

Welcome to

Fundamentals of Listening: Validation & Attunement

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Guiding Principles When it comes to listening

- ❖ Pursuit of Integrity & Leading with Values
 - ❖ “True listening requires a setting aside of oneself.” - M. Scott Peck
- ❖ Experiencing over Evaluating
- ❖ Curiosity instead of Judgement
 - Listen to Learn
 - Gather data not ammunition (towards self or the other)
- ❖ No formulas, Context matters
- ❖ Release the outcome
- ❖ Authentic can look awkward; do it awkward (tolerate mistakes)

Listening

Multiple Meanings:

- ❖ Listening as honoring requests & supporting needs, “I am willing to meet your request of me to meet your need”
- ❖ Listening as experiencing & joining, “I’m with you”
- ❖ Listening as understanding & comprehending, “I understand it from your point of view.”
- ❖ Listening as learning & acknowledging, “I see you and know you more”

Attunement

- ❖ Process by which we form relational bonds
- ❖ Like a dance, a reactivity and resonance with the other
- ❖ Social mimicry & Mirroring (too exact creates self-consciousness)

DR. JOHN GOTTMAN'S SKILLS FOR BUILDING TRUST

The basis for building trust is really the idea of attunement.

The acronym “ATTUNE” stands for:

- 1. Awareness of your partner’s emotion.**
- 2. Turning toward the emotion.**
- 3. Tolerance of two different viewpoints.**
- 4. Trying to Understand your partner.**
- 5. Non-defensive responses to your partner.**
- 6. Responding with Empathy.**

Validation

My General guiding principles:

- ❖ How I experience you is not a threat to my personhood, beliefs, or identity.
- ❖ I will reserve any moral judgements of you, and make a genuine effort to understand where you're coming from.
- ❖ No matter what you do, I am simultaneously not responsible for your emotions while also working to hold space/regulate myself in the presence of your expressed emotions (whether you're aware of them or not).

[See Validation Handout](#)