



Bringing compassion to our experiences of working in healthcare

Session One: Introduction to Compassion

January 2021

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Acknowledgements: Paul Gilbert (many of these slides are his!)



making a



difference



together



What is Compassion?

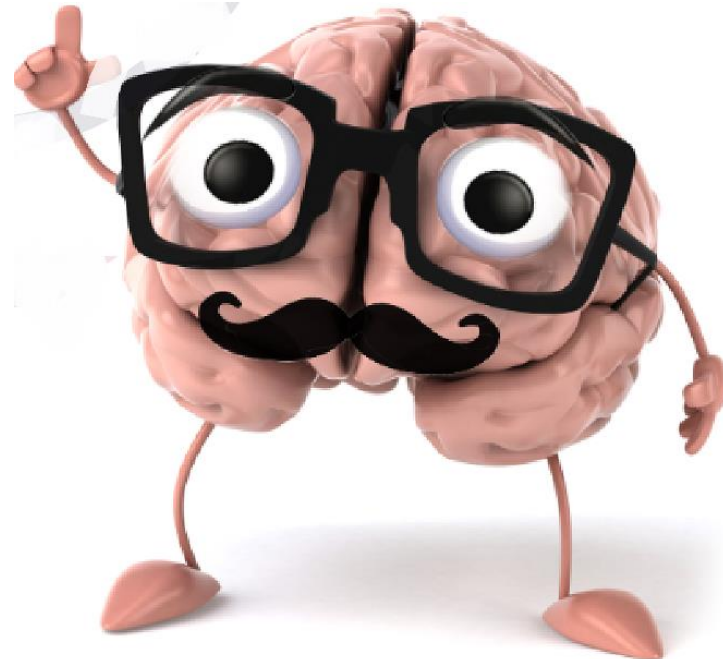
“A sensitivity to suffering in self and others with a commitment to alleviate and prevent it”

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OLD BRAIN + NEW BRAIN
= TRICKY BRAIN

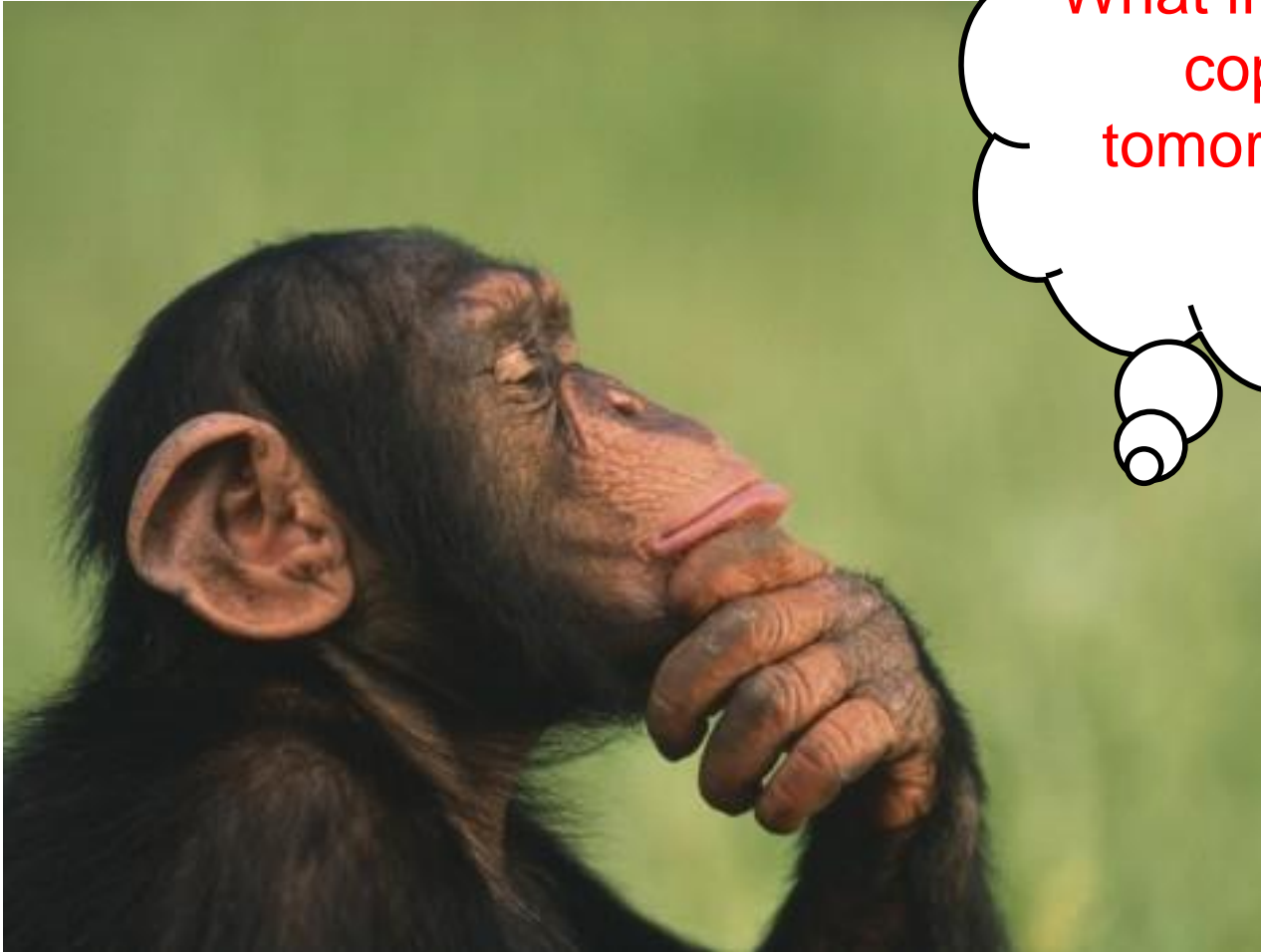


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What if I can't
cope
tomorrow?

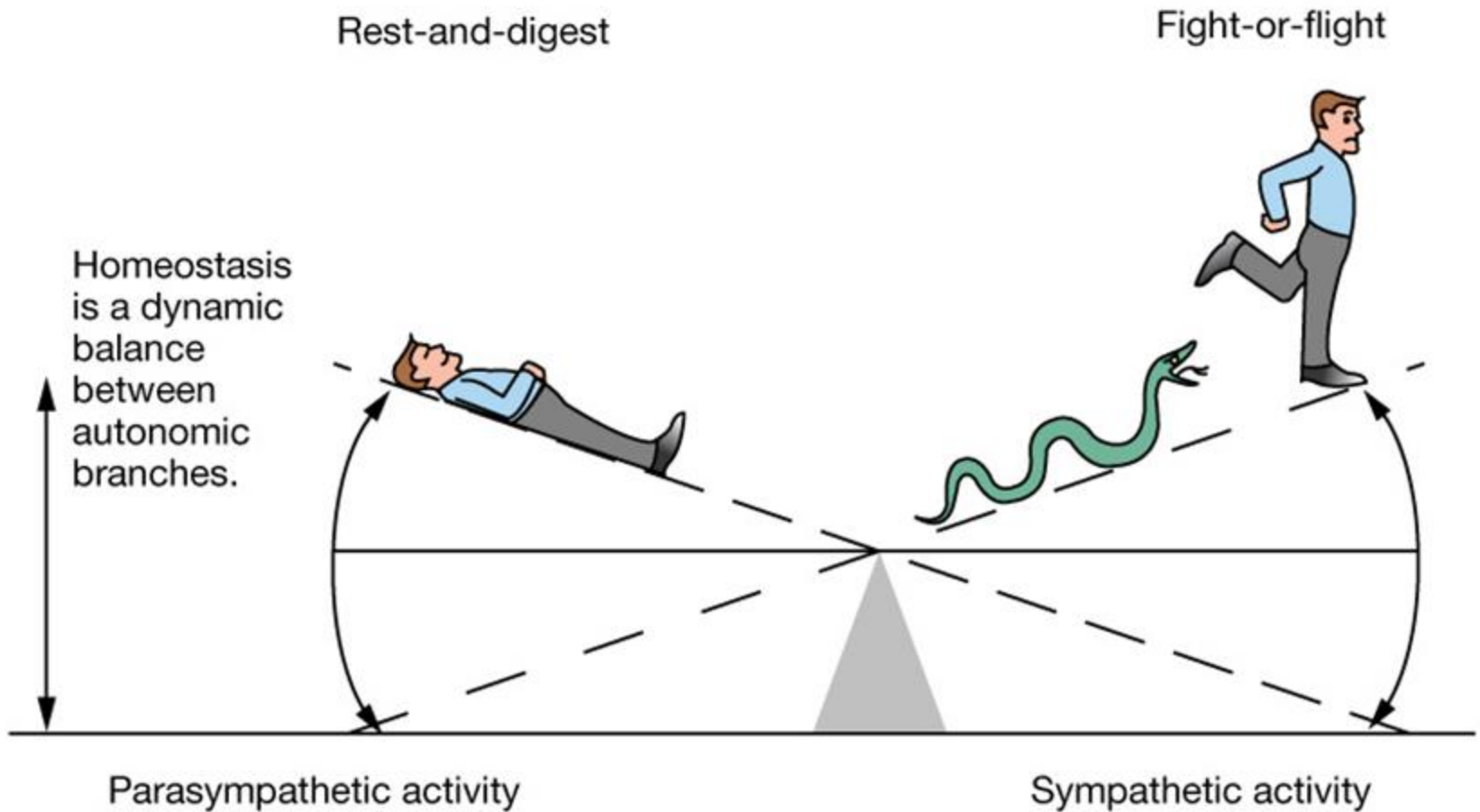


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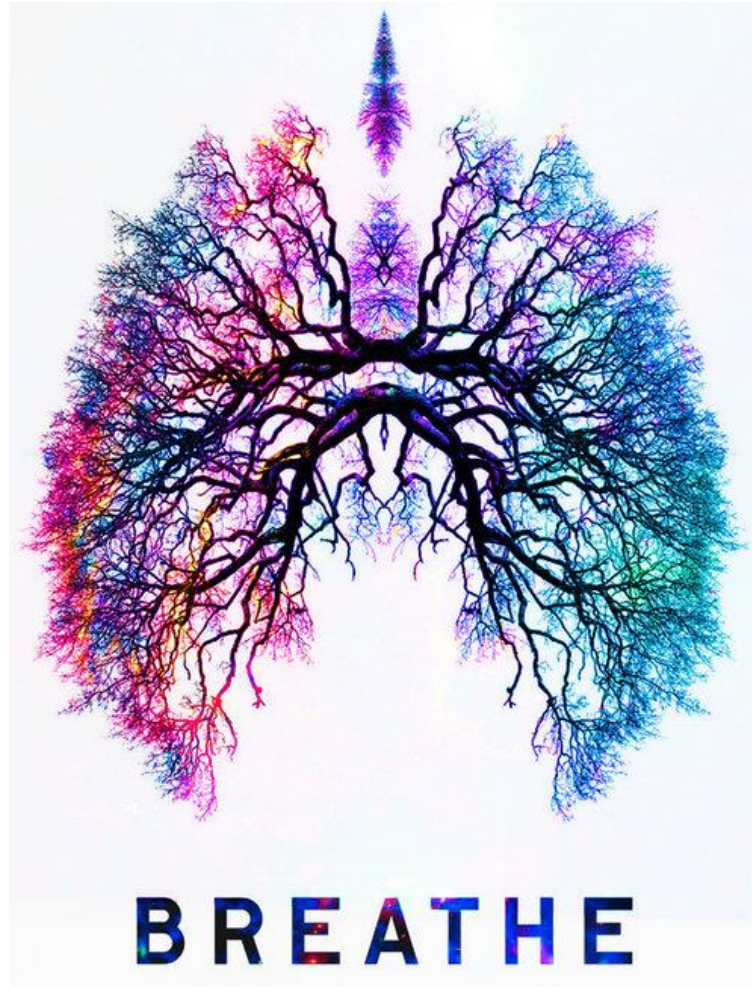


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difference

together

And



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