

From: Marc Edwards <edwardsm@vt.edu>

To: [REDACTED] 'Yanna Lambrinidou' <pnalternatives@yahoo.com>

Sent: Thursday, July 11, 2013 9:22 AM

Subject: RE: A fantastic TED talk on listening in the context of patients and doctors but a lot of it applies to us as well

Very relevant. Great quotes for our workshop.

4:15 We are experiencing a "cultural crisis of listening"

4:25 We are losing our higher order listening skills (Seth Horowitz) (He has a lot of good quotes for us....

Nice reading assignment.

<http://www.vocaldynamix.com/blog/2013/06/05/listening-versus-hearing/>

The difference between the sense of hearing and the skill of listening is attention.”

Seth S Horowitz, New York Times, 2012

We hear all the time, even while we sleep, but how much of what there is to hear do we register, and how much do we really listen? One metaphor for the quality of our attention emphasises that it costs us something –

From: Yanna Lambrinidou <pnalternatives@yahoo.com>

Date: Fri, Jul 12, 2013 at 1:46 PM

Subject: Re: A fantastic TED talk on listening in the context of patients and doctors but a lot of it applies to us as well

To: Marc Edwards <edwardsm@vt.edu>, [REDACTED]

This was awesome!

I LOVED her initial questions too about "when was the last time you felt really listened to?" etc. **This might sound weird, but to me the question sounded almost as personal as a question about the last time you had a really meaningful sexual encounter. Think about standing up in front of a crowd and telling them about the last time you felt really listened to... Exposing, yes?**

Real listening has got to be the most under-appreciated form of powerful human closeness. And yet, so many of us don't learn how to do it... If those of us who don't really listen were in the minority, the world would be a different place, I am sure. Plus, therapists would have little work... And riches...

Thanks for sending [REDACTED] You'll see part of it in our workshop!

Can't wait to see you guys tomorrow.

:)

Yanna