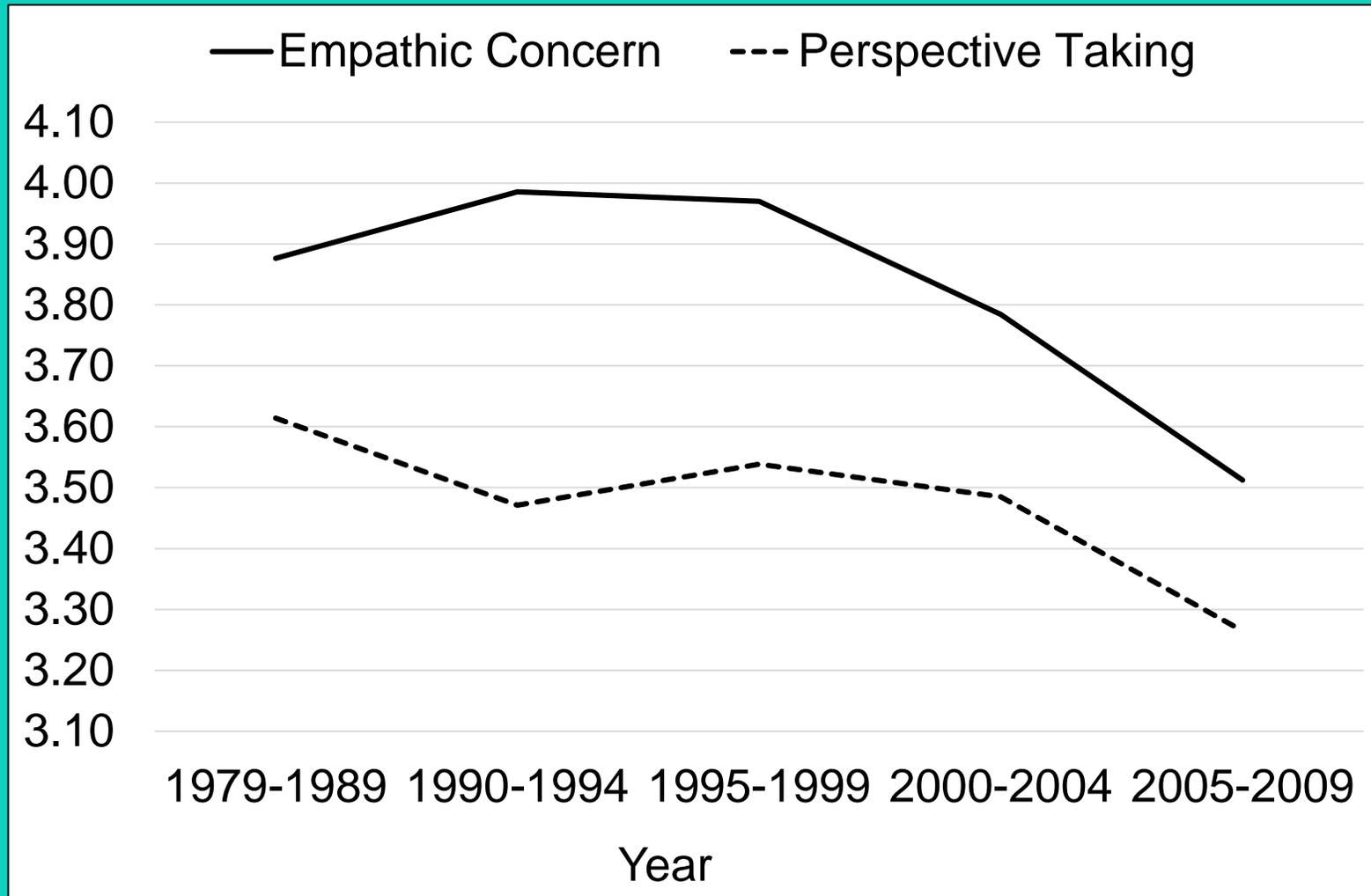


Empathy is good for others,
the planet,
and the self



What is happening to empathy
over time?

generational declines...



Konrath, O'Brien, & Hsing (2011)

concern for others

1966 to 2009:
national samples of
high school seniors
&
1st year college
students

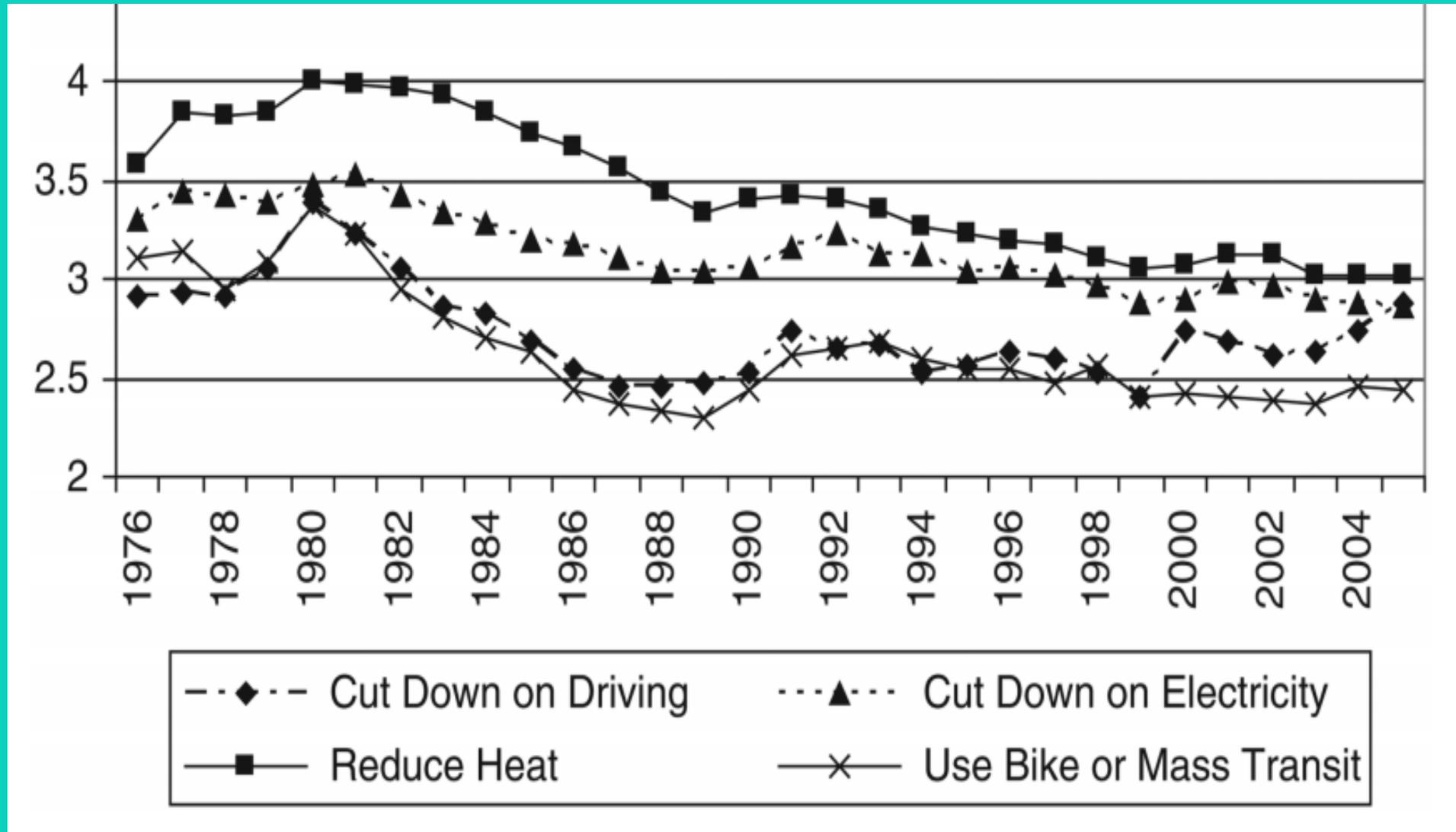


“I get very upset when I see other people treated unfairly.”

“It’s important to correct racial and economic inequalities.”

“It’s not really my problem if others are in trouble and need help.”

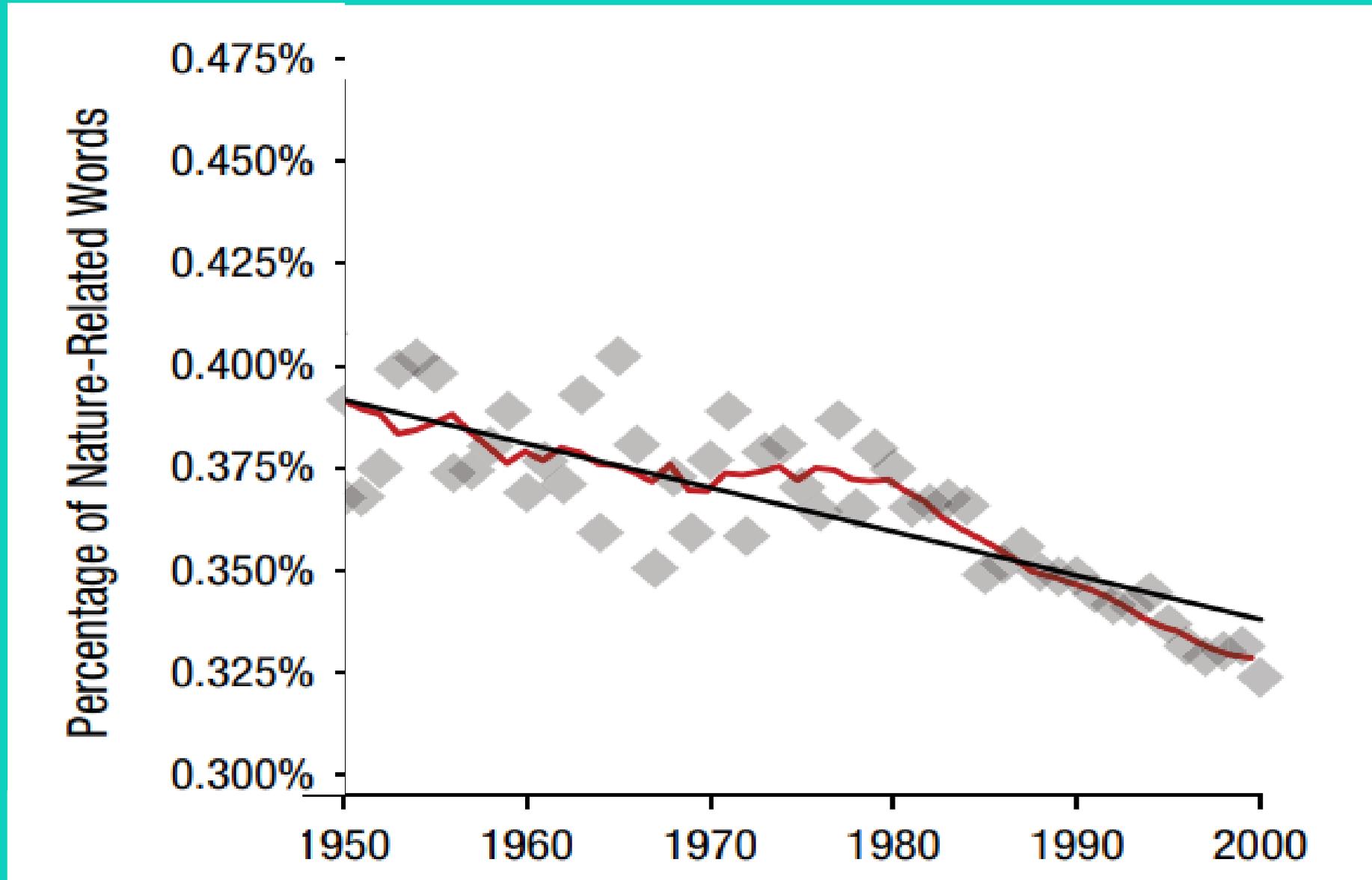
Declining environmental concern



Declining time in nature



Nature-related words in books over time



Kesebir & Kesebir (2017)

Which animals do people feel
empathy for?

x 22



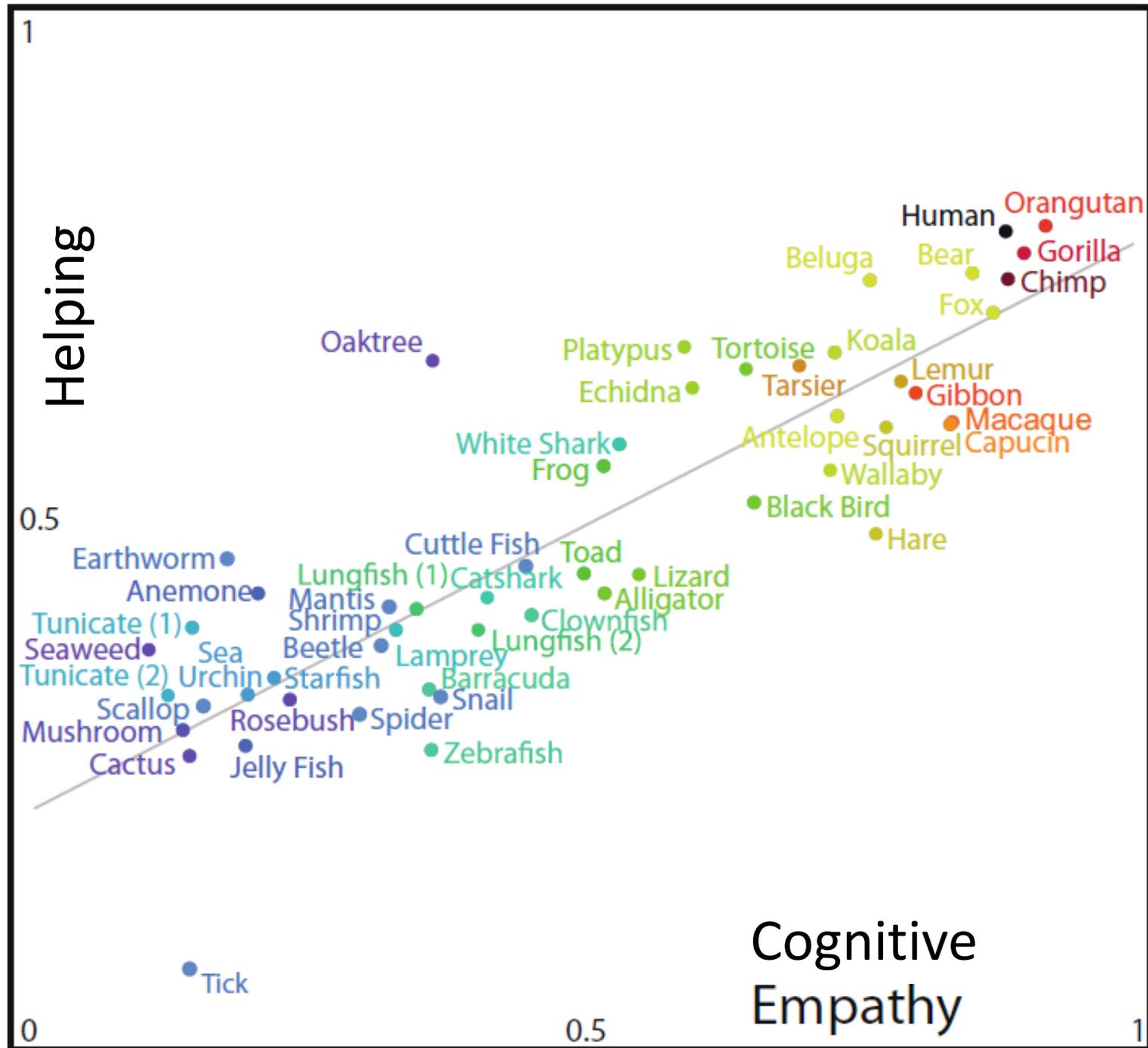
Cognitive empathic preference

I feel like I'm better able to understand the feelings or the emotions of (...)

Helping preference

If these two individuals were in danger of death, I will spare the life of (...) as a priority.

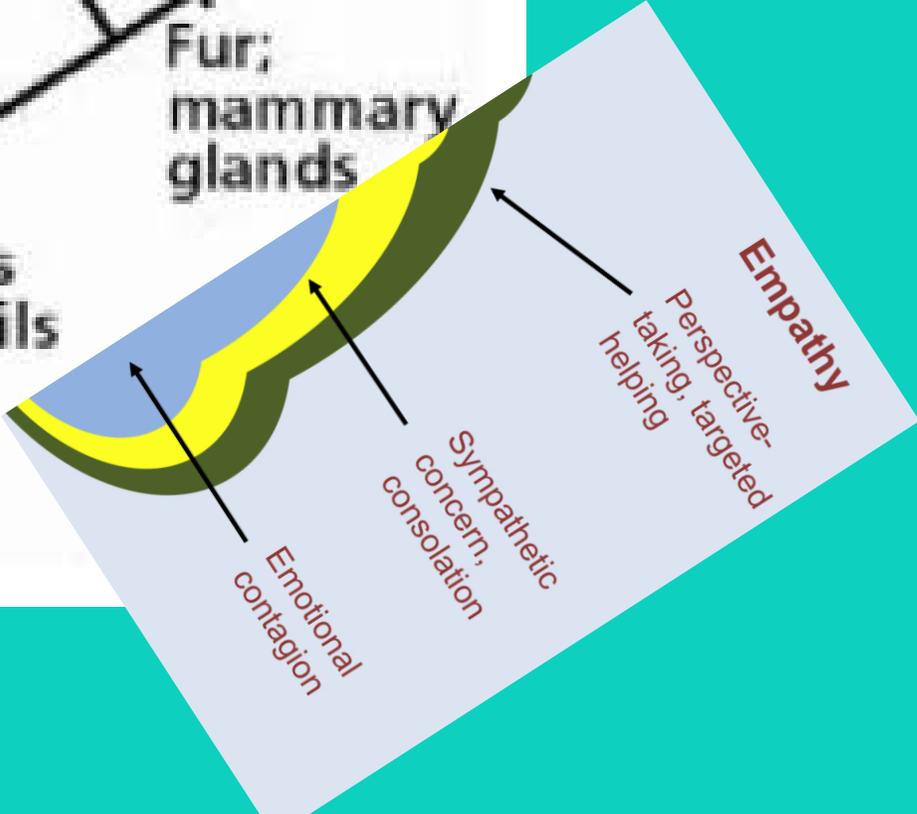
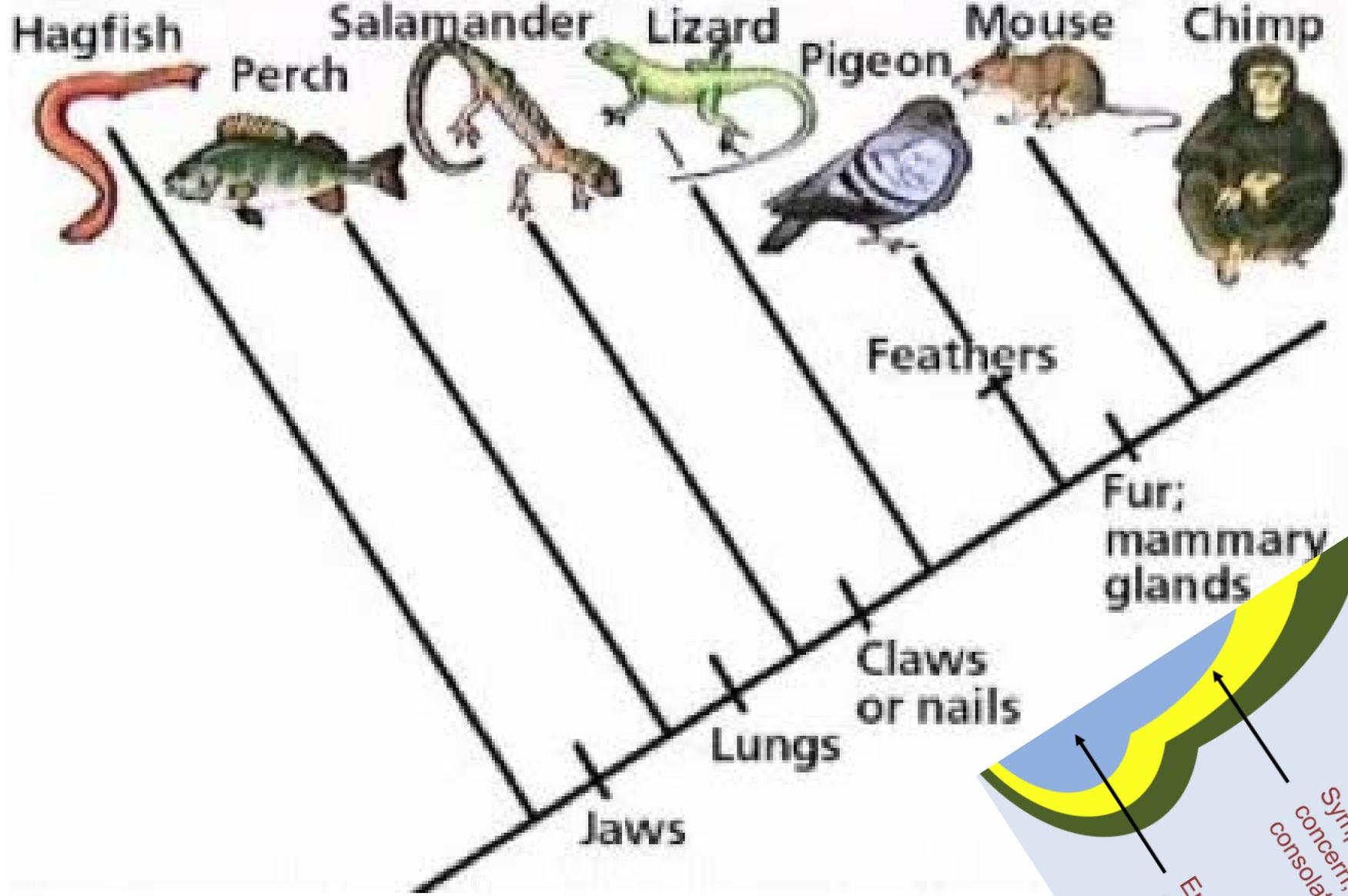
Miralles et al
(2019)

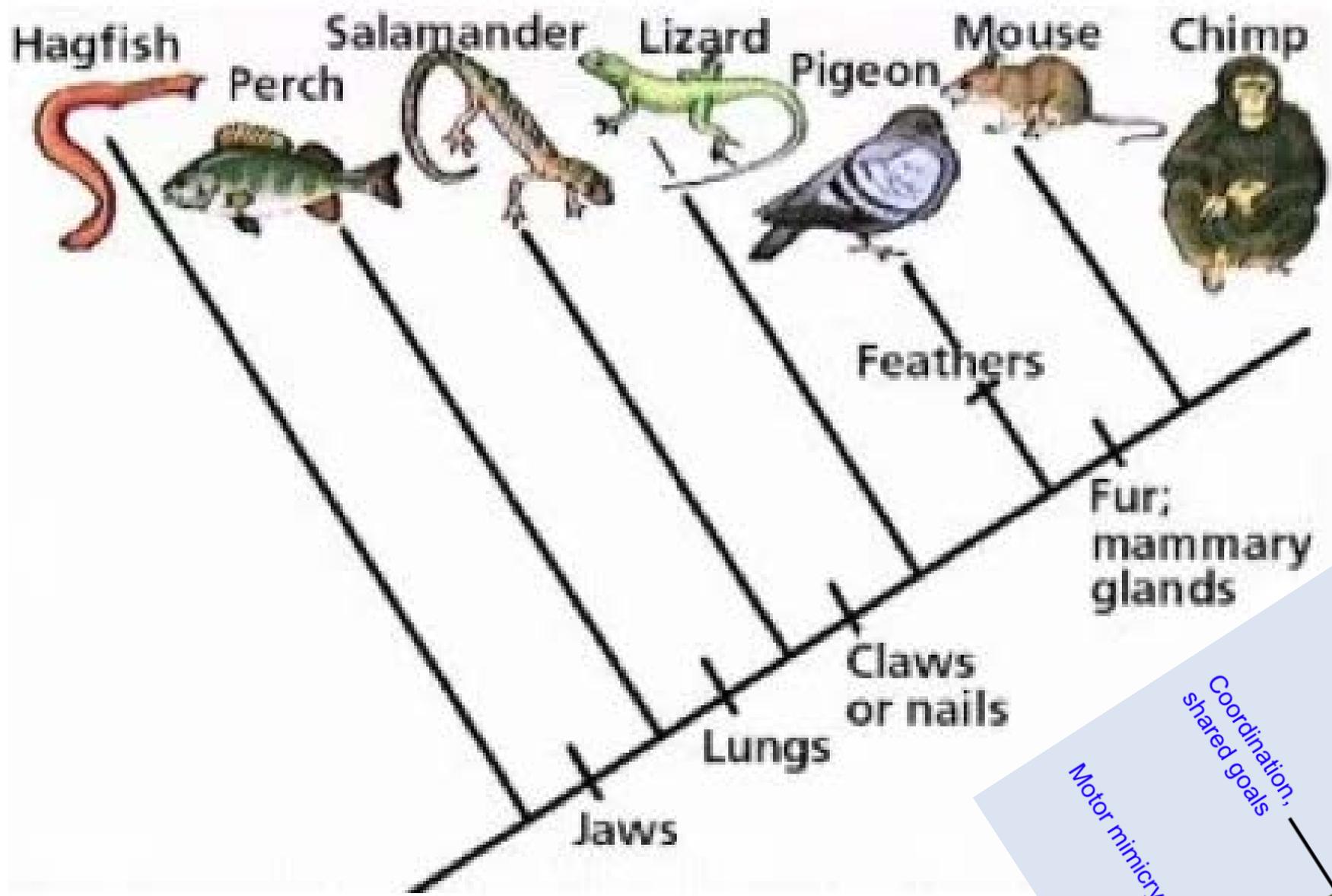


Which animals show empathy?

What is empathy?

“Empathy in the broadest sense refers to the reactions of one individual to the observed experiences of another.” ~Mark Davis, 1983





Imitation

True imitation,
emulation

Coordination,
shared goals

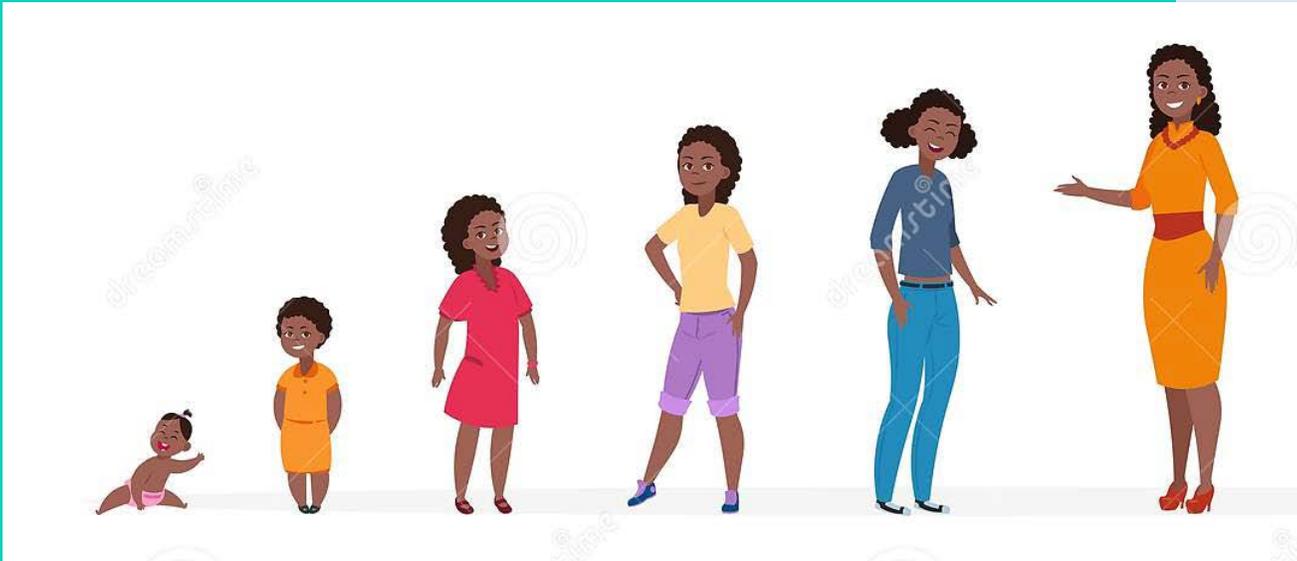
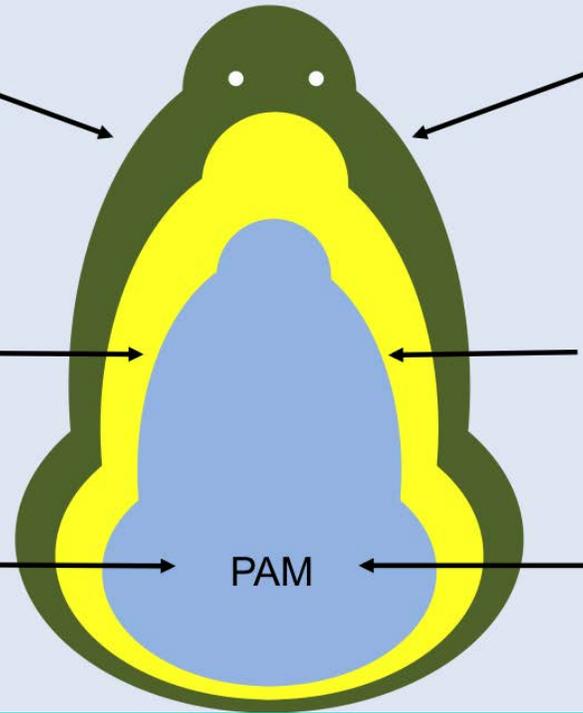
Motor mimicry

Empathy

Perspective-
taking, targeted
helping

Sympathetic
concern,
consolation

Emotional
contagion



How can we increase empathy
for wildlife?

Empathy is teachable and learnable through interaction and relationships

What is empathy?

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Intergroup contact effect

Spending time interacting with people who are different than us

→ lower prejudice

→ higher empathy

What is empathy?

“Empathy in the broadest sense refers to the reactions of one individual to the observed experiences of another.” ~Mark Davis, 1983

Helping a cagemate in need: empathy and pro-social behavior in rats

Inbal Ben-Ami Bartal¹, Jean Decety^{1,2,4}, and Peggy Mason^{3,4}

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QUARTZ

Ideas

Our home for bold arguments and big thinkers.

SENSITIVE BEASTS

Insects may be able to feel fear, anger and empathy, after all

July 4, 2015



By **Carla Clark**
Editor, BrainBlogger

2/10/2020

Birds Do It. Bats Do It. | Greater Good

MIND & BODY | Articles & More

Birds Do It. Bats Do It.

New research shows how cooperation prevails across the animal kingdom. What can humans learn from other species?

BY ALEX DIXON, JEREMY ADAM SMITH | NOVEMBER 1, 2009

Science News

from research organizations

Birds from different species recognize each other and cooperate

Researchers show for the first time how birds from two different species recognize individuals and cooperate for mutual benefit

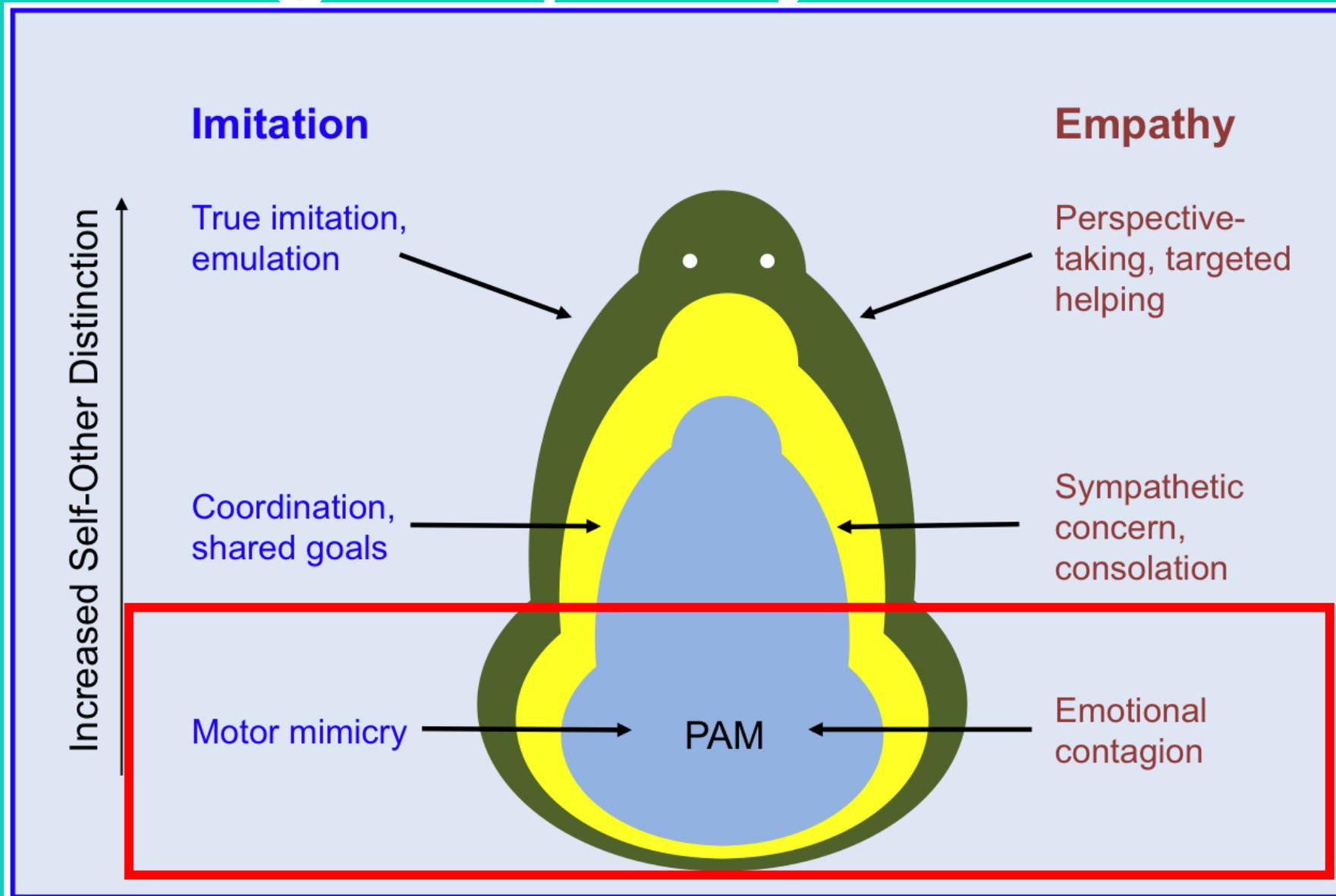
Date

CHAPTER 44

COMPARATIVE STUDIES OF COOPERATION: COLLABORATION AND PROSOCIAL BEHAVIOR IN ANIMALS

Katherine A. Cronin

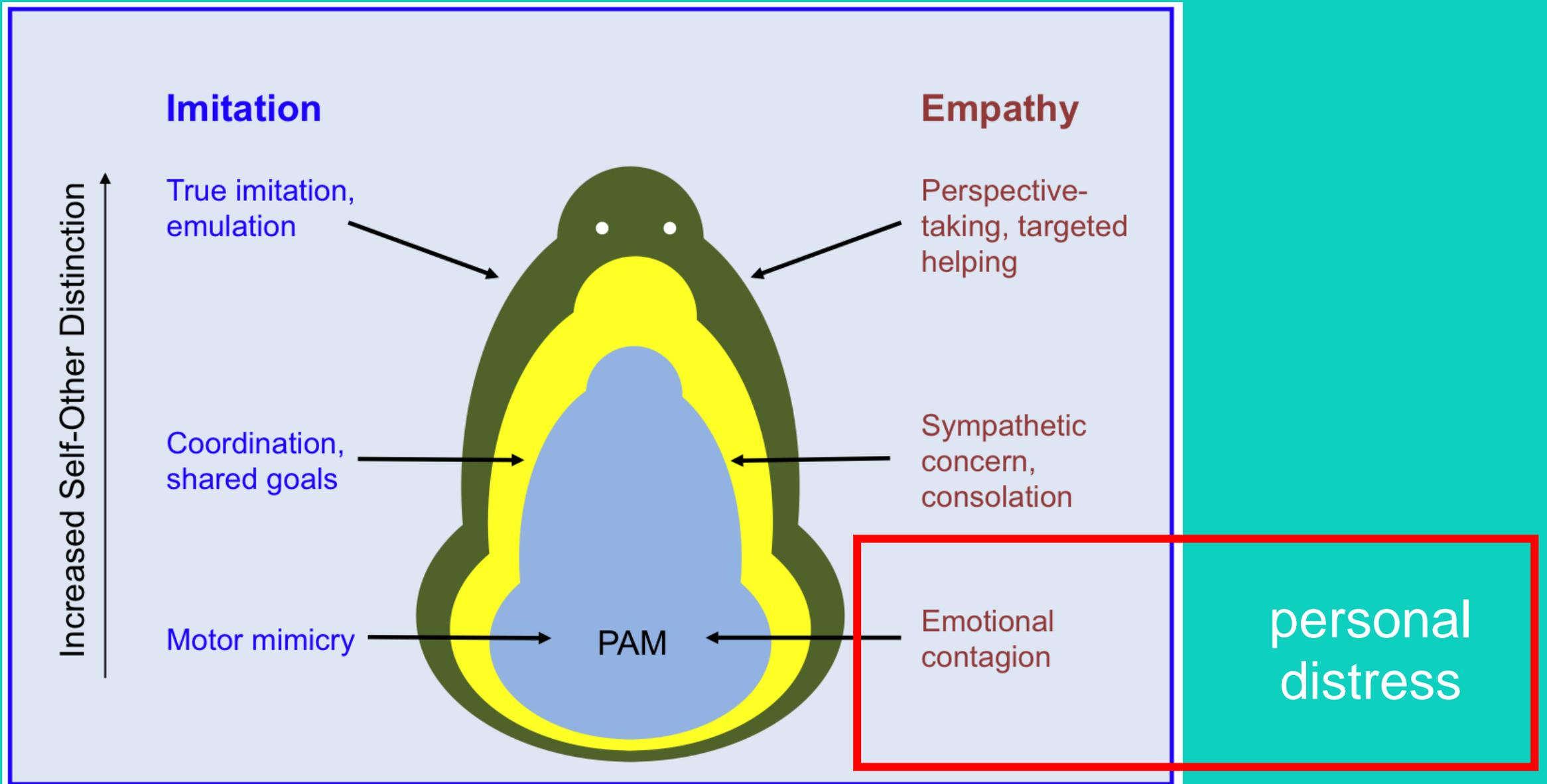
Building empathy for wildlife



Motor mimicry



The danger of emotion contagion



Reducing personal distress

Focus on fun, light, positive, playful mirroring activities

→ Not always possible

Reducing personal distress

Exercises to increase tolerance for threat and negativity

- 1) Attachment security (unconditional love)
- 2) Self-affirmation (important values)

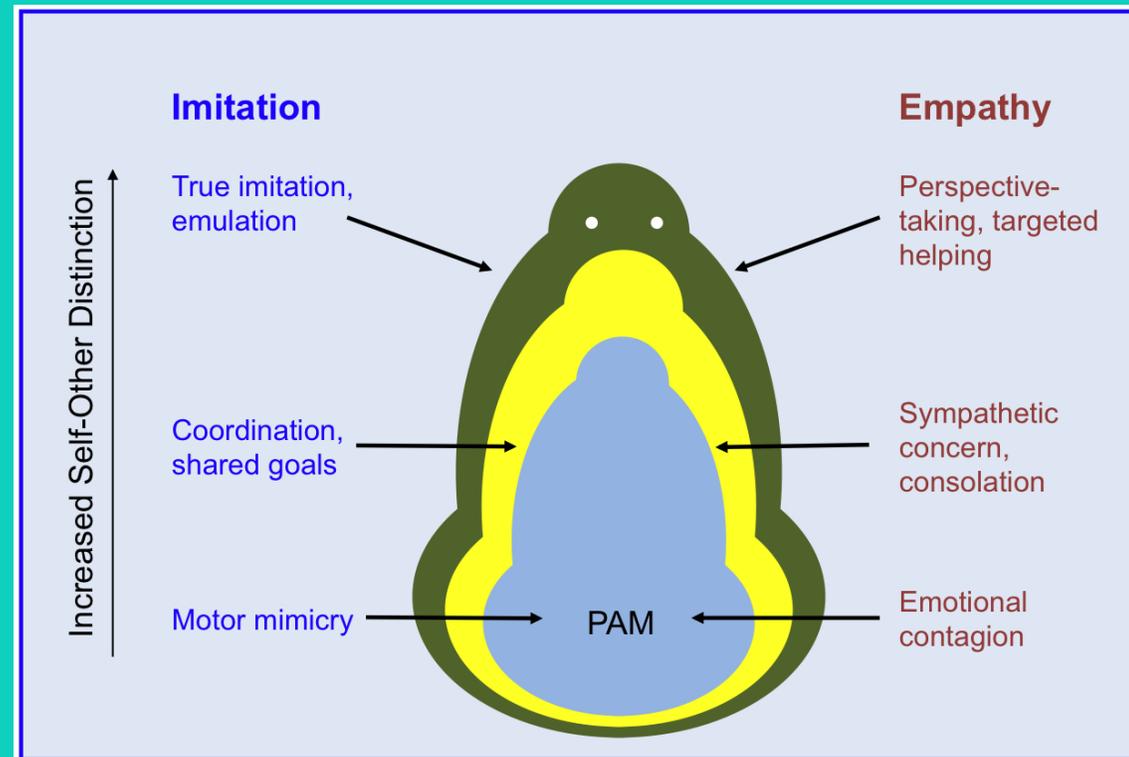
Reducing personal distress

Focus on the other – what is it like from their perspective, not one's own

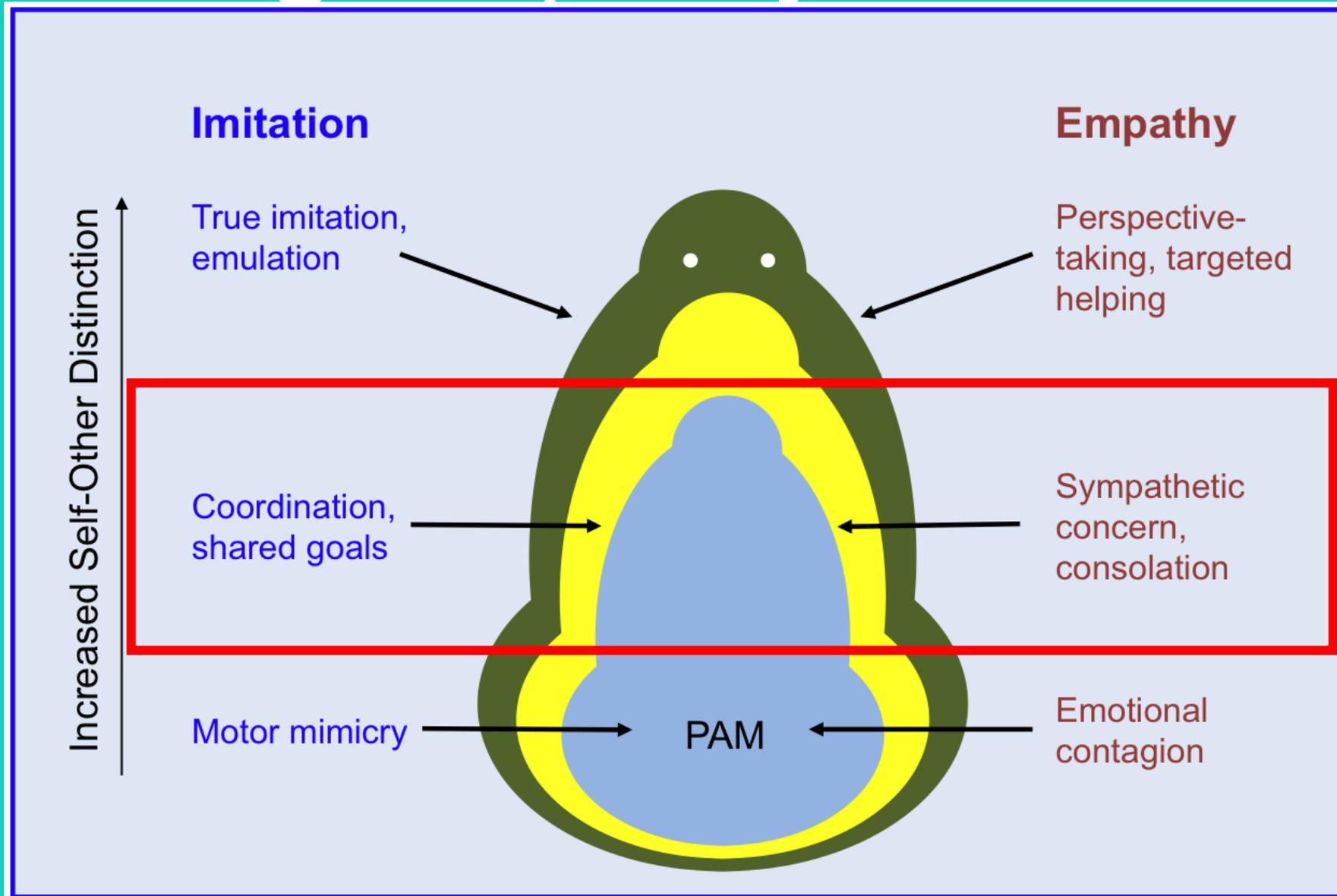
Reducing personal distress

Do not end on this stage

→ Purpose is to get to next level



Building empathy for wildlife



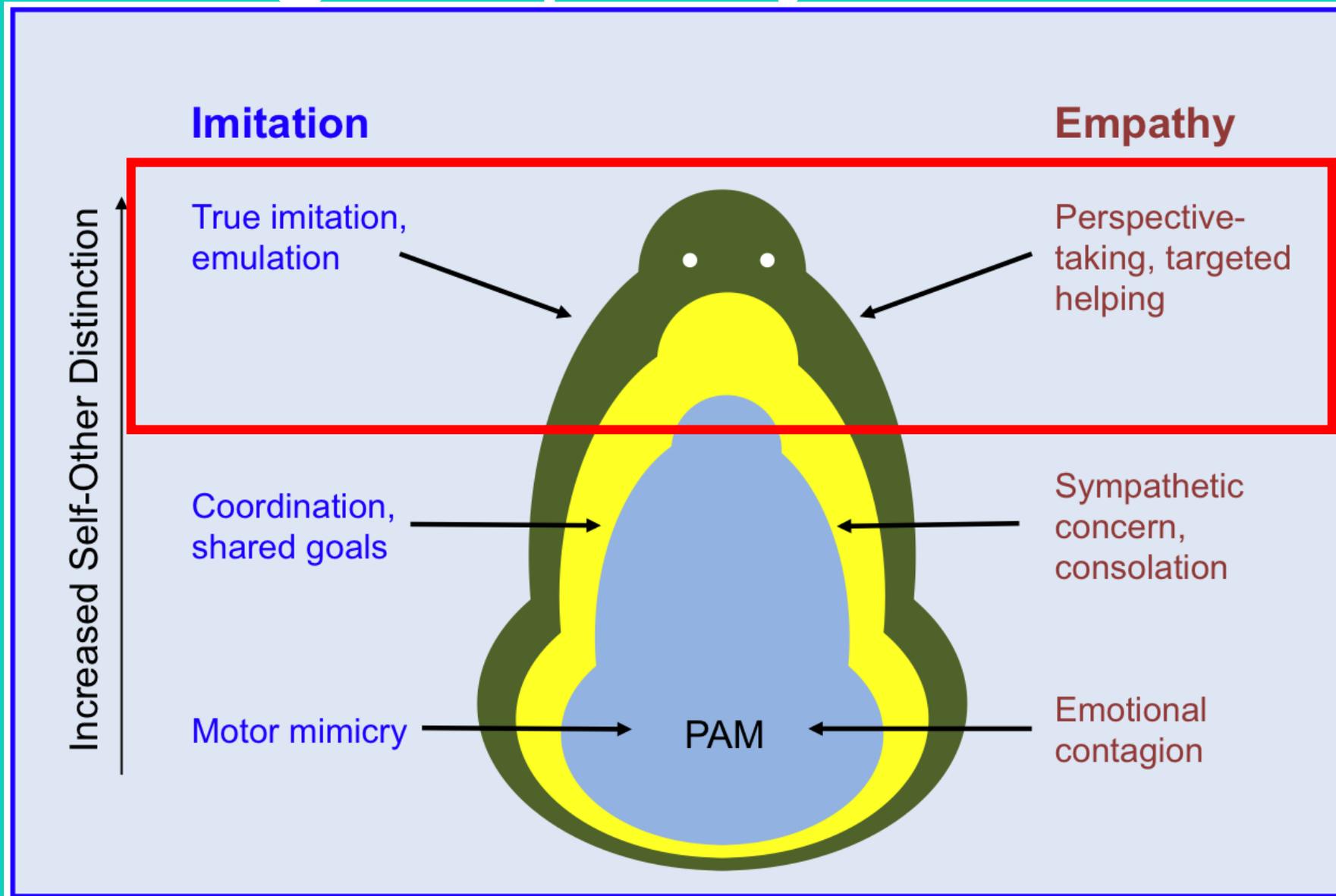
Identifiable victim effect



Similarity vs. Vulnerability



Building empathy for wildlife





Observation as a form of
active listening

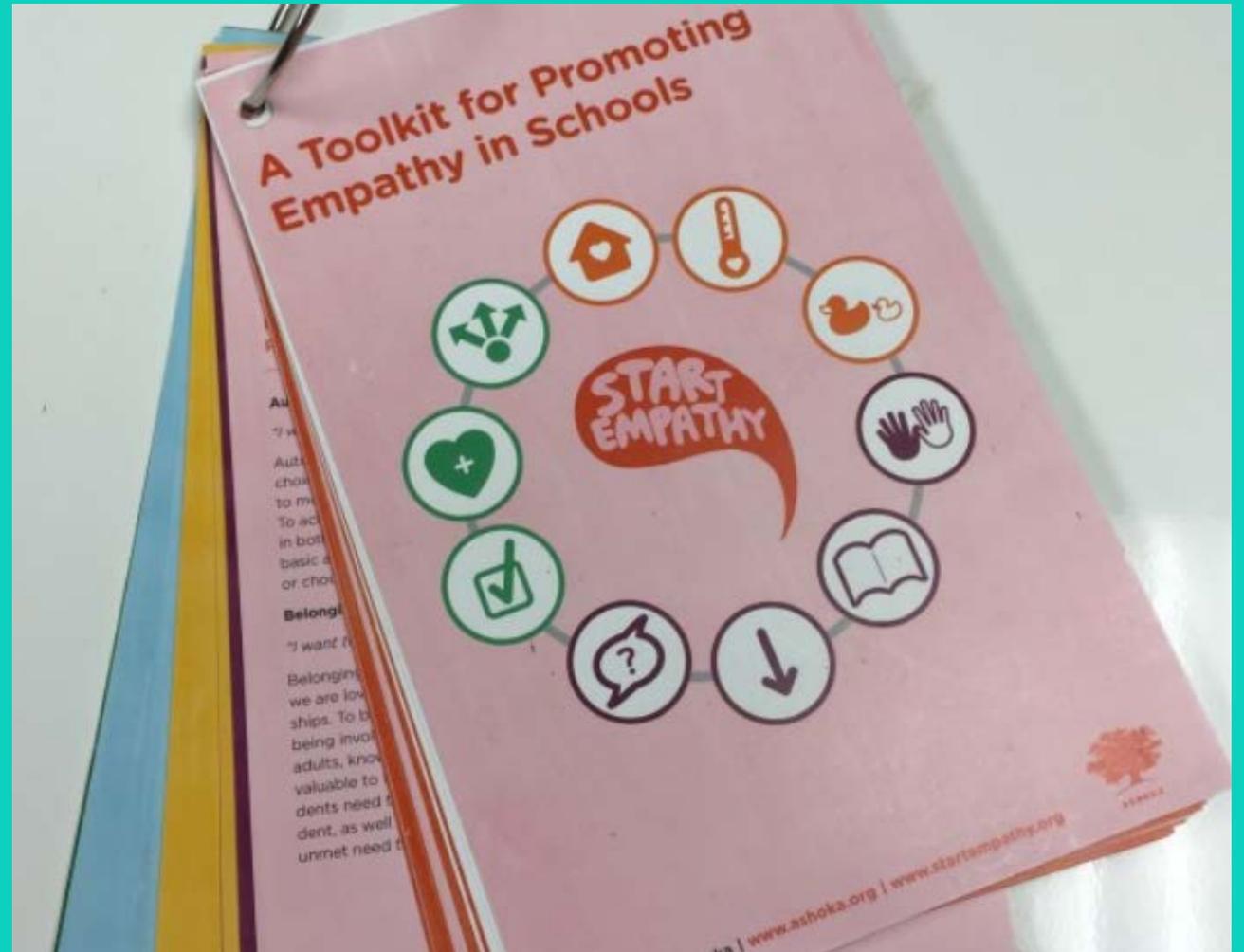
The Perspectrum tool

Problems	Values	Emotions	Needs	Thoughts
What challenge or difficulty are they currently facing?	What is important to them? What might be some things that they value?	What underlying emotion is beneath their behaviors, words, or actions?	What underlying need is beneath their behaviors, words, or actions? Consider Maslow's hierarchy of needs	What thoughts might be running through their mind right now?





ASHOKA

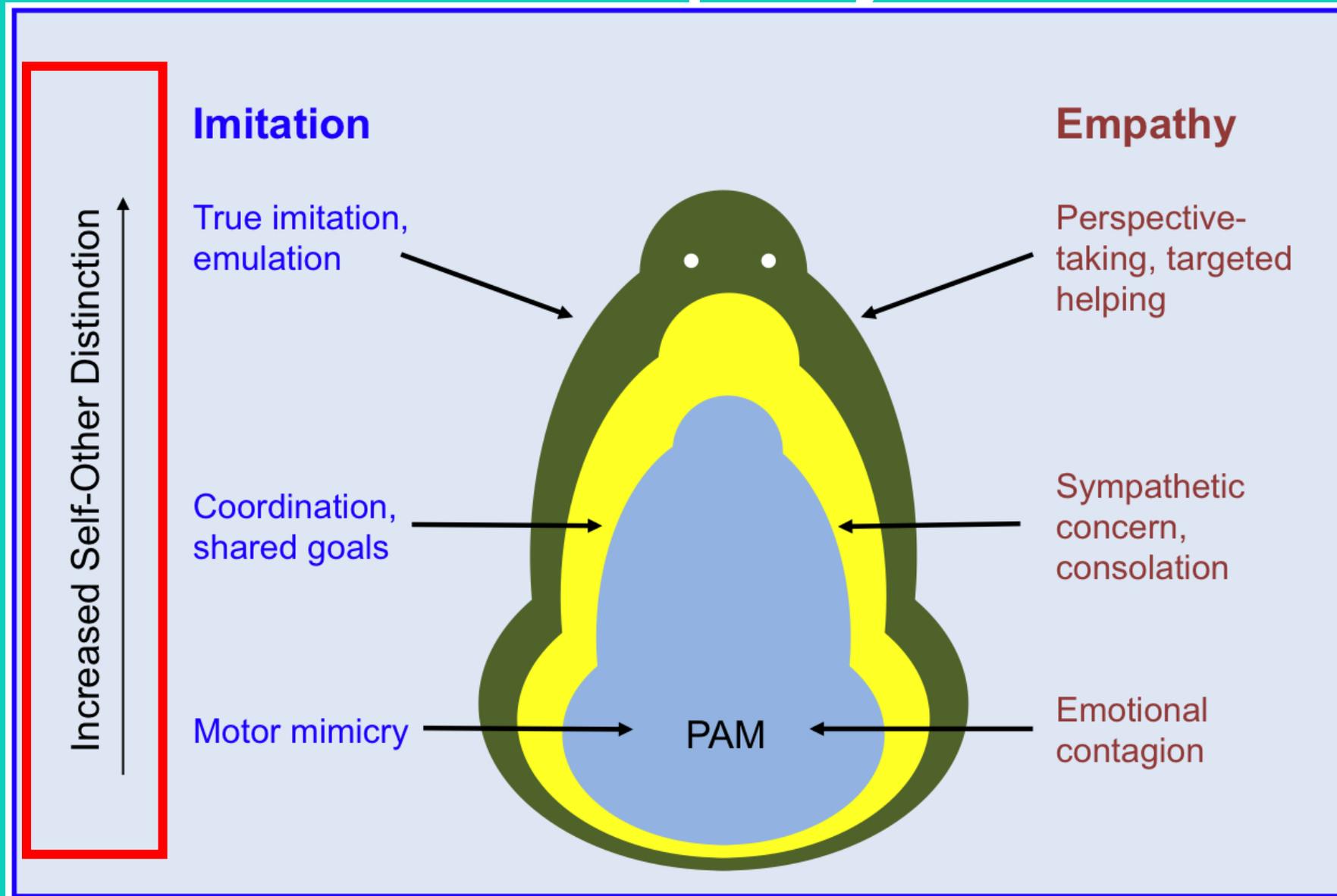


<https://startempathy.org>

Empathy increases with:

- Familiarity (subject's previous experience with object)
- Similarity (perceived overlap between subject and object, e.g., species, personality, age, gender)
- Learning (explicit or implicit teaching)
- Past experience (with situation of distress)
- Salience (strength of need signal, e.g., louder, closer, more realistic, etc.)

Beware of projection





Empathy is good for others,
the planet,
and the self

Discussion

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JOHN TEMPLETON FOUNDATION

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