

ERRATUM

Internal Family Systems Therapy Second Edition

Richard C. Schwartz and Martha Sweezy

There are a number of lines of text missing between pages 262 and 263 in Chapter 19. The paragraph starting at the bottom of page 262 should read:

Emotion contagion, a precursor of empathy that is found in babies, involves confusion about the boundaries between self and other. But we can also *feel with* another without this kind of identity confusion. We will call this *mature empathy* to distinguish it from emotion contagion and empathic distress. *Mature empathy* involves emotional resonance and an ongoing awareness of the difference between self and other, inside and out. In contrast, *emotion contagion* and *empathic distress*, which seem the same as what we call *emotional overwhelm* in IFS, block presence and connection while creating the aroused, nonrelational state we want to avoid in therapy. From the IFS perspective, the key to effective trauma therapy is to avoid emotional overwhelm by maintaining the self–other distinction internally as well as in relation to others. We do this by helping parts separate from the Self.