



Bringing compassion to our experiences of working in healthcare

Session Three

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Lee Partis

Esther Pepperdine



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Session Two Recap

Tees, Esk and Wear Valleys



NHS Foundation Trust



- Role of mindfulness in compassion
- Different types of emotion
- Impact of covid
- The flows of compassion
- The role of wisdom, strength/courage and commitment

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Session Three



- Compassionate attributes
- Common barriers to compassion
- Understanding our self-critic
- Developing compassion to self

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The First Psychology of Compassion: Compassionate Attributes

- Care for wellbeing
- Sensitivity to distress
- Sympathy
- Empathy
- Non-judgement
- Distress tolerance

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Common Barriers

- FEARS, BLOCKS & RESISTANCES
- Compassion as “weak”
- Letting ourselves or others off the hook
- Compassion as alien
- Painful memories



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The Two Schools



You have intuitive wisdom!

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Shame-based self-criticism

Compassionate self-correction

Condemns & punishes errors

Desire to improve

Backward looking

Emphasises growth & enhancement

Anger, frustration, contempt,
disappointment

Forward-looking

Deficits & fear of exposure

Encouragement, support & kindness

Global sense of self

Builds on positives

Fear of failure

Focuses on attributes & specific
qualities of self

Increases chance of avoidance &
withdrawal

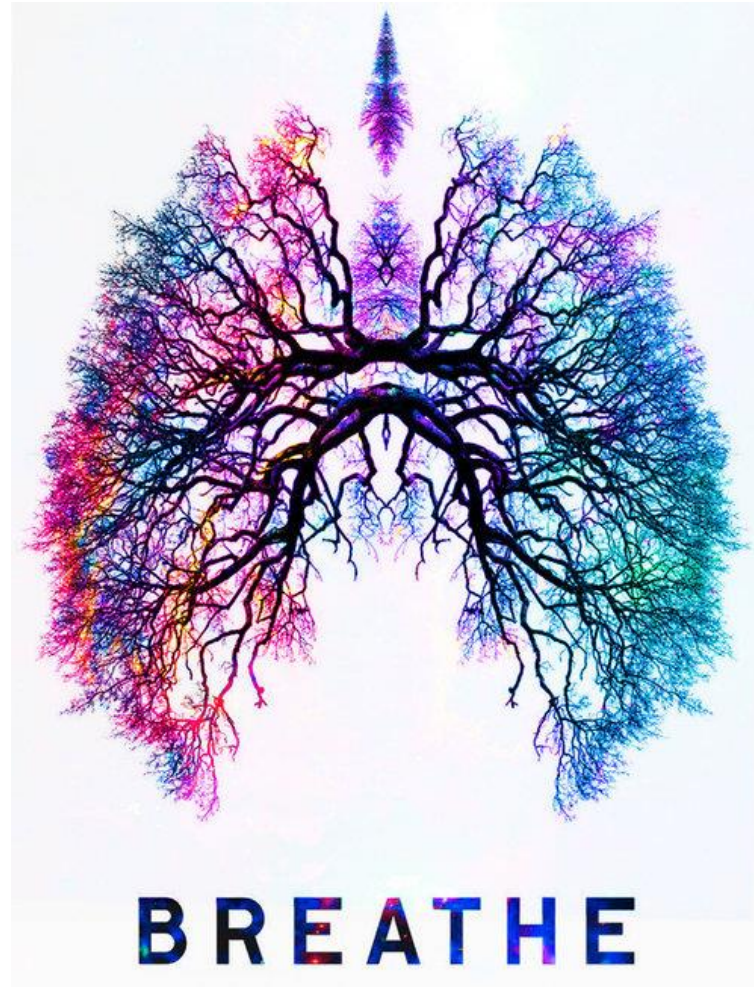
Increases chances of engaging

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And



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Resources:

Gilbert, P. (2009) The Compassionate Mind. Robinson: UK

Iron, C. and Beaumont, E. (2017) The Compassionate Mind Workbook: A step-by-step guide to developing your compassionate self. Robinson: UK

Welford, M (2012) Building your self-confidence using compassion focused therapy. Robinson: UK

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