

MINDFULNESS-BASED COMPASSIONATE LIVING – SESSION OVERVIEW

SESSION	1	2	3	4	5	6		7	8
THEMES	Three Emotion Regulation Systems	Stress Reactions & Self-Compassion	Inner Patterns	Compassion Mode	Self & Others	Common Humanity	SILENT PRACTICE SESSION	Compassion in Daily Life	Healing Power of Compassion
	Why (not) practice (self-) compassion?	Self-criticism vs kindness; Self-isolation vs common humanity; Over-identification vs mindfulness	Threat, competitive & caring modes	Attributes & skills of compassion	Self-transcendent & relational qualities of compassion	Four Friends for Life Loving Kindness Compassion Sympathetic Joy Equanimity		Motivation: What moves us: threat, drive or care?	Evaluation
	Multi-layered brain 'The design is not our fault'; Threat, drive & soothing systems and their balance	Tend & Befriend	Function of the Inner Bully and self-conscious emotions (shame, shyness, guilt)	Cultivating an Inner Helper	Over- & de-identification	What contributes to happiness?		Practical Ethics	How to continue?
	How to nourish the soothing system?	Using Imagery	Maladaptive schema's	Doing 'As-if'	Kindness to others				
		Backdraft							
FORMAL PRACTICES	Safe Place	Compassionately dealing with Resistance	Compassionately dealing with Desire	Embodying Compassion	Compassionate Letter Writing	Forgiveness: forgiving oneself		Equanimity	Compassionate Bodyscan
	Three Circles	Compassionate Companion	Compassionately dealing with Inner Patterns	Kindness for the Body	Compassionate Breathing	Taking in the Good Savouring Gratitude Silver Lining Core Values		Discovering Compassion for Self and Others in Daily Life	Stream of Awareness
	Soothing Breathing Rhythm Soothing through the Senses Pleasure Walk			Walking & Moving with kindness				Prevention Plan	
LOVING KINDNESS	Self	Self	Benefactor	Dear Person Neutral Person	Difficult Person	Groups All Beings		Focus on Equanimity	--- cont. ---
INFORMAL	Breathing Space with Kindness	Breathing Space with Compassion Self-Compassion Mantra	--- cont. ---	--- cont. ---	--- cont. ---	--- cont. ---		--- cont. ---	--- cont. ---
CALENDAR	Soothing system	Threat system	Drive system	Inner bully	Inner helper	Receiving compassion		Giving compassion	