

Psychosocial Spiritual Alberta Community of Practice: Mindfulness & Self-Compassion

Facilitators:

Dr. Charlie Chen, MD, Med, CCFP(PC), FCFP, CEC

Sheila Killoran, Education Lead, Covenant Health Palliative Institute

Date:

January 16th, 2025





The Palliative Care ECHO Project

The Palliative Care ECHO Project is a five-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

Stay connected: www.echopalliative.com





Disclosures

The Palliative Care Public Awareness project is funded by the Government of Alberta. The views expressed herein do not necessarily represent the views of the Government of Alberta.





Reminders

- This session is being recorded.
- Please do not disclose any personal health information during the session.
- Your microphones are muted. When we invite participation, please unmute yourself if you'd like to speak at that time.
- If you experience technical difficulties, please let us know in the chat.



Learning Objectives

By the end of the session, participants will be able to:

To learn about the theoretical framework and the research behind the practice of mindful self-compassion (MSC)

To experience MSC through a 12-minute guided MSC meditation

To talk about the MSC experience through small and large group discussion



UNIVERSITY OF
CALGARY

Physician
Experience
DWD

Alberta Health
Services

Mindfulness & Self-Compassion Introductory Practice

Dr. Charlie Chen





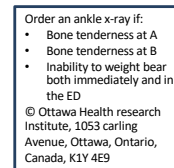
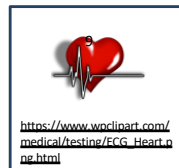
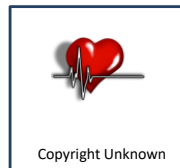
Land Acknowledgement

Dr. Charlie Chen, MD, MEd, CCFP(PC), FCFP, CEC

- Medical Lead, Physician Diversity, Wellness, and Development, Physician Experience, Medical Affairs, AHS
- Palliative Care Physician, Calgary Zone
- ACP/GCD Medical Lead, Calgary Zone
- Clinical Associate Professor, Departments of Oncology and Family Medicine, University of Calgary
- Certified Executive Coach

Copyright Disclosure

- I have taken the appropriate steps to ensure that the use of third party material in this presentation falls under fair dealing in the Copyright Act (<https://library.ucalgary.ca/copyright/>).
- This material was created for the **Department of Palliative Medicine – Continuing Professional Development Rounds** and cannot be reproduced, retransmitted or copied.
- I have properly cited third party material in one of the ways outlined below.



Inclusion

I aim to use person-first and inclusive language in this presentation. Please contact me if you think anything could be improved.

Email: Charlie.chen@ahs.ca

Agenda

- Brief introduction of Mindful Self-Compassion
- 12-minute meditation
- Debrief

Emotional self-care



Today's discussion may be emotionally triggering.
Please take care of yourself and do what is needed.

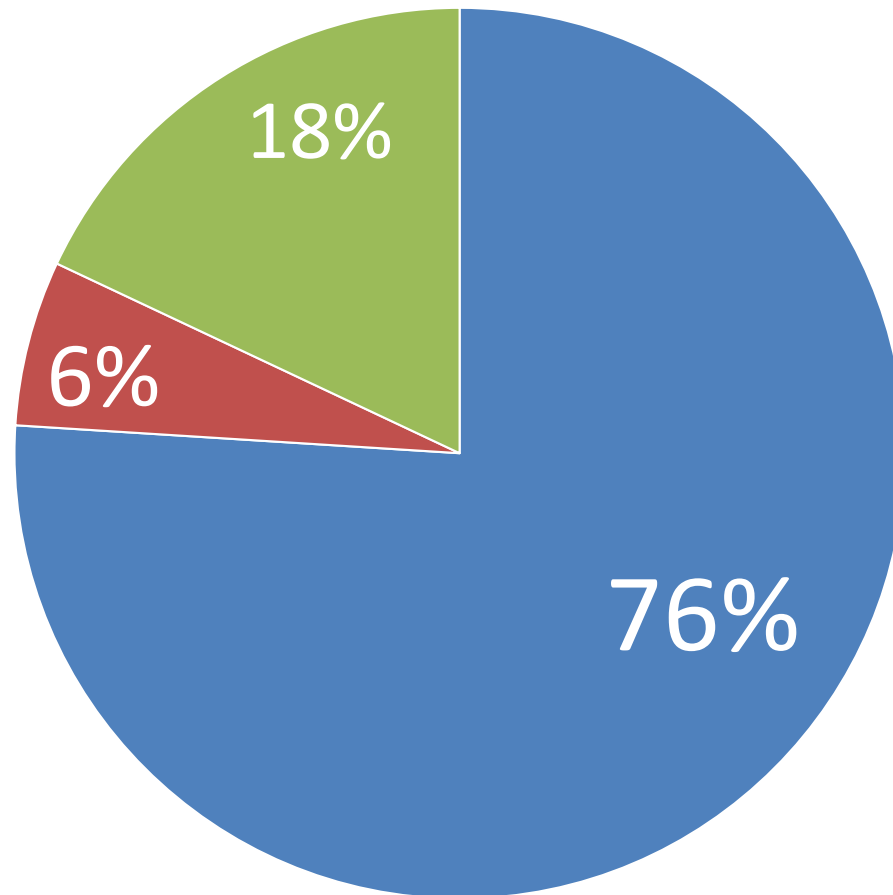


Chris Germer and Kirsten Neff

MSC founders



UNIVERSITY OF
CALGARY



■ Kinder to others ■ Kinder to self ■ equally kind to self and others

Neff, K. D., & Rude, S. S., & Kirkpatrick, K. (2007). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of Research in Personality, 41*, 908-916.

Chris Germer



“Self-compassion involves the capacity to comfort and soothe ourselves, and to motivate ourselves with encouragement, when we suffer, fail, or feel inadequate. Self-compassion is learned in part by connecting with our innate compassion for others, and self-compassion also helps to grow and sustain our compassion for others.”



Stop

Notice

Ask “what
do I need?”



Mindfulness

Intentional, non-judgmental awareness of the present moment.



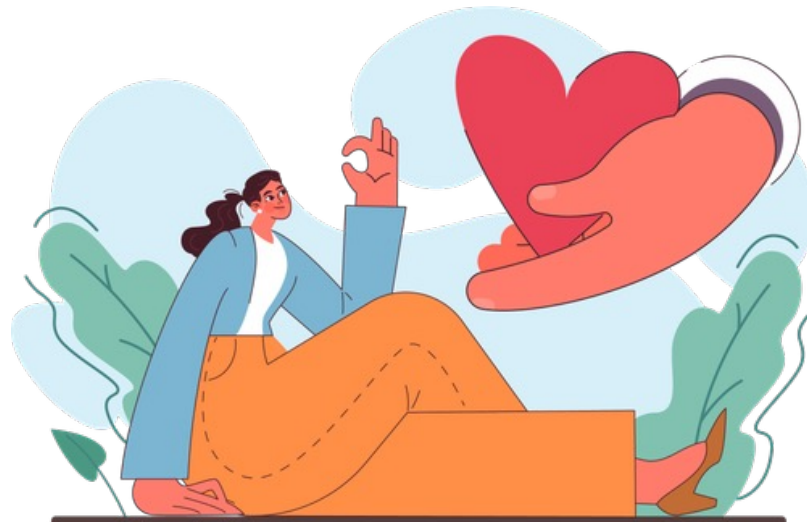
Compassion



Kind, wise response
to suffering.



Self-Compassion



Kind, wise response to suffering
towards oneself.



Mindful Self-Compassion



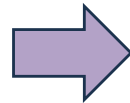
Self-kindness vs. self-judgment

Common (shared) humanity vs. isolation

Mindfulness vs. over-identification



Research



Improved psychological health

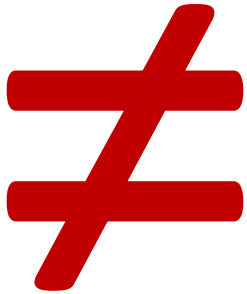
Decreased depression, anxiety and stress

Increased happiness, optimism and life satisfaction

Increased motivation, health behaviours, positive body image and resilient coping



Common misconceptions



selfish

self-indulgent

letting self off hook

weak

undermine my self-motivation



S.A.F.E.

S.A.F.E. SELF-COMPASSION TECHNIQUE

SOFTEN

Soften into the feeling by focusing on your breath

ALLOW

Allow the emotion to be as it is without resisting or clinging to it

FEEL

Feel into the emotion with a kind attention. What do you need right now?

EXPAND

Expand your awareness and know that all people struggle with difficult emotions



R.A.I.N.

R Recognize

Let yourself feel at ease in the present moment. Slowly take in your surroundings. Recognize your thoughts, feelings, and physical sensations. Name your feelings out loud or silently to yourself.

A Allow

Observe your experience as if watching a movie. Let your thoughts, feelings, and sensations come and go as they are. Let go of any judgment—it is okay to feel however you are feeling. You may tell yourself, "This is how it is right now."

I Investigate

What words are going through your mind? What emotions are you feeling, and where are they coming from? How are these feelings experienced in your body? Sense the most vulnerable part of yourself and reflect on what it needs, such as acceptance, forgiveness, love, or belonging.

N Nurture

Be kind toward your experience. Give yourself a comforting message, such as "I love you," "you are okay," or anything else you need. Think of a friend, family member, pet, or spiritual figure, and imagine their love flowing to you. Let in healing and compassion until you feel calm and centered.

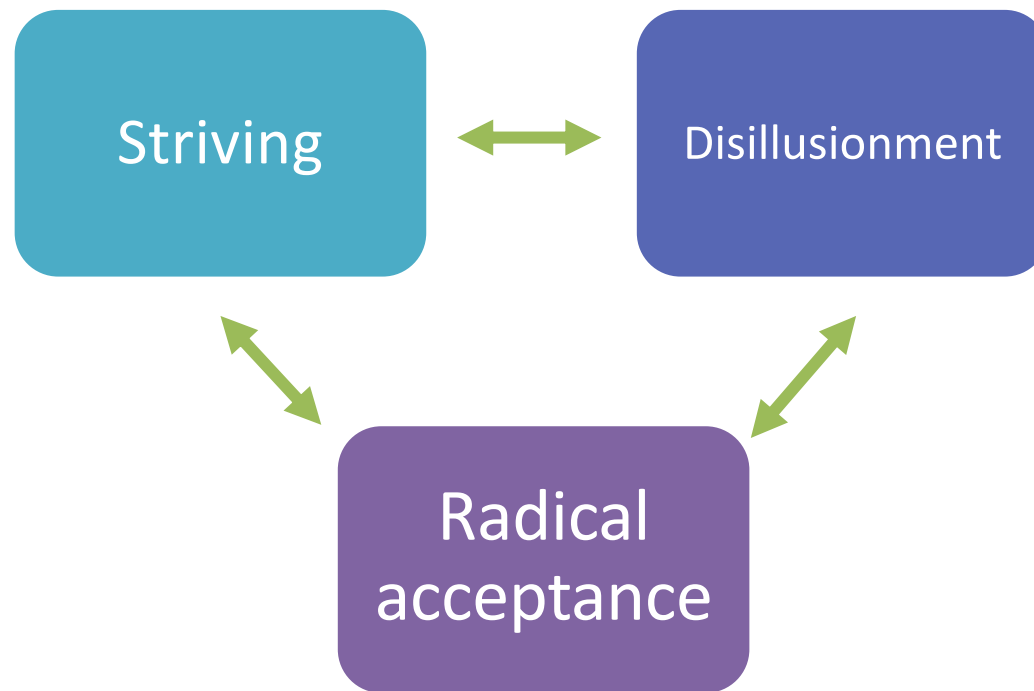


Paradox or contradiction

“When we suffer, we practice (mindful self-compassion) not to feel better but *because* we feel bad.”



3 Stages (States) of Mindful Self-Compassion



Backdraft

When we give ourselves unconditional love, we discover the conditions under which we were unloved.



Meditation



Loving-Kindness for a Loved One and Self



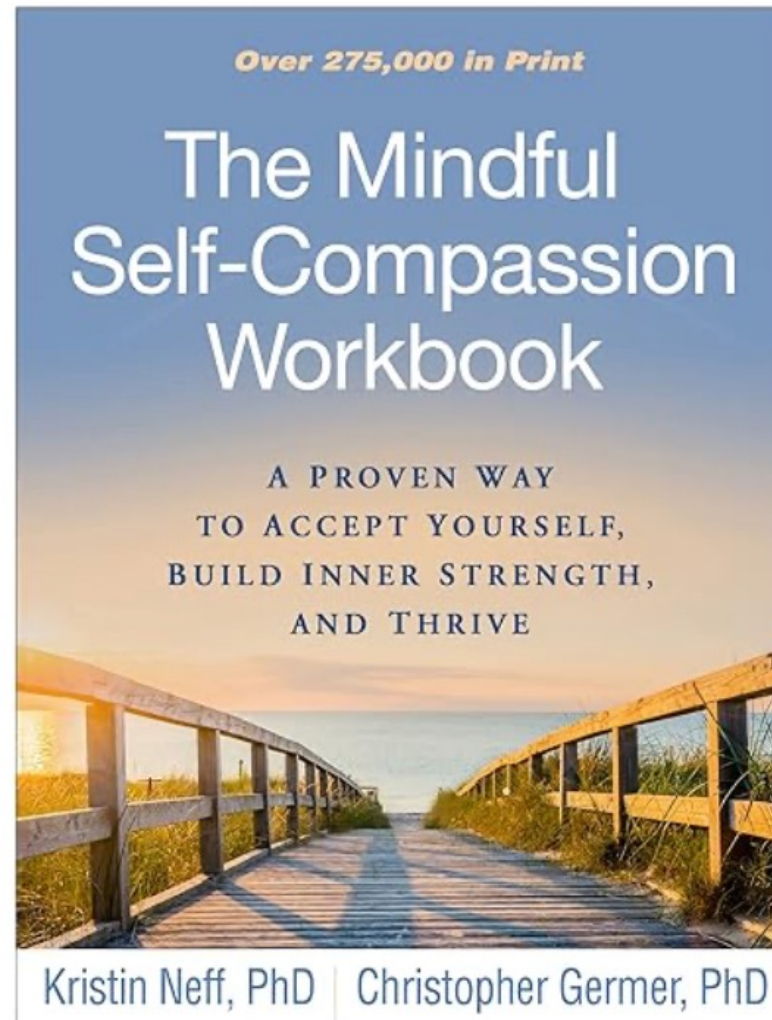
UNIVERSITY OF
CALGARY

Debrief

- What did you notice during this meditation?
- What came up for you?
- Was it easier to feel loving-kindness toward your loved one than yourself?
- How was it to direct the feelings of loving-kindness to both of you together?
- Were there any challenging aspects to this meditation?
- Could you hold that in compassion?



Neff, K., & Germer, C.
(2018). *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive*. New York, NY: Guilford Press.



Websites



www.centerformsc.org

www.self-compassion.org

www.chrisgermer.com



UNIVERSITY OF
CALGARY

References



- Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2014). Self-compassion and body dissatisfaction in women: A randomized controlled trial of a brief meditation intervention. *Mindfulness*, 1-11.
- Allen, A. B., Goldwasser, E. R., & Leary, M. R. (2012). Self-compassion and wellbeing among older adults. *Self and Identity*, DOI: 10.1080/15298868.2011.595082.
- Barnard, L. K., & Curry, J. F. (2011). Self-compassion: Conceptualizations, correlates, & interventions. *Review of General Psychology*, 15(4), 289–303.
- Bluth, K., Gaylord, S. A., Campo, R. A., Mullarkey, M. C., & Hobbs, L. (2015). Making Friends with Yourself: A mixed methods pilot study of a Mindful Self-Compassion program for adolescents. *Mindfulness*, 1-14.
- Breines, J. G., & Chen, S. (2012). Self-compassion increases self-improvement motivation. *Personality and Social Psychology Bulletin*, 38(9), 1133-1143.
- Friis, A. M., Johnson, M. H., Cutfield, R. G., & Consedine, N. S. (2016). Kindness matters: a randomized controlled trial of a mindful self-compassion intervention improves depression, distress, and HbA1c among patients with diabetes. *Diabetes Care*, dc160416.
- Germer, C. K., Siegel, R. D., & Fulton, P. R. (2016). *Mindfulness and psychotherapy*. Guilford Publications.
- Germer, C. & Neff, K. D. (2019). Mindful Self-Compassion (MSC). In I. Itvzan (Ed.) *The handbook of mindfulness-based programs: Every established intervention, from medicine to education* (pp. 357-367). London: Routledge.
- Gilbert, P. (2009). *The compassionate mind*. London: Constable.
- Hollis-Walker, L., & Colosimo, K. (2011). Mindfulness, self-compassion, and happiness in non-meditators: A theoretical and empirical examination. *Personality and Individual Differences*, 50, 222-227.
- Jazaieri, H., Jinpa, G. T., McGonigal, K., Rosenberg, E. L., Finkelstein, J., Simon-Thomas, E., ... & Goldin, P. R. (2013). Enhancing compassion: a randomized controlled trial of a compassion cultivation training program. *Journal of Happiness Studies*, 14(4), 1113-1126.
- MacBeth, A., & Gumley, A. (2012). Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology. *Clinical Psychology Review*, 32, 545-552.
- Neff, K. D. (2003a). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250.
- Neff, K. D. (2003b). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2, 85-102.

References



- Neff, K. D. (2016). The Self-Compassion Scale is a valid and theoretically coherent measure of self-compassion. *Mindfulness*, 7(1), 264-274.
- Neff, K. D., & Beretvas, S. N. (2013). The role of self-compassion in romantic relationships. *Self and Identity*, 12(1), 78-98.
- Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of Clinical Psychology*, 69(1), 28-44.
- Neff, K. D., Pommier, E. (2013). The relationship between self-compassion and other-focused concern among college undergraduates, community adults, and practicing meditators. *Self and Identity*, 12(2), 160-176.
- Neff, K. D., & Rude, S. S., & Kirkpatrick, K. (2007). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of Research in Personality*, 41, 908-916.
- Neff, K. D., Whittaker, T. & Karl, A. (2017). Evaluating the factor structure of the Self-Compassion Scale in four distinct populations: Is the use of a total self-compassion score justified? *Journal of Personality Assessment*, 99(6), 596-607.
- Pace, T. W., Negi, L. T., Adame, D. D., Cole, S. P., Sivilli, T. I., Brown, T. D., ... & Raison, C. L. (2009). Effect of compassion meditation on neuroendocrine, innate immune and behavioral responses to psychosocial stress. *Psychoneuroendocrinology*, 34(1), 87- 98.
- Sbarra, D. A., Smith, H. L. & Mehl, M. R. (2012). When leaving your Ex, love yourself: Observational ratings of self-compassion predict the course of emotional recovery following marital separation. *Psychological Science*. 23(3), 261–269.
- Siegel, D. & Hartzell, M. (2013). *Parenting from the inside out*. New York: Tarcher/Perigree Smeets, E., Neff, K., Alberts, H., & Peters, M. (2014). Meeting suffering with kindness: Effects of a brief self-compassion intervention for female college students. *Journal of Clinical Psychology*, 70(9), 794-807.
- van den Brink, E. & Koster, F. (2015). *Mindfulness-based Compassionate Living: A new training programme to deepen mindfulness with heartfulness*. London: Routledge.
- Williams, J. M. G., & Kabat-Zinn, J. (2011). Mindfulness: diverse perspectives on its meaning, origins, and multiple applications at the intersection of science and dharma. *Contemporary Buddhism*, 12(01), 1-18.
- Zessin, U., Dickhäuser, O., & Garbade, S. (2015). The relationship between self-compassion and well-being: A meta-analysis. *Applied Psychology: Health and Well-Being*, 7(3), 340-364.



UNIVERSITY OF
CALGARY

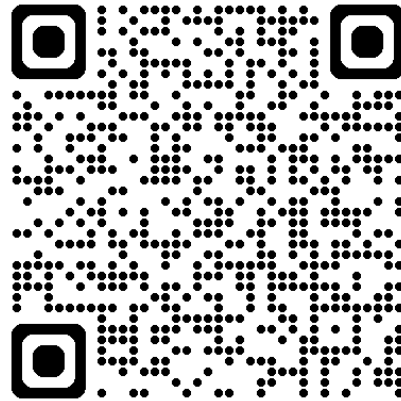


THANK YOU

Physician Diversity, Wellness & Development
Physician Experience, Provincial Medical Affairs
AHS



Evaluation



[Psychosocial Spiritual Alberta Community of Practice: Mindful Self-Compassion](#)





Upcoming Session

How to Care, What to Say: Talking About Grief and Loss

Date: Feb. 20, 2025

Presenter: Becky VanTassel BSW RSW M.Ed., Grief Education

In this session we will highlight the importance of discussing grief and loss with patients. Through interactive activities participants can expect to explore “Forever Remembered Stories” and their role in providing quality patient care. Participants will leave with additional resources to explore following the session.



Stay Connected



- Visit [Compassionate Alberta \(covenanthealth.ca\)](https://covenanthealth.ca) to access all our tools and resources.
- Please subscribe to our newsletter: [Palliative Institute | Compassionate Alberta newsletter](#)
- Contact us at: Palliative.Institute@covenanthealth.ca





Thank You!

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.

