

'SEMPI Communication Model' ®

By Alyse Price-Tobler

The 'SEMPI Communication Model' ® (pronounced Sem-pie) has been designed to lessen the gap between people who can afford to see specialist psychotherapists, psychologists and other associated health professionals and those who can't.

The current research I am performing for my Master's degree in Psychotherapy and Counselling is aimed at measuring stigma toward women experiencing homelessness from the general public, including collection of data regarding any counselling the women receive.

As a front line community worker, in both mental health and disabilities for the past 30 years, it has become very apparent to me that a model promoting empathy and self-insight needed to be created that would be easily adapted for people to use across the world.

The 'Sempi Communication Model' ® promotes empathy through insightful answers to open ended questions, through the acronym SEMPI, allowing people who cannot afford to access specialists, to work with themselves and with their friends and families to settle their unease. It does not claim to over- take the amazing work that therapists can do. It teaches empathy, and empowers people to start to work through their problems gently themselves, to gain insight, instead of remaining stuck in the wound.

Empathy is a healing agent. It confirms and releases even the most frightened person to feel understood. A feeling of understanding grows into a feeling of belonging.

Anyone within any community, between the ages of 10 to 110 and across all personal experiences, can access this model and through learning to use it, can tap into a greater self-awareness and personal insight. This model can then be shared onto the next person throughout their community, ultimately leading to a domino effect of greater communal sharing, insightfulness, awareness and empathy.

The model is in the final stages before release.

Thank you for reading, Alyse Price-Tobler 2016.