Training our minds in compassion: an introduction to compassion-focused exercises and mindfulness skills

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Abstract

This presentation offers an outline of a basic approach to thinking about the nature of, and value of, developing compassion in our lives. In the other hand, explores some exercises that we practice to try to stimulate our own compassionate mind. (Self)Compassion is the heart of mindfulness. It is warm-hearted, connected presence during difficult moments in our lives. Thus, compassion can be thought of as a skill that one can train in, with increasing evidence that focusing on and practicing compassion can influence neurophysiological and immune systems. Compassion-focused therapy refers to the underpinning theory and process of applying a compassion model to psychotherapy. It is an integrated and multimodal approach that draws from evolutionary, social, developmental and Buddhist psychology, and neuroscience.

First, we will explore how our brains work and what we mean by compassion. We are going to start by looking at a couple of challenges that life presents us with and that we all experience. Second, we will examine how the therapist help the client experience safeness in their interactions with him, to tolerate and feel safe with what is explored in the therapy, and to replace self-criticism with self-kindness. Empirical research suggests that a specialized affect regulation system (or systems) underpins feelings of reassurance, safeness and well-being. Compassion-focused therapy focuses on the development of the social safeness system in the therapy through the training of compassion and mindfulness exercises.