

## **Undefeating the Defeated: The Empathic Modeling and Evolution of Social Defeat.**

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### **Abstract**

Empathic modeling is an active ingredient of therapy, but is not a focus of training and inadequately addressed by current theory alone. An example of how empathic modeling could be developed comes from interdisciplinary literature on social defeat, which shows defeat experiences drive depression, anxiety and psychosis due to the inherent stress of subordination and exclusion on mental health. Social defeat plays on the social psychology of status, hierarchy and competition in its effects on human stress vulnerability, yet is not a target of empathic understanding or treatment by going against multiple grains of etiological assumptions in mental health. Efforts to expand the potential for modeling would benefit from an explanatory paradigm to reorient the empathic models in mental health, necessitating the argument for multi-level selection theory as a massively cross-disciplinary, fundamentally integration-oriented model that is poised to address broader barriers to clinical and cultural progress.