



mindful

taking time for what matters

Practicing Mindfulness & Compassion



The Greater Good Science Center

The Science of a Meaningful Life

Website: Award-winning articles, videos, podcasts, and more at greatergood.berkeley.edu

Events: Seminars, Workshops, Summer Institutes

Science: Research Fellowships, Gratitude Initiative, Online Gratitude Journal (Thnx4.org)

Books: *Born to Be Good, The Compassionate Instinct, Raising Happiness, Are We Born Racist?*

Practicing Mindfulness & Compassion



Practicing Mindfulness & Compassion



Our Co-Sponsors



THE **QUALITY OF LIFE**
FOUNDATION

BerkeleyLaw
UNIVERSITY OF CALIFORNIA

Berkeley Initiative for
Mindfulness in Law



MIND & LIFE
INSTITUTE



GARRISON INSTITUTE



Practicing Mindfulness & Compassion



Our Partners



THE WRIGHT INSTITUTE
EDUCATING CLINICIANS TO SOCIETY



The Center for Building a Culture
of Empathy

Practicing Mindfulness & Compassion



Goals and Flow of the Day

- The Science of Mindfulness and Compassion
- Trainings and Practices
- Programs and Stories from the Field



mindful

taking time for what matters

Practicing Mindfulness & Compassion



Mindfulness and Compassion: Similarities and Differences

Kristin Neff, Ph.D.
University of Texas, Austin
<http://www.self-compassion.org/>

Practicing Mindfulness & Compassion



What is Compassion?



Concern for the alleviation of suffering
of sentient beings (self and others)

Practicing Mindfulness & Compassion

Three Components of Compassion for Self or Others

Practicing Mindfulness & Compassion



Mindfulness

- Requires noticing the suffering of self/others without avoidance or aversion



Practicing Mindfulness & Compassion

Kindness

- Treating self/others with care and understanding
- Involves active soothing and comforting



Practicing Mindfulness & Compassion

Common Humanity

- Seeing the experience of self/others as part of larger human experience



Practicing Mindfulness & Compassion

What is the Difference Between Mindfulness and Compassion?

Depends on how you define mindfulness!

Common Definition of Mindfulness:

Paying attention to present moment
experience without judgment



Practicing Mindfulness & Compassion

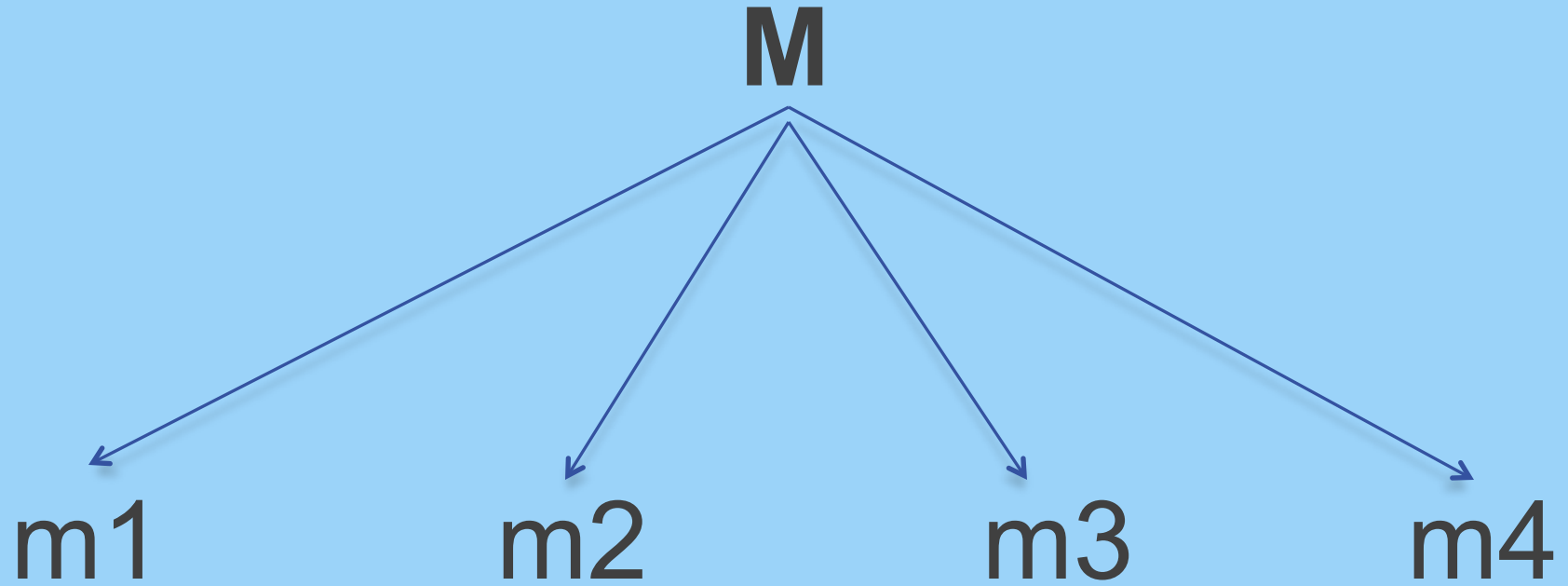


Can be used as umbrella term for the dharma
or contemplative practice more generally



Practicing Mindfulness & Compassion





Practicing Mindfulness & Compassion

Four Aspects of M (Umbrella of Mindfulness)

- m1: Paying attention to experience in the present moment

Four Aspects of M (Umbrella of Mindfulness)

- m1: Paying attention to experience in the present moment
- m2: Relating to experience without judgment or resistance (mindfulness = m1/m2)

Four Aspects of M (Umbrella of Mindfulness)

- m1: Paying attention to experience in the present moment
- m2: Relating to experience without judgment or resistance (mindfulness = m1/m2)
- m3: Relating to the experiencer with the desire to alleviate suffering (compassion)

Four Aspects of M (Umbrella of Mindfulness)

- m1: Paying attention to experience in the present moment
- m2: Relating to experience without judgment or resistance (mindfulness = m1/m2)
- m3: Relating to the experiencer with the desire to alleviate suffering (compassion)
- m4: Understanding the nature of both experience and the experiencer (wisdom)

Four Aspects of M (Umbrella of Mindfulness)

- m1: Paying attention to experience in the present moment
- m2: Relating to experience without judgment or resistance (mindfulness = m1/m2)
- m3: Relating to the experiencer with the desire to alleviate suffering (compassion)
- m4: Understanding the nature of both experience and the experiencer (wisdom)
- Four aspects are cumulative and build on each other $m1 < m2 < m3 < m4$

Four Aspects of M (Umbrella of Mindfulness)

- It is important to understand differences between m's for research

Four Aspects of M (Umbrella of Mindfulness)

- It is important to understand differences between m's for research
 - Self-report measures
 - Physiological differences
 - Brain function

Four Aspects of M (Umbrella of Mindfulness)

- It is important to understand differences between m's for training

Four Aspects of M (Umbrella of Mindfulness)

- It is important to understand differences between m's for training
 - All four aspects may spontaneously unfold, especially among long-term practitioners

Four Aspects of M (Umbrella of Mindfulness)

- It is important to understand differences between m's for training
 - All four aspects may spontaneously unfold
 - More direct training is sometimes needed, and there are specific practices for each “m”

Four aspects of M (Umbrella of Mindfulness)

- It is important to understand differences between m's for training
 - All four aspects may spontaneously unfold, especially among long-term practitioners
 - More direct training is sometimes needed, and there are specific practices for each “m”
 - Training in compassion for oneself probably most needed

Four aspects of M (Umbrella of Mindfulness)

- It is important to understand differences between m's for training
 - All four aspects may spontaneously unfold, especially among long-term practitioners
 - More direct training is sometimes needed, and there are specific practices for each “m”
 - Training in compassion for oneself probably most needed
 - ❖ MBSR and MBCT focus mainly on teaching m1/m2, teach self-compassion implicitly

Mindful Self-Compassion Program

(created by Chris Germer and Kristin Neff)

- Modeled on MBSR, designed as a sister program
- Focuses primarily on teaching self-compassion

Practicing Mindfulness & Compassion



Mindful Self-Compassion Program

- Modeled on MBSR, designed as a sister program
- Focuses primarily on teaching self-compassion
- Appears to raise self-compassion 2 to 3 times more than MBSR, 4 to 5 times more than MBCT
 - Gains maintained for at least a year

Mindful Self-Compassion Program

- Modeled on MBSR, designed as a sister program
- Focuses primarily on teaching self-compassion
- Appears to raise self-compassion 2 to 3 times more than MBSR, 4 to 5 times more than MBCT
 - Gains maintained for at least a year
- For most, prior mindfulness training probably best, some may need self-compassion first

Paradox of Mindfulness and Self-Compassion

- Mindfulness (m1/m2) accepts painful **experience** without resistance, “being” with things as they are
- Compassion (m3) wishes the **experiencer** to be free from suffering, active self-soothing



Practicing Mindfulness & Compassion

Paradox of Mindfulness and Self-Compassion



We give ourselves compassion not to feel better
but because we feel pain

Practicing Mindfulness & Compassion



Paradox of Mindfulness and Self-Compassion

Self-compassion provides the emotional safety needed
to mindfully open to our pain

Practicing Mindfulness & Compassion



Mindfulness and Compassion: A Beautiful Dance



Practicing Mindfulness & Compassion



mindful

taking time for what matters

Practicing Mindfulness & Compassion



The Biological Landscape of Mindfulness & Compassion

Emiliana Simon-Thomas, Ph.D.
Science Director, Greater Good Science Center
University of California, Berkeley

Practicing Mindfulness & Compassion



Practicing Mindfulness & Compassion



The Vagus Nerve (m2/m3)

- PNS influence on heart rate – slows beat down during outbreath
- Associated with affiliation, tend & befriend, general positive emotional tone
- Sensitive to safety

Oxytocin (m2/m3)

- Supports caretaking/nurturance, affection, social bonding (esp. long term)
- Promotes trust

The Brain: Hypothalamic-Midbrain Care/Nurturance Circuitry (m3)

- Supports parental approach care/nurturance behaviors
- Sensitive to safety (emergent) vs. threat (quashed)

The Brain: Insula & Midline Shared Circuitry (m3/m4)

- Enables emotional resonance
- Is a catalyst for appraisals & attributions

The Brain: Temporal Parietal Junction & Social Emotional Expertise (m3/m4)

- Represents meaning of emotion signals
- Enables 'seeing from their point of view'

The Brain: The Prefrontal Cortex & Attention/Attunement/Awareness (m1/m2)

- Harnesses/channels 'monkey mind'
- Enables efficient recovery

The Brain: Mesolimbic Rewards & Amygdala Fear/Vigilance (m2)

The Brain: Resourceful, Overlapping, and Malleable

Practicing Mindfulness & Compassion



A Biological Profile of m4: Compassionate Mindfulness

- ↑ Vagal Tone & autonomic “flexibility”
- ↑ Oxytocin “Tone”
- ↑ Hypothalamic-midbrain social bonding “Tone”
- ↑ Frontal lobe “flexibility”
- ↑ Connections between reward & social engagement/
expertise pathways
- ↓ Connections between fear/vigilance & social engagement/
expertise pathways
- ↓ Overregulation of attunement/emotion suppression

Thanks!

Practicing Mindfulness & Compassion





mindful

taking time for what matters

Practicing Mindfulness & Compassion



Compassion Focused Therapy

Paul Gilbert PhD, FBPSS, OBE

Mental Health Research Unit, Kingsway Hospital Derby

www.compassionatemind.co.uk

www.compassionatewellbeing.com

Practicing Mindfulness & Compassion



The Two Psychologies of Compassion

Compassion can be defined in many ways:

As a **sensitivity** to the suffering of self and others with a deep **commitment to try to relieve and prevent** it

Two different Psychologies

- To approach, understand and (how to) engage with suffering
- To work to alleviate and prevent suffering –nurturing

Each more complex than might at first seem

Compassion Focused Therapy: A Social Mentality

**Caring/Helping
Giving**

**Specific Competencies
e.g., attention empathy**

Facilitators vs Inhibitors

**Care/Help Seeking/
Receiving**

**Specific Competencies
e.g., openness responsive**

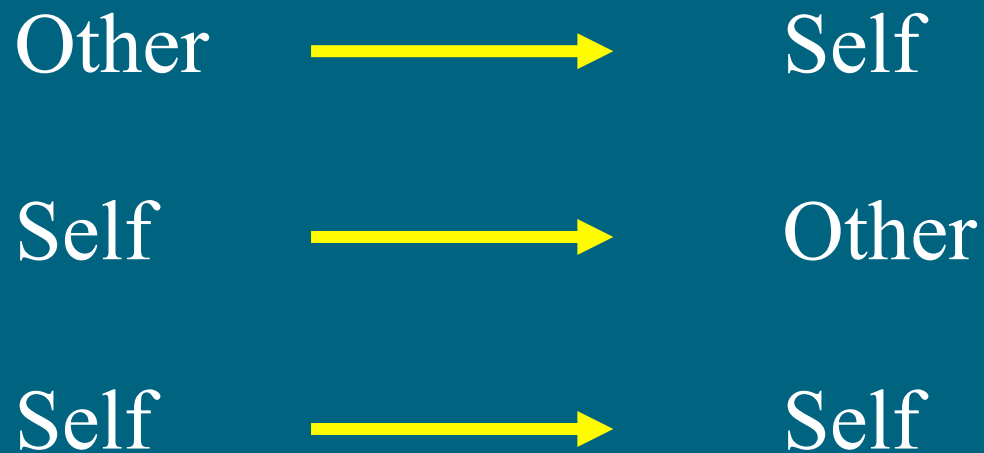
Facilitators vs Inhibitors

Practicing Mindfulness & Compassion



Compassion as Flow

Different practices for each



Evidence that *intentionally* practicing each of these can have impacts on mental states and social behaviour

Why do we need Compassion?

Life is Hard

Practicing Mindfulness & Compassion



Compassion Begins With a *Reality Check*

- We have gene-built evolved brains
- We all are born, grow decay and die – and are susceptible to disease and injury
- We are socially shaped – from our gene expressions to our sense of self

Compassion: Challenges of Our Evolved Brain and the Distressed Mind

Practicing Mindfulness & Compassion



Need compassion for a very *tricky* brain

***New Brain:* Imagination,
Planning, Rumination, Integration**



***Old Brain:* Emotions, Motives,
Relationship Seeking-Creating**

Need compassion for a very *tricky* brain



Need compassion for a very *tricky* brain



Compassion and Emotions

Practicing Mindfulness & Compassion



Types of Affect Regulator Systems

Drive, excite, vitality

Content, safe, connected



Practicing Mindfulness & Compassion

Practicing Mindfulness & Compassion



Types of Affect Regulator Systems

Drive, excite, vitality

Content, safe, connected



Practicing Mindfulness & Compassion

Lottery



Practicing Mindfulness & Compassion

Practicing Mindfulness & Compassion



Practicing Mindfulness & Compassion



Safeness, Affiliation and Affect Regulation

Practicing Mindfulness & Compassion





Practicing Mindfulness & Compassion



Practicing Mindfulness & Compassion



Types of Affect Regulator Systems

Drive, excite, vitality

Content, safe, connected



Practicing Mindfulness & Compassion

Between self and others

Self-to self



120 Million year evolving system to regulate threat

Compassion and Caring

Practicing Mindfulness & Compassion



Showing we care

Caring-Compassionate Mind

Warmth

Warmth

ATTRIBUTES

Sensitivity

Sympathy

Care for
well-being

Compassion

Distress
tolerance

Non-Judgement

Empathy

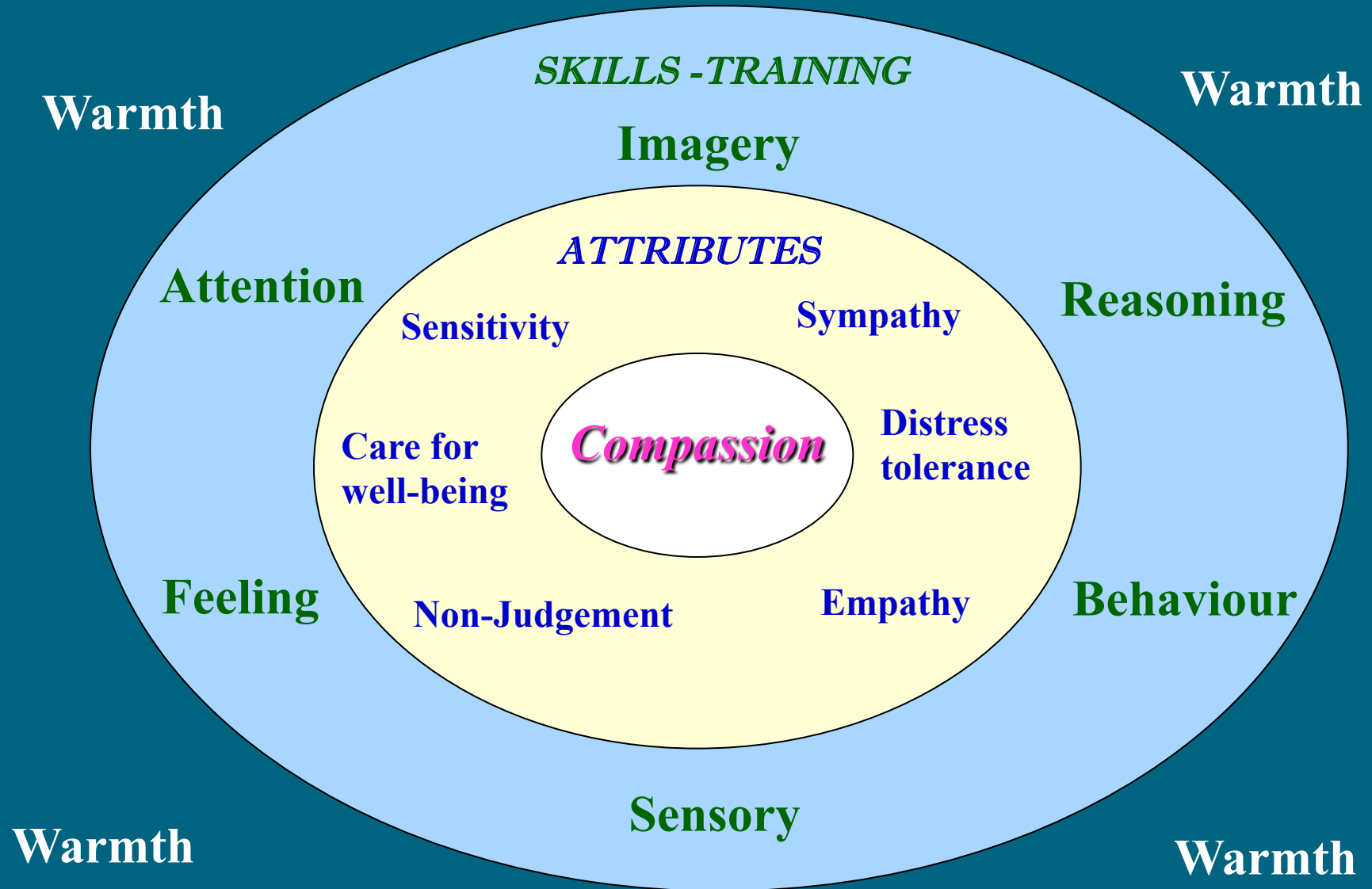
Warmth

Warmth

Practicing Mindfulness & Compassion

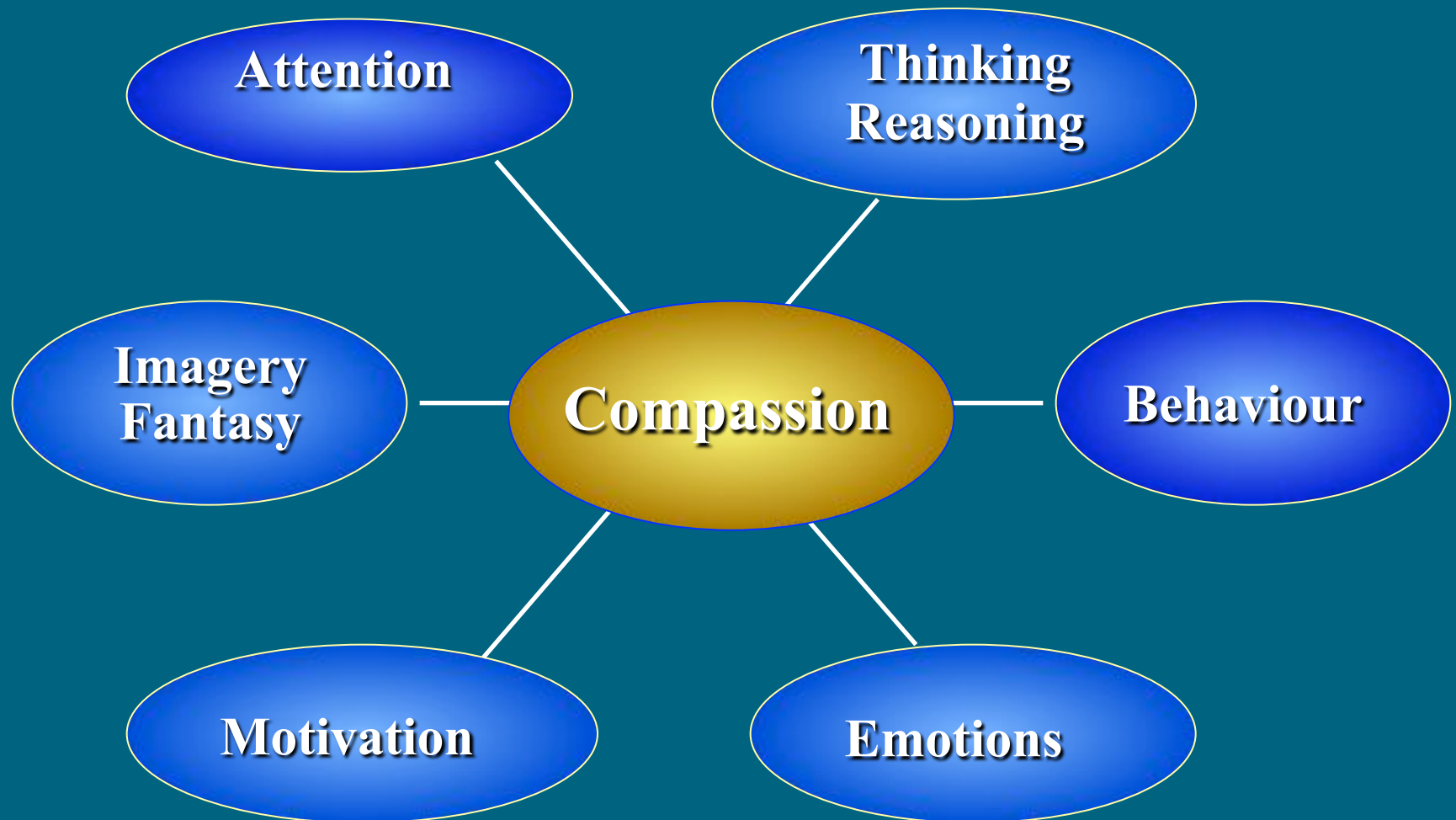


Caring-Compassionate Mind



Practicing Mindfulness & Compassion

Compassionate Mind/Mentality



Practicing Mindfulness & Compassion

Practicing Mindfulness & Compassion



Practicing Mindfulness & Compassion



Conclusion

Humans are capable of wonderful things, but also terrible things. Very mixed mind – many seeds

Our minds are really a mixed range of potential motives, ways of thinking and behaving – and we easily dissociate one state of mind from another

By improving our understanding of the nature of compassion, it's facilitators and inhibitors, both as a giver and receiver, we may be better placed to cultivate the good in us. This could be the focus for the next generation



mindful

taking time for what matters

Practicing Mindfulness & Compassion



Mindfulness & Compassion

Shauna L. Shapiro, Ph.D.
Santa Clara University

Practicing Mindfulness & Compassion



Acknowledgments

Greater Good, Dacher Keltner, Jason Marsh

Jon Kabat-Zinn, Jack Kornfield, Tara Brach, Gary Schwartz, Roger Walsh, Coquelicot Gilland, Shinzen Young, Benedict and Nancy Freedman

Practicing Mindfulness & Compassion

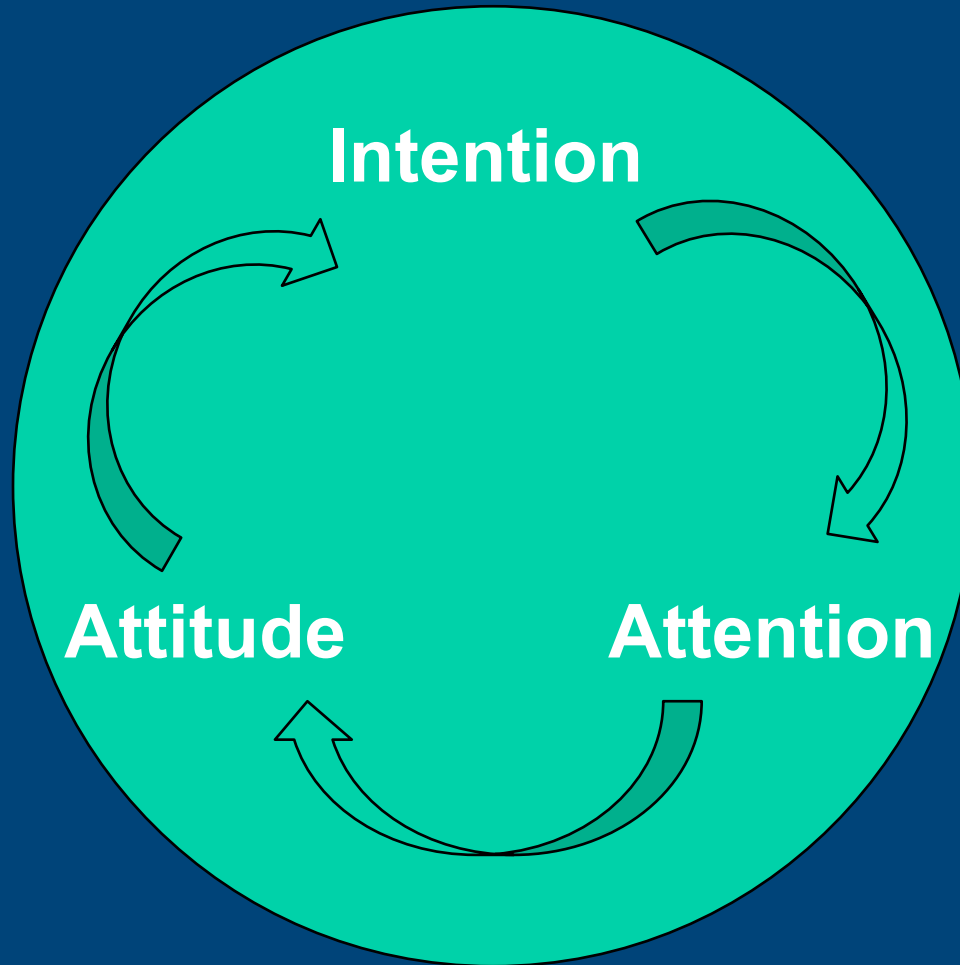


Mindfulness Defined

“The awareness that arises out of intentionally paying attention in an open, kind and discerning way.”

Shapiro & Carlson, 2006

Three Core Elements of Mindfulness



Practicing Mindfulness & Compassion

Intention

Your intentions set the stage for what is possible. They remind you from moment to moment of why you are practicing...I used to think meditation practice was so powerful...that as long as you did it at all, you would see growth and change. But time has taught me that some kind of personal vision is also necessary.

What is your intention for being here?

Practicing Mindfulness & Compassion



“The most important thing is to
remember the most important thing”

Suzuki Roshi

Practicing Mindfulness & Compassion



Attention

- Present Moment Awareness
- Monkey mind
- Mindfulness practice tames and stabilizes the mind so we can see clearly.

“An unstable mind is like an unstable camera; we get a fuzzy picture.” Christopher Germer

Attitude

How we pay attention



Practicing Mindfulness & Compassion

Attitude

What we practice becomes stronger

Acceptance

Openness

Curiosity

Nonstriving

Trust

Kindness

Patience

Letting Go

Caring

Compassion

Practicing Mindfulness & Compassion



Neuroplasticity

Our repeated experience shapes our brain.

Mindfulness practice increases grey matter density in areas of the brain associated with learning, self-awareness, emotional intelligence, interoception and compassion. (Lazar, 2005; Britta Hölzel, 2011)

Cortical thickening correlated with experience: The more you practice the stronger the cortex. (Lazar, 2005)

Does Mindfulness Practice Increase Compassion for Self and Other?

Research demonstrates
mindfulness training increases
compassion for self and other
in physicians, medical
students, counseling
psychology students,
undergraduates, psychologists
and other health care
professionals.

Shapiro, Jazzeri, Goldin, 2012

Shapiro, Oman, et al, 2008

Shapiro, Brown, Bielge, 2007

Shapiro, Astin, et al, 2004

Shapiro, Schwartz, Bonner, 1998

Practicing Mindfulness & Compassion



How Does Mindfulness Cultivate Compassion?

1. What we practice becomes stronger
2. Slowing down
3. Interdependence
4. Remembering our essential nature

1. What We Practice Becomes Stronger

Practicing Mindfulness & Compassion



2. Slowing Down

When we are hurried, stressed, scared we lose touch with our natural compassion. Mindfulness helps us slow down, see clearly and stay connected to our deepest values.

Practicing Mindfulness & Compassion



3. Mindfulness Helps Us See Our Interdependence

We are all cells in God's body

Practicing Mindfulness & Compassion



4. Remembering Our Essential Nature

*A clinical example:
Mindfulness for PTSD.*

*Learning to welcome all
of our experience with
compassion...even the
seemingly unforgiveable.*

St. Francis and the Sow

Galway Kinnell

Practicing Mindfulness & Compassion



Presence of Heart

Practicing Mindfulness & Compassion



If you can sit quietly after difficult news...

If in financial downturns you remain perfectly calm...

If you see your neighbors travel to favorite places without a tinge of jealousy...

If you can happily eat whatever is put on your plate...

If you can love everyone around you unconditionally...

If you can always find contentment just where you are...

You are probably...

Practicing Mindfulness & Compassion



A Dog!

Practicing Mindfulness & Compassion



Thank you for your kind attention.

Practicing Mindfulness & Compassion



Practicing Mindfulness & Compassion





mindful

taking time for what matters

Practicing Mindfulness & Compassion



Mindfulness-Based Childbirth & Parenting (MBCP)

Training the Mind, Body, and Heart
for Childbirth and Beyond

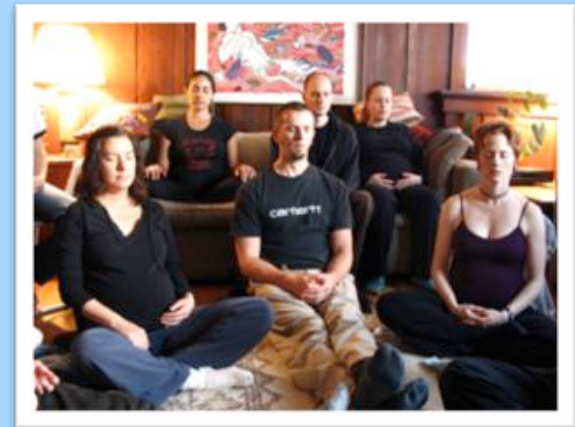
Nancy Bardacke, RN, CNM, MA
UCSF Osher Center for Integrative Medicine
UCSF School of Nursing
www.mindfulbirthing.org

Practicing Mindfulness & Compassion



A Brief History

- ❖ 1994 -- MBSR
- ❖ 1998 -- Formal adaptation of MBSR into MBCP (in my living room)
- ❖ 2007 -- UCSF Osher Center for Integrative Medicine
- ❖ 70 classes in 15 years
- ❖ More than 1,300 expectant parents



Practicing Mindfulness & Compassion



Why Bring Mindfulness to Expectant Families?

- ❖ *Pregnancy* is stressful
- ❖ *Childbirth* is stressful
- ❖ *Parenting* is stressful
- ❖ *Being born* is stressful!

“Gestation is the time when our nervous systems are under construction and being wired for equanimity and stability or for hypersensitivity and vulnerability to the stressors of the world outside the womb...”

Robin Karr-Morse with Meredith S. Wiley

*Scared Sick: The Role of
Childhood Trauma in Adult Disease*

Practicing Mindfulness & Compassion



Can Mindfulness Bring Benefit?



Practicing Mindfulness & Compassion



Perhaps...

- ❖ 9 week course x 3 hours
- ❖ Daily home practice: 30 min/day
6 days/week
- ❖ Silent daylong retreat
- ❖ Reunion after birth



Practicing Mindfulness & Compassion

Mindfulness Practices

- ❖ Body Scan
- ❖ Sitting Meditation
- ❖ Yoga
- ❖ Walking Meditation
- ❖ Loving-kindness Practice
- ❖ Mindfulness in daily life



Practicing Mindfulness & Compassion

MBCP Practices

- ❖ Mindful pain practices
- ❖ Inquiry practice: fear
- ❖ Mindful partner communication
- ❖ Thread of mindful parenting
- ❖ Community



Practicing Mindfulness & Compassion

MBCP Pilot Observational Study

Duncan and Bardacke, *Journal of Child & Family Studies* (2010)

INCREASED:

Positive emotions

Mindfulness

~attention/awareness

~non-judging

~non-reactivity

DECREASED:

Negative emotions

Depressive mood

Pregnancy anxiety

Practicing Mindfulness & Compassion



Preliminary Qualitative Findings

- ❖ Increased confidence and decreased stress/fear post MBCP
- ❖ High use of mindfulness pain coping skills during childbirth
- ❖ Mindfulness sustained in the postpartum period
- ❖ Relationship benefits:
 - ❖ Attunement behaviors, increased couple intimacy
 - ❖ Common language, empathic connection
- ❖ Interrupt intergenerational patterns of suffering

The Heart of the Matter



Practicing Mindfulness & Compassion



Expanding MBCP

Centering Pregnancy with Mindfulness Skills, SFGH



Practicing Mindfulness & Compassion

More expansion...

- ❖ Future Research
 - ❖ PEARLS: Labor related pain
 - ❖ OPAL: Survey of MBCP alumni ~N=500
 - ❖ International Collaborations: UK, the Netherlands, Sweden, Hong Kong
- ❖ Teacher Training / UCSD

It's not about the birth...

Practicing Mindfulness & Compassion





mindful

taking time for what matters

Practicing Mindfulness & Compassion





UNIVERSITY OF
SAN FRANCISCO

School of Law

Mindful Lawyering: Peacemaking and Healing through Compassion

Rhonda V. Magee, J.D.

University of San Francisco School of Law

Practicing Mindfulness & Compassion





An Opening Practice: S.T.O.P.

Mindfulness is

being more fully alive

to the unrepeatable moments of our lives,

and acting from the wisdom that arises
from there.

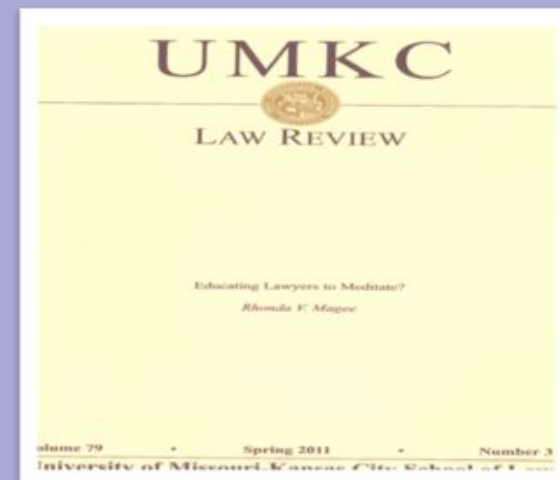
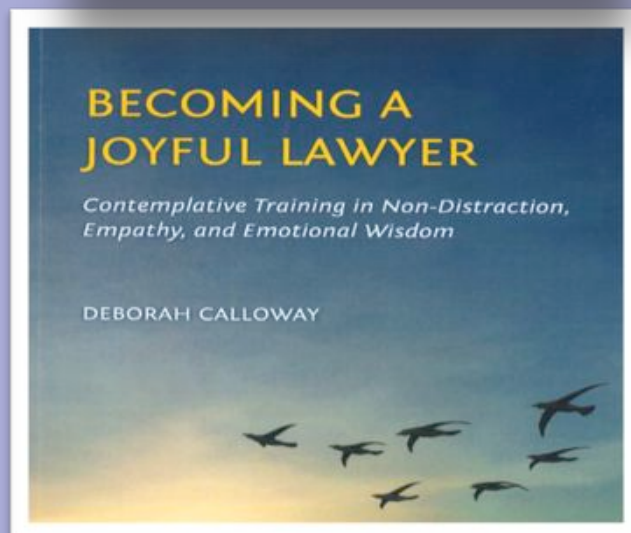
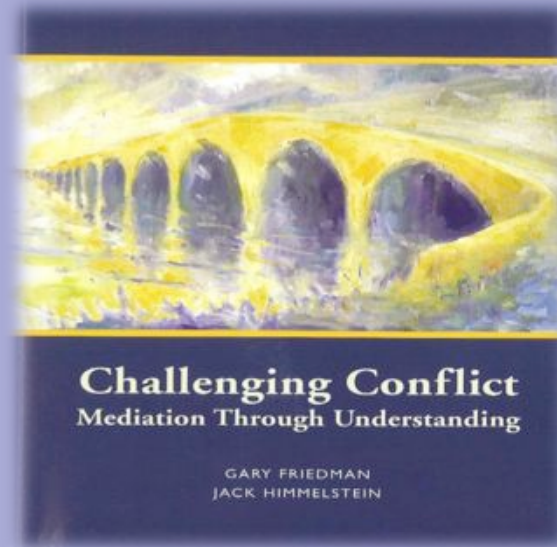
Practicing Mindfulness & Compassion

The Mindfulness Revolution



UNIVERSITY OF
SAN FRANCISCO

School of Law

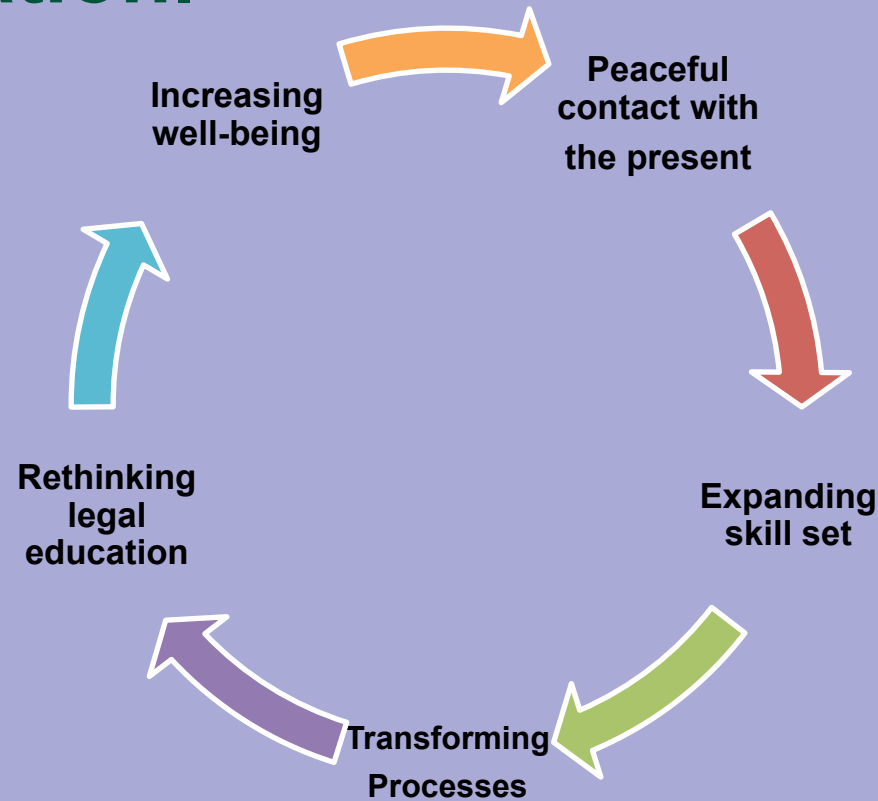


Practicing Mindfulness & Compassion





The Mindfulness Revolution: changing the “how” of conflict transformation.



Practicing Mindfulness & Compassion



UNIVERSITY OF
SAN FRANCISCO

School of Law

It Means Opening Up the Law School Classroom....

...and bringing **the whole person** back in.

Practicing Mindfulness & Compassion





Mindful Lawyers are More Compassionate Lawyers.

The movement to transform law practice begins with:
Mindfulness,

Which supports:

our own inner healing,

compassionate self-development

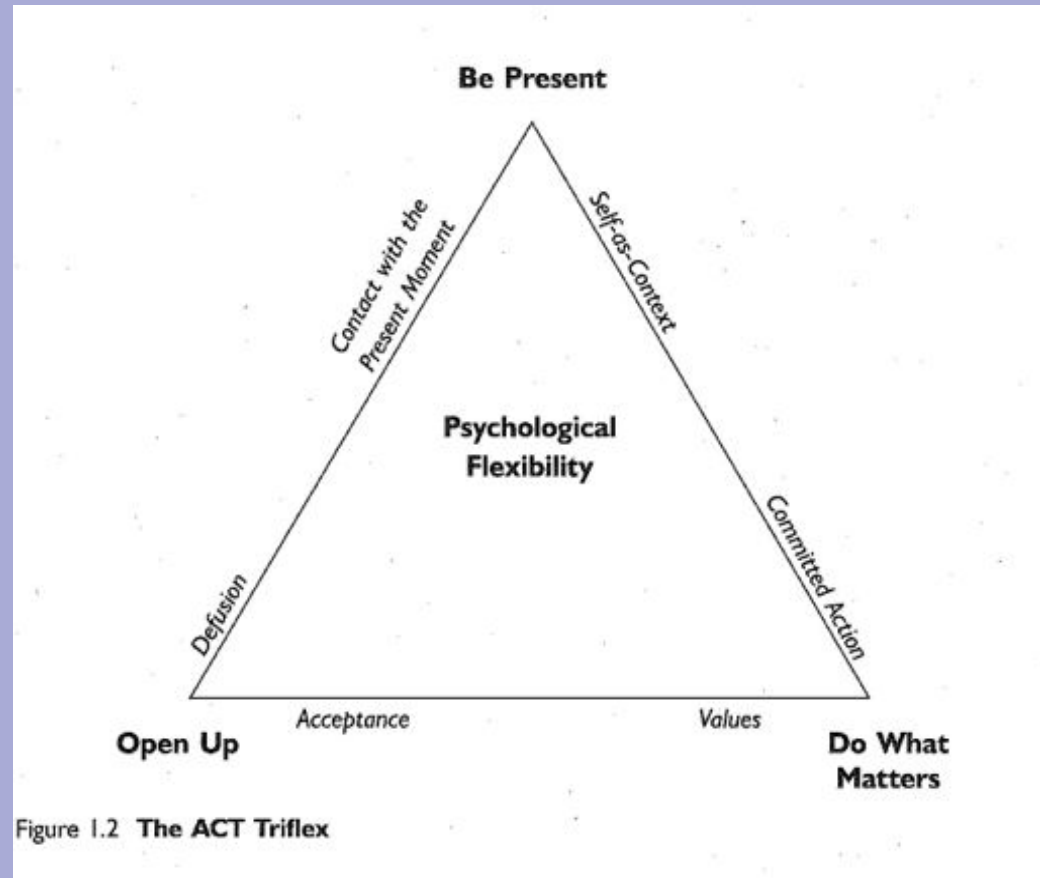
and **commitments** to **heal and**
bring peace to the world.

Practicing Mindfulness & Compassion



Mindful, Compassionate Lawyers are Psychologically Flexible and Can Help Others Become so:

Excerpted from:
Acceptance and
Commitment
Therapy Made
Simple, Russ Harris,
M.D. (2009)



Practicing Mindfulness & Compassion

“Contemplative Law”:

Integrating Compassion, Peacemaking and Healing



UNIVERSITY OF
SAN FRANCISCO

School of Law

Developing Lawyers in Three Ways, through Three Windows:

- Intra-personal

- Inter-personal

- Inter-systemic

Practicing Mindfulness & Compassion





Window #1: Presence Leads to Self-healing.

Compassionate **self-care**.

Mindfulness-Based Practices have been shown to significantly reduce the stress of people in a wide range of fields.

My own research and personal experience confirm this finding: A full **97% of respondents so far** report finding that contemplative practices help them manage stress.

Practicing Mindfulness & Compassion



Window # 2: Compassionate Lawyering Creates New Possibilities.

**Compassionate Relationship healing
and conflict transformation.**

Mindfulness-Based Practices help transform conflict through compassion, supporting ethical, relational healing.

Here again, 97% of respondents in my study self-report that these practices improve their relationships.

Practicing Mindfulness & Compassion



Window #3: Real change happens.

Compassionate Re-Invention of Self, Practice and Law Itself.

Mindfulness transforms
our understanding of who we are and reshapes our
work.

*“It has helped me to see **how interconnected all of life is. I am beginning to view the law profession as one that can heal relationships instead of one that is adversarial.**”*

Practicing Mindfulness & Compassion



UNIVERSITY OF
SAN FRANCISCO

School of Law

Mindful Conflict Management and Transformation: **Compassionate Lawyers Working to Heal and Bring Peace to a Broken-hearted world.**



Practicing Mindfulness & Compassion





mindful

taking time for what matters

Practicing Mindfulness & Compassion



Sustaining Compassion in Health Care

Robert McClure, LCSW, CEAP
Sharp HealthCare

Practicing Mindfulness & Compassion



The Center for Compassion and Altruism Research and Education (CCARE)

Stanford University School of Medicine

Practicing Mindfulness & Compassion



“The cultivation of compassion is no longer a luxury, but a necessity, if our species is to survive.”

- H.H. Dalai Lama

Burnout and Compassion Fatigue

Burnout and Satisfaction With Work-Life Balance Among US Physicians Relative to the General US Population

45.8% of 7288 physician respondents reported at least 1 symptom of burnout.

Physicians in specialties at the front line of care access seem to be at greatest risk. The conclusion: **burnout is more common among physicians** than among other US workers

JAMA Oct 8, 2012, Vol. 172, No. 18

According to various studies, at least **one-third of nurses** who work in high-risk settings may be suffering from compassion fatigue at any given time. There may be a relationship between the symptoms of compassion fatigue and the risk of committing **medical errors, and patients are less satisfied** with the care.

NCI Cancer Bulletin July 24, 2012, Vol. 9, No. 15

Compassion Cultivation Training (CCT) 2012

- 9 weekly 2 hour meetings
- In class lectures, guided meditations, group discussions.
- Daily life practices and recorded guided meditations.
- Monthly follow up class

Practicing Mindfulness & Compassion



CCT Six Steps

1. Settling and Focusing the Mind
2. Loving kindness and compassion for a loved one
3. Compassion for oneself
Loving kindness for oneself
4. Embracing shared common humanity
5. Cultivating compassion for others
6. Active Compassion Practice

Our Strategy

- Grow organically
- Bottom up
- Word of mouth
- Cultivate leader champions

Common Humanity

- Seeing the experience of self/others as part of larger human experience



Practicing Mindfulness & Compassion



You are a part of the *Greater Good*

Get Involved!

- ✓ Sign up for our FREE monthly newsletter
- ✓ Volunteer . . . live or virtually
- ✓ Become a member – get great benefits!
- ✓ Follow us on Facebook and Twitter
- ✓ Make a tax-deductible donation

Visit us at greatergood.berkeley.edu

Practicing Mindfulness & Compassion



Thank You!



mindful
taking time for what matters

Practicing Mindfulness & Compassion





mindful

taking time for what matters

Practicing Mindfulness & Compassion

