



*Kate Penney
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EMPATHY AND THE NPE COMMUNITY

About Empathy

Brene Brown is a leading speaker/writer on the topic of empathy
<https://www.psychologytoday.com/us/blog/partnering-in-mental-health/201408/bren-brown-empathy-vs-sympathy-0>

For those looking for things to say to people going through things, here's a great do/don't list from Hallmark!

<https://ideas.hallmark.com/articles/encouragement-ideas/comforting-words/>

Hearing the Voices of People Encountering NPE

<https://severancemag.com/what-i-hope-my-son-and-i-learn-from-my-npe-experience/>

<https://threebranchtree.com/2024/01/12/the-problem/>

<https://www.thelastofthewinthrops.com/>

Resources for NPEs

<https://righttoknow.us/about-us/>

<https://naapunited.org/>

<https://www.facebook.com/groups/553843178676902>

Therapy is for everyone!

Annette is a therapist and has written a lovely book about her own NPE. I have had wonderful conversations with her and wouldn't hesitate to suggest her to someone seeking a therapist.

<https://annettelbecklund.com/>

Thank you!

You can find me on Facebook (Kate Penney Howard)
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Please note that "Penney" has two e's.