

**Resources on
Compassion Theory and Training
Kaiser Permanente Neuro PT Residency - Northern California**

Empathy is the ability to identify with the emotional state of another. You can feel someone else's pain.

Sympathy is about feeling pity and understanding what a person may be feeling but you don't feel what the person is feeling. There is certain distance from the feelings of the other, although you can cognitively understand. You are aware of the pain of another.

Compassion is not passive, acceptance is not the same as passivity. Compassion leads to some sort of action because you are doing what is within your purview to relieve suffering. It can be listening, holding a hand, but it can also lead people to start movements, call a senator, start a foundation, etc

It is in recognizing and being mindful of who you are, awareness of what personal strengths you have that can guide you to take action. The main difference between empathy, sympathy and compassion is going one step further and taking action to relieve the suffering of another or yourself.

With compassion you feel the pain of another (empathy) or you recognize that a person is in pain (sympathy) and you do your best to alleviate the suffering. When a person is compassionate, they do not run away, or feel overwhelmed or pretend suffering does not exist. The person is able to be present with another while they are suffering. The simple act of being present with another or listening to another can help relieve their suffering and at the same time regenerate the person that is being compassionate. Compassion is a constantly renewable resource.

Excellent resources to review first are noted in yellow highlight. Compassion theory and concepts are being studied, discussed and taught internationally with health care professions and in the business world. All of compassion concepts are related to emotional intelligence as well because mindfulness, acceptance of what is, not trying to change reality is a big part of being present. You also learn to recognize your own responses and learn that the only thing you can control is your response to a situation. If you keep wishing it to be different you cause yourself suffering.

Websites:

<http://ccare.stanford.edu/research/>

<http://self-compassion.org/about/>

<http://centerformsc.org>

<https://heartsinhealthcare.com/>

<https://greatergood.berkeley.edu/>

<https://www.spiritrock.org/about>

<https://chrisgermer.com/meditations/>

<https://www.sharonsalzberg.com/>

<https://www.tarabrach.com/>

<https://jackkornfield.com/>

<https://www.dalailama.com/>

<https://positivepsychologyprogram.com/>
<https://www.mindandlife.org/>

Books:

1. Braving the Wilderness-Brene Brown, 2017
2. The Anatomy of a Calling- Lissa Rankin, 2015
3. Ageless Soul- Thomas Moore, 2017
4. Time to Care: How to Love your Patients and your Job-Robin Youngson,2012
5. Into the Magic Shop-James Doty, 2016
6. Counter Clockwise- Ellen J. Langer, 2009
7. No Time like the Present- Jack Kornfield, 2017
8. Self-Compassion-Kristen Neff, 2011
9. Fearless Heart-Thupten Jinpa, 2015
10. The Body Keeps Score- Bessel Van Der Kolk, 2014
11. The Mind Body Code- Dr. Mario Martinez, 2014
12. Journey to the Heart- Melody Beattie, 1995
13. The French Art of Not Giving a Shit- Fabrice Midal
14. Moving Inward the Journey to Meditation- Rolf Sovik, 2005
15. Option B: Facing Adversity, Building Resilience, and Finding Joy – Sheryl Sandberg & Adam Grant, 2017
16. Find a Way: The Inspiring Story of One Woman's Pursuit of a Lifelong Dream - Diana Nyad, 2017
17. The Mindful Path to Self-Compassion - Christopher K. Germer, PhD, 2009
18. A Lamp in the Darkness: Illuminating the Path Through Difficult Times – Jack Kornfield, 2014
19. Loving-Kindness: The Revolutionary Art of Happiness - Sharon Salzberg, 1995
20. Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom – Rod Stryker, 2011
21. Search Inside Yourself, Chade-Meng Tan, 2014
22. Simple Self-Care for Therapists: Restorative Practices to Weave through your Workday – Ashley Davis Bush, 2015
23. Wherever You Go There You Are: Mindfulness Meditation in Everyday Life – Jon Kabat-Zinn, 1994
24. The Laws of Spirit: Simple, Powerful Truths for Making Life Work – Dan Millman, 1995
25. Gifts of the Darkwood: Seven Blessings for Soulful Skeptics (and Other Wanderers) – Eric Elnes, 2015
26. Mindfulness in Plain English – Bhante Gunaratana, 2014
27. Finding Water: The Art of Perseverance – Julia Cameron, 2006
28. Whatever...Love is Love: Questioning the Labels We Give Ourselves – Maria Bello, 2015
29. Wouldn't Take Nothing for My Journey Now – Maya Angelou, 1993
30. Rising Strong: The Reckoning, the Rumble, The Revolution - Brene Brown, 2015
31. The Gifts of Imperfection: Let Go of Who You think You're Supposed to Be and Embrace Who You Are – Brene Brown, 2010
32. Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words – David Whyte, 2014
33. The Book of JOY: Lasting Happiness in a Changing World – His Holiness the Dalai Lama and Archbishop Desmond Tutu, 2016

34. In Awe of Being Human: A Doctor's Stories from the Edge of Life and Death – Betsy MacGregor, MD, 2013
35. 12 Simple Secrets of Happiness: Finding Joy in Everyday Relationships – Glenn Van Ekeren, 2000
36. Things That Join the Sea and the Sky: Field Notes on Living – Mark Nepo, 2017
37. A Mind at Home with Itself: How Asking Four Questions Can Free Your Mind, Open Your Heart and Turn Your World Around – Byron Katie, 2017

Articles:

- Allen AB, & Leary MR. Self –Compassion, stress, and coping. *Soc Personal Psychol Compass.* 2010; 4(2):107-118
- Fiori F, Anglioti SM, David N. Interactions between body and social awareness in yoga. *Journal of Alternative & Complimentary Medicine.* Feb 2017;23:(3) 227-233.
- Goodman MJ & Schorling JB. A mindfulness course decreases burnout and improves well-being among health care providers. *The Int'l J of Psychiatry in Medicine.* 2012; 43(2): 119-128.
- Greenfield BH, Jensen GM, Delany CM, Mostrom E, Knab M, Jampel A. Power and promise of narrative for advancing physical therapist education and practice. *Phys Ther.* 2015; 95(6): 924-933
- Halifax, J. The precious necessity of compassion. *Journal of Pain and Symptom Management.* 2011; 4(1), 146-153.
- Jensen GM, Gwyer J, Shepard KF, Hack LM. Expert practice in physical therapy. *Phys Ther.* 2000;80 (1):28-43.
- Kemper KJ, Mo X, Khayat R. Are mindfulness and self-compassion associated with sleep and resilience in health professionals? *The Journal of Alternative and Complementary Medicine.* 2015; 21 (8) 496-503.
- Lester L. The physician as person framework: How human nature impacts empathy, depression, burnout, and the practice of medicine. *Can Med Educ J.* 2017; Dec 8 (4) e92-e97.
- Longe, O., Maratos, F. A., Gilbert, P. Evans, G., Volker, F., Rockliff, H., et al. Having a word with yourself: Neural correlates of self-criticism and self-reassurance. *Neuroimage,* 2009; 49, 1849–1856.
- Luken M, Sammons A. Systematic review of mindfulness practice for reducing job burnout. *Am J Occup Ther.* 2016;70 (2): 1-10
- Miciak M, Mayan M, Brown C, Joyce AS, Gross DP. The necessary conditions of engagement for the therapeutic relationship in physiotherapy: an interpretive description study. *Arch Physiother* 2018; 8: 3
- Miciak M, Mayan M, Brown C, Joyce AS, Gross DP. Framework for establishing connections in physiotherapy practice. *Physiotherapy Theory and Practice.* Feb 2018; 1-17
- Mills J, Chapman M. Compassion and self-compassion in medicine: Self-care for the caregiver. *Australian Medical Jnl,* 2016; 9(5):87–91.
- Neff KD, Kirkpatrick KL, Rude SS. Self Compassion and adaptive psychological functioning. *J Res Pers* 2007; 4: 139-54.
- Neff KD. The role of self –compassion in development: A healthier way to relate to oneself. *Hum Dev.*2009; 52 (4): 211-214.
- Neff KD & Germer C. Self compassion and psychological wellbeing. In *Oxford Handbook of Compassion Science.* J Doty (Ed) Chapter 27, Oxford University Press, 3-42.
- Olson, K., Kemper, K. J., & Mahan, J. D. What Factors Promote Resilience and Protect Against Burnout in First-Year Pediatric and Medicine-Pediatric Residents? *J Evid Based Complement Altern Med* (2015).

Olson K, Kemper KJ. Factors associated with well being and confidence in providing compassionate care. *J Evid Based Complement Altern Med.* 2014; 19: 292-296.

Perlo J, Balik B, Swenssen S, Kabcenell A, LandsmanJ, Feeley D. *IHI Framework for Improving Joy in Work.* IHI White Paper. Cambridge, Massachusetts: Institute for Healthcare Improvement: 2007. (Available at ihi.org)

Petrocchi, N., Ottaviani, C., & Couyoumdjian, A. Compassion at the mirror: Exposure to a mirror increases the efficacy of a self-compassion manipulation in enhancing soothing positive affect and heart rate variability. *The Journal of Positive Psychology*, 2016. 1-12

Pidgeon AM, Ford L, Klaassen F. Evaluating the effectiveness of enhancing resilience in human service professionals using a retreat-based Mindfulness with Metta Training Program: A Randomised control trial. *Psychology, Health & Medicine.* 2014; 19 (3):355-364.

Robert-McComb J J et al. The effects of mindfulness –based movement on parameters of stress. *Int Journal of Yoga Therapy.* 2015; 25: 79-88.

Scarlet, J., Altmeyer, N., Knier, S., & Harpin, R. E. (2017). The effects of Compassion Cultivation Training (CCT) on health-care workers. *Clinical Psychologist*, 21, 116–124.

Seppala, E. M., Hutcherson, C. A., Nguyen, D. T. H., Doty, J. R., & Gross, J. J. (2014). Loving-kindness meditation: A tool to improve healthcare provider compassion, resilience, and patient care. *Journal of Compassionate Healthcare.*

Smith JL. Self-Compassion and Resilience in Senior Living. *Senior Housing and Care Journal.* 2015; 23:(1) 16-31.

Stuntzner, S. Compassion and self-compassion: Exploration of utility as essential components of the rehabilitation counseling profession. *Journal of Applied Rehabilitation Counseling*, 2014; 45(1), 37-44.