Introducing Compassion Focused Therapy

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www.compassionatemind.co.uk
www.compassionatwellbeing.com
Responsibility

- During the workshop we will be engaging in various exercises such as compassionate imagery or working on self-criticism
- All exercises are entirely voluntary
- You are responsible for your own well-being
- All shared material is confidential
- You are clinically responsible for how you use CFT
Compassion *Focused* Therapy

- Socratic dialogues, guided discovery, identify safety behaviours, focus on avoidance and exposure, inference chains, re-appraisal, behavioural experiments, mindfulness, body/emotion awareness and breath training, imagery practices, supporting maturation – plus plus.

Unique?

- Psycho-education on evolved ‘tricky’ brain
- Model of affect regulation with special focus on affiliation and the parasympathetic system
- Build compassion-focused motives, competencies and identities as inner organising systems
- Working with self-criticism and self-conscious emotions (e.g., shame and guilt)
- Work with fears, blocks and resistances to compassion and positive emotion
What is helpful?

CBT distinguishes between *unhelpful* thoughts and behaviours - that increase or accentuate negative feelings - and *alternative helpful* thoughts and behaviours that do the opposite.

This approach works well when people experience these alternatives *as helpful*. However, suppose they say, “I can see the logic and it should feel helpful but I cannot feel reassured by them” or “I *know* that I am not to blame but still *feel* to blame”.
Nature of change

- Looking at evidence, insight, practice exposure?

- The nature of the emotional system that provides the basis for change?
Upsetting thoughts: I am struggling with my patients – others will think I am incompetent and useless – I am

Behaviour Experiment: read the below with different emotional voice tones and breath styles – what happens?

**Empathy to one’s own distress:** Understandable to feel disappointed and thwarted – therapy can be hard.

**CA: Attention:** recall successful times or others were helpful

**CT: What is helpful/tolerance:** Ability to be with patients and listen and ‘bear’ feelings of stuckness is itself helpful

**CT: Not black/white:** focus on what I can do rather than what I can’t – break issue down

**CT: Like others – common humanity:** Experienced therapists often have these kinds of problems

**CB: Help seeking:** Can share my difficulties, seek supervision/help, talk to others – keep trying my best
How did CFT Start?

20 years ago using CBT

• Noticing the hostility in the alternative thoughts or when engaging in ‘helpful’ homework

• Negative self-monitoring is constant – even in training in mindfulness – but it’s the emotional tone that does the damage (Whelton & Greenberg, 2005)

• Noticing the strong fears blocks and resistances to affiliative emotions in the alternative thoughts or when engaging in helpful homework
Nature of the problem

Issues
Able to generate alternative thoughts – but don’t feel any better.
Struggle generating affiliative motives or emotions – partly because of high shame, self-criticism and problematic history

Solution
Challenge the basis of shame and personalisation/isolation BY discussing the roots of suffering in the nature of mind itself – not one’s fault – common humanity
Placing humanity in its context

Evolution and the flow of life

Our Common Humanity
Compassion Focused Therapy

Unique?

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Why do we need Compassion?
Life is Hard
Compassion is interested in the Big Questions

The Nature of reality and
How we fit into it

Into the causes and nature of suffering
Humanity is part of the flow life -- 99% of all species that have existed are extinct.
Charles Robert Darwin,

12 February 1809 – 19 April 1882

The process of change via natural selection from the challenges of survival and reproduction
Evolution and Strategies

Survival
- Feeding
- Defending
- Shelter

Reproduction
- Parental investment
- Inter and intrasexual competition
- Alliances

Phenotypes
- Motives, Emotions
- Attention
- Behaviours
Compassion begins with a reality check
Insight builds wisdom

• We are gene-built - with evolved brains designed to struggle to survive, to want, grasp and avoid pain
We arise from the Genetic Lottery
Compassion begins with a reality check
Insight builds wisdom

• We are gene-built - with evolved brains designed to struggle to survive, to want, grasp and avoid pain

• We are all born, grow, decay and die - and are susceptible to many diseases and injuries – life with tragedy – pain and suffering – more than impermanence

• We are socially shaped – from our gene expressions, to our sense of self and values – baby kidnap
So, Basic Philosophy is That:

See clearly into the causes of suffering:

We all *just find ourselves* here with a brain, emotions and sense of (socially made) self we did not choose but have to figure out.

Life involves dealing with *tragedies* (threats, losses, diseases, decay, death) and people do the best they can.

Much of what goes on in our minds is not of ‘our design’ and not our fault.

We are all in the same boat.

The wisdom of no blame with the desire to take responsibility.
The brain itself is our biggest challenge!!!
The human brain is the product of many millions of years of evolution – a process of conserving, modifying and adapting.
Tricky Brain and its problematic loops

Old Brain Functions

Motives (harm-avoidance, food, sex, caring, status)
Emotions (anger, anxiety, sadness, joy)
Behaviours (fight, flight, shut down, courting, caring)
New Brain Troubles

Self-monitoring
Self-criticism
Fearful Imagination
Fear of feelings
Emotional avoidance
Shame – sense of inferiority
Rumination
New Brain Competencies:
Imagine, Plan, Ruminate, Self-monitor, Self-identity

Old Brain Functions
Motives (harm-avoidance, food, sex, caring, status)
Emotions (anger, anxiety, sadness, joy)
Behaviours (fight, flight, shut down, courting, caring)

Tricky Brain and its problematic loops
New Brain – ‘Can keep the threat going’

New brain
- Ruminating
- Imagining worst outcome
- Self-criticising

Old brain

Threat System Level

Time
Getting Smart: New Brain Competencies

New Brain
Imagination,
Planning, Anticipation,
Rumination

Self-identity
Self-monitoring
Getting Smart: New Brain Competencies

Social Identity

Social-monitoring

Self conscious emotions
Shame-humiliation
Guilt
Pride
Getting Smart: New Brain Competencies

**New Brain Competencies for**

- Empathy
- Perspective taking
- Mentalising
A mind that does not know itself

Dangerous, Cruel and Crazy Mind?
Built in Biases

Compassion insights

Biased learning – e.g., fear of snakes not electricity

Biases can be implicit (non-conscious) or explicit (Conscious)

Self-focused

Kin preferences – (nepotism)

In-group preferences – (tribalism)
Cruelty from inequality
Desire to make others suffer bully to torture
Cruelty as Entertainment
Tribalism - Battles often vicious and bloody
We Create Horrors and Hells
Use of Intelligence
Submissive and obedient (Milgram)
Belsen Concentration Camp
Cruelty and Callousness

The deliberate causing of harm/suffering to another either for pleasure, personal benefit or social conformity

- Torture
- Slavery
- Women as property – subservient
- Chinese foot binding, FGM,
- Domestic violence, rape.

50%+ of children from some inner cities show high rates of PTSD symptoms with a range of health and learning effects (Horowitz, McKay & Marshall, 2005)
The reality of suffering

• Humans are one of the biggest sources of suffering to other living things including of course humans

• In addition, the way we think about and treat ourselves is a major cause of suffering to ourselves - the West is riddled with people who feel inferior, inadequate self-critical or even self-hating.
Compassion and cruelty
(Gilbert 2005)

To understand compassion requires us to understand how compassion gets turned on and off, people can literally dissociate from pain and suffering –

The human Mind is a major source of Suffering to self and others

This is no one’s fault but – it is linked to how the brain works in certain contexts – this carries huge implications and responsibilities for how we build compassionate minds and societies.
Compassion:

Can we recognise that through our own actions or inactions we can be contributors to our own and other people’s suffering?
Mind as a multi-self

The seeds of mind

Which do we cultivate?

War
Tribalism
Greed
Abuse
Wound
Slavery
Torture
Sadism
Hatred

Peace
Equanimity
Fairness
Care
Heal
Liberate
Nurture
Protect
Forgive

Highly dependent on social context
But we are also capable of intense care and compassion

Attachment and love of our children/relatives
Care for our friends
Work for charities and good causes
The many helping professions
Helping others is a source of joy and well-being
Working for Justice and Morality
Creating the good – music, poetry, science
Human Minds are Multi Minds

• The long progression in our self-understanding has been from a simple and usually "intellectual" view to the view that the mind is a *mixed structure*, for it contains a complex set of "talents," "modules" and "policies" within.... All these general components of the mind can act independently of each other; they may well have different priorities

(Orenstein, R 1986 Multimind: A new way of looking at human behaviour)

• You are a universe, a collection of worlds within worlds. Your brain is possibly the most complicated and amazing device in existence. Through its action you are capable of music, art, science, and war. Your potential for love and compassion coexists with your potential for aggression, hatred......murder

(Coon, D. 1992 Introduction to Psychology)
Looking more deeply into the nature of our human mind
Mindful Brain

Mindfulness

New Brain: Imagination, Planning, Rumination, Integration

Old Brain: Emotions, Motives, Relationship Seeking-Creating
Mindfulness as harnessing our inner Observer

New Brain: Imagination, Planning, Rumination, Integration

Old Brain: Emotions, Motives, Relationship Seeking-Creating
Complexities of Conscious Experiencing

- Known and experienced
- Known but avoided – too fearful – overwhelmed, poorly integrated
- Unknown and avoided (don’t want to know what I am capable of – shadow)
- Unknown – source of basic motives
Tricky Brain and its problematic loops

Mindful
Introspection
Getting to know
Acceptance/tolerating WJ
Insight
Into what?
Tricky Brain and its problematic loops

My mind

Natures Mind
Mindful Compassion Brain

Mindfulness

New Brain: Imagination, Planning, Rumination, Integration
Self-Identity

Old Brain: Emotions, Motives, Relationship Seeking-Creating

Compassion
Competitive Brain

Mindfulness

New Brain: Imagination, Planning, Rumination, Integration
Self-Identity

Old Brain: Emotions, Motives, Relationship Seeking-Creating

Compete
Complexities of Conscious Experiencing

Known and experienced

Known but avoided – too fearful – overwhelmed, poorly integrated

Unknown and avoided (don’t want to know what I am capable of – shadow avoidance)

Unknown – source of basic motives

So mindful of what?
Why Compassion?

• Compassion is helpful and is associated with well-being and moral behaviour – and therapy

Deeper Level

• There is something terrifying and deeply tragic at the heart of human existence

• There is anger, fear and grief that we are normally dissociated from – until it knocks on our door

• Terror management with dissociation from reality is normal but a deeply problematic human way of dealing with reality
Evolutionary Functional Analysis of Emotions
Compassion *Focused* Therapy

**Unique?**

- Psycho-education on evolved ‘tricky’ brain
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- Build compassion-focused motives, competencies and identities as inner organising systems
- **Working with self-criticism and self-conscious emotions (e.g., shame and guilt)**
- Work with fears, blocks and resistances to compassion and positive emotion
Understanding our Motives and Emotions

Emotions guide us to our goals and respond if we are succeeding or threatened.

Emotions evolved to create physiological/bodies states that can be rapidly activated and control behaviour moment-by-moment.

Emotions are subject to emotional or classical conditioning.

Emotions can be multiple and can be in conflict.

There are three types of emotion regulation:

1. Those that focus on threat and self-protection
2. Those that focus on doing and achieving
3. Those that focus on contentment and feeling safe
Types of Affect Regulator Systems

- Drive, excite, vitality
  - Incentive/resource-focused
    - Wanting, pursuing, achieving
      - Activating
  - Threat-focused
    - Protection and Safety-seeking
      - Activating/inhibiting

- Content, safe, connected
  - Non-wanting/Affiliative focused
    - Safeness-kindness
      - Soothing
  - Anger, anxiety, disgust
Types of Affect Regulator Systems

- Threat-focused
- Protection and Safety-seeking
- Activating/inhibiting

Anger, anxiety, disgust
Threat-focused Protection and Safety-seeking
Activating/inhibiting

Anxiety

Body/feelings
- Tense
- Heart increase
- Dry mouth
- "Butterflies"
- Afraid

Attention/Thinking
- Narrow-focused
- Danger threat
- Scan – search
- Internal vs. external (attribution prediction)

Behaviour
- Passive avoidance
- Active avoidance
- Submissive display
- Dissociate
Threat-focused Protection and Safety-seeking
Activating/inhibiting

Anger

**Body/feelings**
- Tense
- Heart increase
- Pressure to act
- Anger

**Attention/Thinking**
- Narrow-focused
- Transgression/block
- Scan – search
- Internal vs. external (attribution prediction)

**Behaviour**
- Increase outputs
- Aggressive display
- Approach
- Dissociate
Threat relations

Conflicts of Emotions

Anger ↔ Anxiety

blocks

blocks

Sadness

Each emotion can have its own body states, cognitions, action tendencies and memories.
Types of Threat Defence

Threat-focused
Protection and
Safety-seeking
Activating/inhibiting

ACTIVATION
fight/flight repel
Protest, struggle

DE-ACTIVATION
Faint/freeze
Helplessness
Trapped Defeated
Despair
Understand conflicts between Motives, Emotions and Strategies

What gets Blocked?
Varieties of 
Positive 
Emotions 
EFA
Types of Affect Regulator Systems

Drive, excite, vitality

Incentive/resource-focused
Wanting, pursuing, achieving
Activating

Threat-focused
Protection and Safety-seeking
Activating/inhibiting

Anger, anxiety, disgust
Lottery

£ $ £ $ £ $ £ $
Humans evolved complex competencies to send and receive social signals that are motive congruent – create interactional sequences that are mutually influencing.

CFT focuses on the fact the brain evolved to respond to social signals and communications -
Incentive/resource-focused

Wanting, pursuing, achieving, consuming

Activating

Pleasure

Body/feelings
- Activation
- Heart increase
- Pressure to act
- Disrupt sleep

Attention/Thinking
- Narrow-focused
- Acquiring
- Explorative
- Internal vs. external (attribution prediction)

Behaviour
- Approach
- Engage
- Socialise
- Restless
- Celebrating
Safeness and Soothing
Self-Protection

In species without attachment only 1-2% make it to adulthood to reproduce. Threats come from ecologies, food shortage, predation, injury, disease. At birth individuals must be able to ‘go it alone’, be mobile and disperse
Caring as “looking after”. Seeking closeness rather than dispersion. Individuals obtain protection, food, and care when ill. Key also is soothing-calming and physiological regulation. Few offspring but high survival rate in comparison to species without attachment, affection and kindness.

Promotes courage and engagement

Co-operative and mutual support stimulates affiliative systems and helps regulate threat
Well-being

Body/feelings:
- Calm
- Slow
- Well-being
- Content

Attention/Thinking:
- Open-focused
- Reflective
- Prosocial
- Internal v. external (attribution prediction)

Behaviour:
- Peaceful
- Gentle
- Pro-social

Safeness-kindness

Soothing

Non-wanting/
Affiliative focused
Self-self and self-other relating

Threat

Calms

Affiliative/Sothing
Self-self and self-other relating

Encourage

Threat

Affiliative/Sothing
Safeness - connecting and the parasympathetic system: The Vagus Nerve

- PNS influence on heart rate – slows beat down during outbreath

- Associated with affiliation, tend & befriend, general positive emotional tone

- Sensitive to safeness
Sympathetic nerves to heart
Increases HR

Parasympathetic nerves to heart
Slows HR
<table>
<thead>
<tr>
<th>Successive Inter-beat Intervals (ms)</th>
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<tbody>
<tr>
<td>945</td>
</tr>
<tr>
<td>897</td>
</tr>
<tr>
<td>858</td>
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<td>799</td>
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<td>851</td>
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<td>858</td>
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<td>879</td>
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<td>879</td>
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</tbody>
</table>

Standard Deviation of Inter-beat Intervals over 300 second period = SDNN
Upward movement of the diaphragm emphasizes parasympathetic function.

Sympathetic nerve endings secrete noradrenaline, activating adrenergic receptors, stimulating cardiac activity; yet inhibiting gastrointestinal activity.

Vagus nerve endings secrete acetylcholine, activating cholinergic receptors, inhibiting cardiac activity yet stimulating gastrointestinal activity.

Downward movement of the diaphragm emphasizes sympathetic function.
‘New Brain’ with Frontal cortex and PNS

- HRV ass. with flexibility
- Mindful attention
- Control of attention
- Reflective thinking
- Empathy – mentalizing
- Not acting on emotions
Some Overloads for New brain

- Chronic sympathetic arousal
- Rapid shifts of attention
- No time for reflective thinking
- Fear based (personal distress) based arousal
- Self-criticism and self-doubt
- Systemic failures in support
Self-self, others to self, and self to other

Proximity, secure base and safe haven
Maturation of Affiliative Processing
Proximity, secure base, safe haven

Threat
Calms/encourages
Affiliative/Soothing
Self-affiliation – experiences a lovable self

Internal representations of helpful others and sources of comfort
Emotional memories of soothing
Neurophysiological networks
Maturation Affiliative Processing

Frontal
Notice
Mindful
Reflection
Tolerate
Empathy
Approach
Reframe
Regulate

威胁

平静/鼓励

亲和/抚慰

威胁

亲和/抚慰

冷静/鼓励
Maturation Affiliative Processing

Threat

Calms/encourages

Affiliative/Sothing

Can regulate threat via access to others and later internal soothing

Supports relationship building and pro-social behaviour

Develop mentalizing and empathy skills

Safe to explore - open attention – development of (social) intelligence
Poor Maturation of Affiliative Processing

Threat

Affiliative/Soothing

Others are threats or alarming

No self-affiliation – experiences a unlovable self

Few emotional memories soothing - safeness

Neurophysiological networks?
J. Bowlby - Attachment

- **Proximity seeking** – desire closeness, to be with
- **Secure base** – source of security and guidance to go out, explore and develop confidence
- **Safe haven** – source of comfort and emotion regulation
- Social signals are the drivers (social mentality)
- Lack of these in early life can seriously disrupt motivation, emotion and self regulation systems

1907-1990
One of the most influential psychiatrists of the modern age
J. Bowlby – Making safe

- **Proximity seeking** – desire closeness, to be with
- **Secure base** – source of security and guidance to go out, explore and develop confidence
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1907-1990

One of the most influential psychiatrists of the modern age
Attachment History

Threatening-non-investing

Primes defence system: social threat attentive -fight, flight, submissive, clinging

Social Mentality: Social rank - needing to compete for social place and resources

High-Rank Seeking: self-focused, avoidant exploitative, aggressive
Low Rank-Avoiding: self-focused, submissive anxious, clinging

Qualities of compassion difficult to build into self-structure, withdraws or is overly distressed by others distress. Poor internal self-soothing

Safe and investing

Primes safeness system: positive social engagement, and social interest

Social Mentality: Care-concern for self and others, feels secure in social place and with self

Social Affiliation: concern with relationship quality, fairness and well-being of others, able to express warmth, investing in relationships, mutuality

Qualities of compassion develop in self-structure in response to parental warmth and feeling safe thus able to attend to others rather than be self protective.
The Mammalian Importance of Caring Minds

Caring as “looking after”. Seeking closeness rather than dispersion. Individuals obtain protection, food, and care when ill. Key also is soothing-calming and physiological regulation. Few offspring but high survival rate in comparison to species without attachment, affection and kindness.

Promotes courage and engagement

Co-operative and mutual support stimulates affiliative systems, helps regulate threat and also act as a secure base and safe haven.
Trust

• Child (patient) is distressed and anxious – how does s/he know if they can trust the mother (therapist) and calm down?

• Soothing is via facial expressions, voice tone, voice content, and touch – how does the infant experience the other

• Soothing also builds confidence to turn towards the fearful
Compassion and development

• Sensitivity to the suffering/distress of the other but

• not relieving it -- rather creating the conditions for ‘the other’ to grow and develop courage, wisdom and skills to become competent themselves

• Secure, dismissive and anxious parent (therapist)
Relationship between Defence and Safeness in Attachment

Attachment Relationship

Threat/low safeness
- Better safe than sorry
- Prime fight, flight, submit,
- Damage limitation

Safe empathic
- Enhancement (vs dam lim)
- Explore, develop, initiate,
- Creative, novel, open,
- Relaxed

Role Relationships
Origins of Phenotypic Vulnerabilities

- Early relationships
- Peer relationships
- Cultural value systems
- Cultural opportunities
## Some Contrasts

<table>
<thead>
<tr>
<th>Competitive Mind</th>
<th>Compassionate mind</th>
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<tbody>
<tr>
<td>‘Me-ness’</td>
<td>‘We-ness’</td>
</tr>
<tr>
<td>Ownership</td>
<td>Sharing</td>
</tr>
<tr>
<td>Faster</td>
<td>Slower</td>
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<tr>
<td>Short term</td>
<td>Long term</td>
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<tr>
<td>Control/conquest</td>
<td>Relate to, nurture</td>
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<tr>
<td>Block emotion</td>
<td>Enable emotion</td>
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<tr>
<td>Output focused</td>
<td>Input focused</td>
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<tr>
<td>De-regulate</td>
<td>Regulate</td>
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</table>
Attachment style

- Secure
- Anxious-ambivalent
- Avoidant – fearful – dismissive
- Disorganised
- Can show different patterns at different times with different people
Attachment

- Early life experiences influence brain development
- Genetic expression
- Remind open – neuroplasticity

Learn

- Self
- emotions
- Others
Types of Affect Regulator Systems

Drive, excite, vitality

Incentive/resource-focused
Wanting, pursuing, achieving, consuming
Activating

Content, safe, connected

Non-wanting/Affiliative focused
Safeness-kindness
Soothing

Threat-focused
Protection and Safety-seeking
Activating/inhibiting

Anger, anxiety, disgust
Types of Affect Regulator Systems

Threat with drive

Safety behaviours
Do more
Rushing
Need to achieve

Pride

Content, safe, connected

Contentedness?
Safeness?
Connectedness?

Threat-focused

Loss of Control
Shame prone
Self-critical
Defeated inferior
Depressed States

Drive, excite, vitality

- Can't look forward
- Feeling of inner deadness
- Despair

Content, safe, connected

- Separated
- Alone
- Disconnected
- No-one understands
- Unsafe

Anger, anxiety, disgust

- Trapped
- Dread
- Angry
- Anxious
- Defeated
Types of Affect Regulator Systems

Drive, excite, vitality to do what and why

- **Incentive/resource-focused**
  - Wanting, pursuing, achieving
  - Activating

- **Threat-focused**
  - Protection and Safety-seeking
  - Activating/inhibiting

- **Non-wanting/Affiliative focused**
  - Safeness-kindness
  - Soothing
Affiliative emotions and social contexts: Combat trauma

- Affiliative system highly linked to male buddy system – provides sense of safeness and connectedness in threatening environments

- Affiliative system, when one comes home, is now NOT entrained for safe environments, partner and child relating – loss of feeling safeness and affection plus increase threat system activation --- and sense emptiness disorientation and self-blame

- Therapists must explain – plus help understand experience of grieving
Loneliness

• Most common experience for many clients is in a sense of loneliness – affiliative system is not accessible.
• The most common reason that people seek religion is to find a way of breaking through a ‘feeling of being alone’
• Feelings of aloneness are highly associated with other emotions such as fear or anger
• Aloneness makes the threat emotions very difficult to work on and in particular the process of grieving
• CFT is particularly interested in trying to work with feelings of disconnection, alienation separation – this feeling of being inwardly alone.

Fears of Compassion
Kindness, Attachment and Threat: Why helping is SO difficult

Kindness from therapist or imagery

Activate attachment system
Activate memories

Neglect, aloneness

Abuse, shame, vulnerable

Fight, flight, shut down

Activate learnt and current defences - cortisol
Compassion Focused Therapy
Mindful Compassion Brain

Mindfulness

Awareness

New Brain: Imagination, Planning, Rumination, Integration
Self-Identity

Old Brain: Emotions, Motives, Relationship Seeking-Creating

Compassion
Threatened mind can block compassion

- Attention
- Thinking
- Reasoning
- Imagery
- Fantasy
- Behaviour
- Motivation
- Emotions
Competitive mind can block Compassion

- Attention
- Thinking Reasoning
- Imagery Fantasy
- Behaviour
- Motivation
- Emotions
Compassionate mind/mentality

- Attention
- Thinking
- Reasoning
- Imagery
- Fantasy
- Compassion
- Motivation
- Emotions
- Behaviour
Motives and the Emotions
unconscious and conscious

Competing
- Drive
- Soothing
- Threat

Caring
- Drive
- Soothing
- Threat
Motives and the Emotions
unconscious and conscious

Competitive

Self-identity

Compassion

Self Identity
Understanding our Motives and Social Mentalities

Motives evolved because they guide animals to do different things -- to survive and leave genes behind: Innate ones include being motivated to:

- Avoid harms, find food, seek sexual partners, care for offspring, live in groups, compete for resources

For humans there is also new brain-led motives for seeking wisdom/knowledge, meaning, self-improvement, the desired self-identity – the self we want to be

Motives can conflict - with one suppressing another

Motives organise the mind because they direct attention and orientate emotion, behavioural and cognitive systems to reach goals.

Social motives require special processing systems for social cues/signals for self in reciprocal role relationships that can change moment by moment. These are called social mentalities

We develop social mentalities as ‘inner role relationships’ with ourselves – e.g. hostile or friendly and use similar signalling processes (e.g., voice tones)
The power of emotions

- For most animals stimuli trigger emotions that trigger actions – basic evolved design – we are designed to be emotional led.

- Emotions make things matter – with them anything can -- without them nothing may

- Emotions are linked to immediate stimulus properties – but also history.

- Emotions will organise the mind and control behaviour and thinking (as they are designed to do) unless individuals become mindful and pay attention and choose otherwise

- Core question for us is: would we rather have compassionate reflective wisdom or impulsive emotions running our minds?
Forgive others, not because they deserve forgiveness, but because you deserve peace.

– Jonathan Lockwood Huie
Compassionate Mind Foundation 2006-

To promote wellbeing through the scientific understanding and application of compassion via:

• Helping to identify researchers and others who have a specific interest in the scientific study of compassion and its underlying processes, and facilitate communication and interchange between them.

• To support research and teaching of the compassion focused approach to human difficulties.

• To facilitate open discussion on how to further promote a compassionate focus in many domains of human activity.

• To engage in activities and raise funds to support the work and aims of the Foundation.