Overview:

Compassion is the ability to have a deep awareness of the suffering of another person or yourself coupled with the wish and desire to alleviate that suffering. Compassion leads to an experience of common humanity so a personal experience is not abnormal or isolating but rather part of being human. The Kaiser Permanente Neuro PT Residency program is teaching compassion in their residency program so the residents develop tools such as being present, listening, and resilience. This leads to authentic, meaningful and individualized care and a sense of wellbeing among the residents. Research is showing that compassion is good for us and it is what allows us to truly be with another human being and not suffer burnout. With compassion as a guide therapists can become individuals that can provide authentic care and also care for themselves in the process. Acts of compassion can add meaning to our lives and lead to happiness. The Kaiser Permanente Neuro PT Residency has shared lecture/discussion resources and references on compassion from their program.