





## What about ?

Compassion is a feeling of complicity in the pain and suffering of others, in which empathy (as opposed to regret) is manifested.

According to research, compassion consists of the following five elements:

1/**recognizing suffering**

2/**understanding** the fact of the **universal presence of suffering** in human experience

3/**experiencing emotion over the suffering** of others

4/and **emotional connection with their suffering** tolerating the accompanying unpleasant feelings (e.g. fear, distress, pain)

5/by **remainig open to** and **accepting the person´ suffering** , acting or motivating one to act towards mediating relief from suffering

When we feel compassion

our heart rate slows down, we secrete the “bonding hormone” oxytocin, and regions of the brain linked to [empathy](#), [caregiving](#), and [feelings of pleasure](#) light up, which often results in our wanting to approach and care for other people. which often results in our wanting to approach and care for other people.

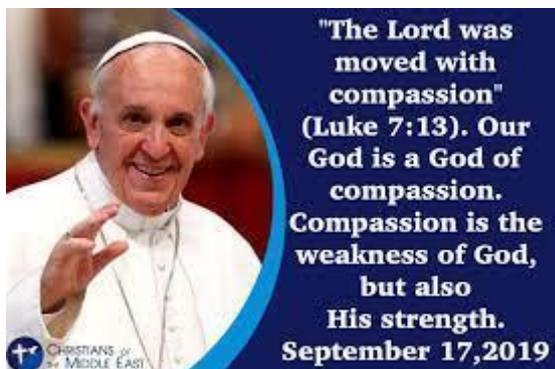
When he went ashore he saw a great crowd, and he had compassion on them and healed their sick.

/Matthew 14:14/



# Catechism of catholic church

Christ's compassion toward the sick and his many healings of every kind of infirmity are a resplendent sign that „God has visited his people,, and that the „Kingdom of God is closed at the hand“ His compassion toward all who suffer goes so far that he identifies himself with them:  
„I was sick and you visited me.,“



Pope Francis

It means **to suffer with, in other words to empathize with the suffering of another, to the point of taking it upon oneself.** Jesus is like this: he suffers together with us, he suffers with us, he suffers for us. And **the sign of this compassion is the healing of countless people** he performed.



## What about ?

The self-compassion model was developed by (Neff, 2003) and consists of six components:

**selfkindness, selfjudgment, common humanity, isolation, mindfulness, and over-identification.**

### 3 Main Components to Self-Compassion

- Self-Kindness vs. Self-Judgment
- Common Humanity vs. Isolation
- Mindfulness vs. Over-Identification

Self-compassion is a key factor in **mental health improvement** (e.g., happiness, psychological well-being, and satisfaction with life)

Furthermore, can **prevent individuals from pathological symptoms** (e.g., anxiety, stress and depression) and can work towards **personal perfection with shortcoming**



## Kristin Neff

Kristin Neff, professor Human Development at the University of Texas, discovered that **training, reinforcing of self-compassion** has a very beneficial effect in programs of psychological development.

She is researching this effect and has developed a great **number of practical exercises**, which one can use **to enhance self-compassion** on a daily basis, such as the 'self-compassion mantra'. She has developed a **compassion training** with Dr. Chris Germer.

### What is Self-Compassion? (Neff, 2003)



#### Mindfulness

Becoming aware of and present with our negative internal experiences (Germer & Neff, 2019).

Allowing yourself to be aware of painful thoughts without over-identifying with or ruminating about them.



#### Self-Kindness

Being kind and understanding of yourself rather than judgmental or critical.

Actively comforting, protecting, or supporting ourselves (Germer & Neff, 2019).



#### Common Humanity

Viewing your circumstances, mistakes, suffering, or inadequacies within the context of a shared human experiences.

# Neuroscience of compassion

From a neuroscience point of view, compassion and self-compassion seem to involve two components in a complex interplay –

an **arousal component** and a **higher-order reappraisal / [self-regulation](#)** one.

**Arousal** on witnessing an event that elicits compassion involves increased heart rate and nausea, symptoms like those experienced during personal threat or pain. Left unchecked, this can soon turn into personal distress.

**The reappraisal component** of compassion, however, involves cognitively reframing an event to reduce the negative emotions you feel.

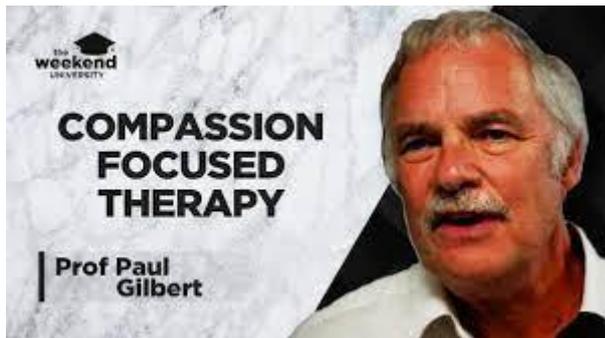
It is mediated by higher-order brain areas in the prefrontal cortex, seems to protect from personal distress.

# Educational programs and psychological counseling

to enhance compassion et self-compassion

It can be expected, that providing appropriate solutions such as the implementation of effective educational programs and psychological counseling ,will enhance compassion and self-compassion, will enable to reduce the complications, problems and high costs of care and treatment of their diseases, and ultimately will lead to an increase in the general health of them.

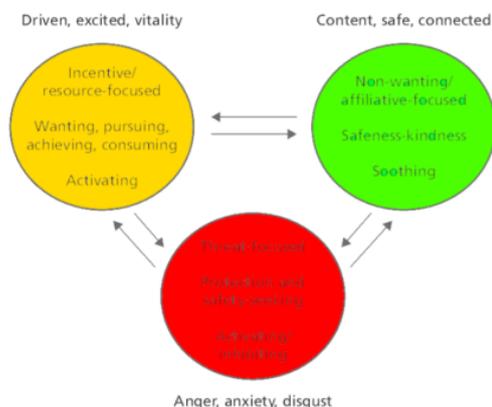




# Compassion-focused therapy/CFT/

a modern nonpharmacological access to diminish problems of patient by various diseases, aiming to reinforce the own self-compassion.

## Compassion Focused Therapy



Compassion Focused Therapy, developed by Dr Paul Gilbert, brings together techniques from CBT with concepts from evolutionary psychology, social psychology, developmental psychology, Buddhist psychology, and neuroscience.

Similar to Polyvagal Theory, it suggests that there are three types of functional emotion regulation systems:

### Drive - Safety - Threat

According to Gilbert, "One of its key concerns is to use compassionate mind training to help people develop and work with experiences of inner warmth, safety and soothing, via compassion and self-compassion".

<https://www.cambridge.org/core/journals/advances-in-psychiatric-treatment/article/introducing-compassion-focused-therapy/ECBC8B7B87E90A8B58C4530CDEE04088>

Therefore CFT aims to help promote mental and emotional healing by encouraging people in treatment to be compassionate toward themselves and other people.

# **CFT – compassionate training**

The central therapeutic technique of **CFT** is compassionate mind training , which **teaches the skills and attributes of compassion.**

Compassionate mind training helps transform problematic patterns of cognition and emotion related to [anxiety](#), [anger](#), [shame](#) and [self-criticism](#).

Humans have evolved with at least **Three primal types of emotion regulation system:**

**1/the threat (protection) system**

**2/the drive (resource-seeking) system**

and **3/the soothing system**

**CFT** emphasizes the links between cognitive patterns and these three emotion regulation systems

Through the use of techniques such as compassionate mind training and [cognitive behavioral counselling](#) (CBT), counselling clients can learn to manage each system more effectively and response more appropriately to situations.<sup>[4]</sup>

## Compassion Fatigue:

stress resulting from helping or wanting to help people who are experiencing trauma or suffering.

GoodTherapy.org

## What Are the Signs of Compassion Fatigue?

Compassion fatigue can affect social workers in many ways, and it is important to recognize the signs as soon as possible. The issue can manifest itself in the following categories:



### Emotionally

Anger, irritability, sense of hopelessness



### Physically

Headaches, abdominal pain, hypertension



### Cognitively

Difficulty concentrating, self-blame, low self-esteem



### Behaviorally

Substance abuse, chronic lateness, lack of joy

Sources: The American Institute of Stress, Cigna, PublicSource

## Who is at risk of Compassion Fatigue?

- Healthcare professionals
- Long-term care professionals & volunteers
- Helping professionals
- Caregivers of children & adults with special needs
- First responders
- Pastors, chaplains & humanitarian workers

[www.break-through.ca](http://www.break-through.ca)

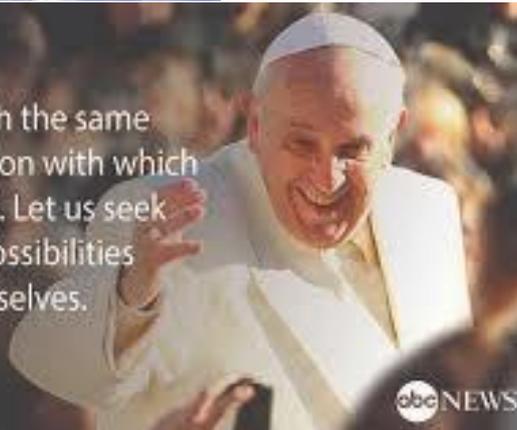


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Let us treat others with the same passion and compassion with which we want to be treated. Let us seek for others the same possibilities which we seek for ourselves.

**POPE FRANCIS**

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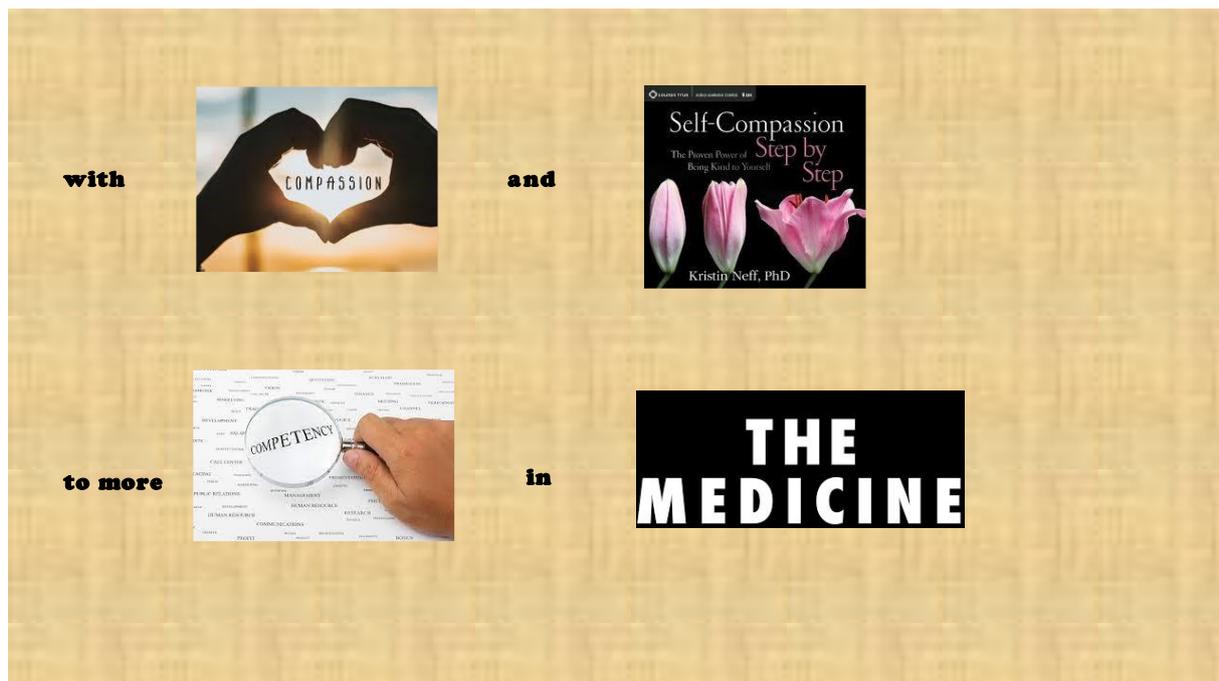
True compassion means not only feeling another's pain but also being moved to help relieve it.

“

The purpose of human life is to serve, and to show compassion and the will to help others.

ALBERT SCHWEITZER

GRACIOUSQUOTES.COM



## Literature

Understanding the Neuroscience of Compassion

What exactly is compassion and how does it differ from empathy and altruism?

[Aditi Subramaniam, Ph.D.](#)

[Parenting from a Neuroscience Perspective](#)

*This article also appeared on [Deccan Herald Online](#) on June 6, 2020.*

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