

BRING YOURSELF TO THE ROOM
Mindfulness exercise

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Can you see SUFFERING?

- Holding the first workshop ever at the World Conference
- Poor spoken English skills
- Being reviewed right now
- Presenting for the very first time a new conceptual model
- Having been allotted the third of the asked time
- **SCARED** like hell

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The Elements of Compassionate Responding


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graph TD; A[Suffering] --> B[Noticing of suffering]; B --> C["Appraisals  
Relevance/importance, deservingness"]; C --> D[Feelings]; D --> E[Action]
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Based on:
Atkins, P. W., & Parker, S. K. (2012)

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But what if you can't see?



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Ubiquity of human suffering

“The life consists of suffering”

-- Buddha *“The First Nobel Truth”*

“Man is born for trouble”

-- Job 5:7

“The single most remarkable fact about human existence is how hard it is for humans to be happy”

-- Hayes, Strosahl, & Wilson (1999)



Ubiquity of human suffering

Kobun’s face beamed as he held his infant son in his arms. A student took this opportunity to challenge Kobun’s frequent mention of the universality of suffering. *“I bet you aren’t suffering when you’re holding your baby,”* he said. Kobun looked at him and slowly answered, *“He is my greatest suffering”*.

-- Zen Teaching Story



Human beings are entangled in language processes

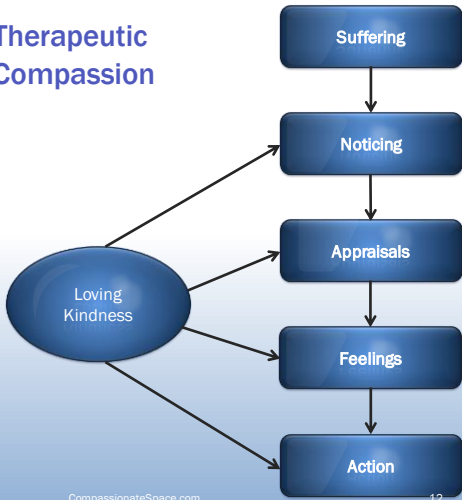
Simply being human means to SUFFER



How do you choose to relate to that fact?



Therapeutic Compassion





Loving Kindness

“The strong wish for the welfare and happiness of others”

-- Acharya Buddharakkhita



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Loving Kindness with challenging clients

“When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over.”


-- Thich Naht Hanh

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Connectedness



Our separation of each other is an optical illusion of our consciousness
- Albert Einstein

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Compassion

“Sympathetic consciousness of others' distress together with a desire to alleviate it”

-- The Merriam-Webster Dictionary

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Therapeutic Compassion



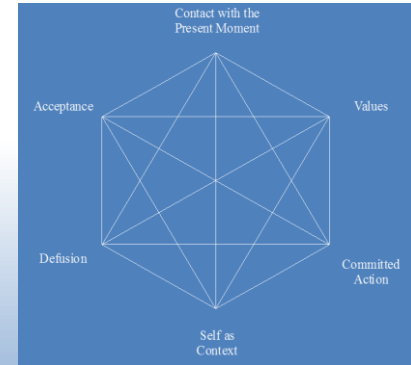
Ability
Psychological Flexibility

Intention
Loving Kindness

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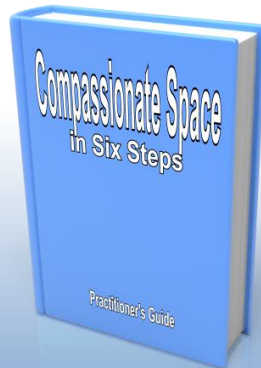
Acceptance and Commitment Therapy



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How create compassionate space (and avoid burnout)?



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Looking Beyond the Horizon of Your Perception and Choosing (Step 1)

Be active

Not reactive

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Present Moment Awareness (Step 2)



Seeing Thoughts as Thoughts (Step 3)



Where will your thoughts and evaluations drive you if you buy them?

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Getting into Others' Shoes (Step 4)



Taking Perspective on Yourself (Step 5)



Observe how you relate to yourself

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Opening up to Experience (Step 6)



Burning Out



Burning Out



Where does your effort lie
during the session?

Thank you for your attention

