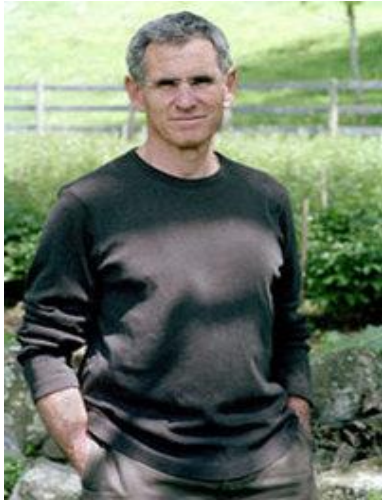




2015 Workshop
NHS Mindfulness Conference
Dr Michèle Hipwell

Compassion Mindfulness

Talking mindfulness



“ Mindfulness is paying attention, on purpose, in the present and non judgmentally, to the unfolding of experience moment by moment”
Jon Kabat Zinn (2011)



“To be aware. To be aware when you are breathing in and when you are breathing out... the capacity to be aware of what is here. Anything can be the experience of mindfulness, your breath, the sky, it is to be in touch with our felt experience in each moment”
Thich Nhat Hanh (2005)

Some definitions of compassion, empathy and self compassion

- Compassion involves sensitivity to the experience of suffering, coupled with a deep desire to alleviate that suffering (Neff, in press)
- Compassion is a sensitivity to the suffering of others , with a deep commitment to try and relieve it (Dalai Lama)
- Compassion and empathy
- Empathy is an emotion response to a person's situation and well-being but you do not take action on your feelings. Compassion expresses the same feelings but includes a desire to take action
- Self compassion involved being touched by one's suffering, generating the desire to alleviate suffering and treat oneself with understanding and concern (Neff, 2003). Neff has identified three aspects to compassion, self kindness, common humanity and mindfulness.

Mindfulness in compassion and compassion in mindfulness

○ Mindfulness in self compassion

- **Similarities:** Both drawn from Buddhist roots, mindfulness as a core component of compassion, both advocate acceptance of all experiences (Neff, in press)
- **Differences:** Neff (in press) self-compassion is a broader concept than mindfulness (Neff, in press)
- **Paradox of mindfulness** acceptance of all experiences as opposed to soothing practice in self-compassion. Rumi's poem the guest house.

○ Compassion in mindfulness

- Some researchers have suggested compassion as a quality of mindfulness (Shapiro & Schwartz, 2006) and others as an outcome of mindfulness practice (Raaijmakers et al, 2015)
- Use of loving kindness in Mindfulness-based interventions (MBIs), some use of compassion in some MBI
- Compassion is the 7th. of the eightfold path of Buddhism

Compassion based training and therapeutic interventions

- Gilbert compassionate mind training and compassion focused therapy (Gilbert 2010)
- Mindful self-compassion programme (MSP) (Neff & Germer. 2013)
- Cognitively based compassion training (CBCT) (Mascaro et al, 2013))
- Mindfulness-based interventions (MBIs), development of an MBSR programme with additional self-compassion content for health professionals (Raab et al, 2015)

Compassion and health care

- Compassion and empathy and communication in health care

Empathy as opposed to clinical detachment improves clinical effectiveness in health care (Halpern, 2012)

Compassion and self-compassion improve the outcome of patient care (Raab, 2014)

- Self compassion and empathy, burnout and well-being in health care

Bearing the suffering of others, stress and burnout, compassion fatigue (Raab, Sogge, Parker & Flament, 2015; Halpern, 2012).

Thank you, have a mindful day
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