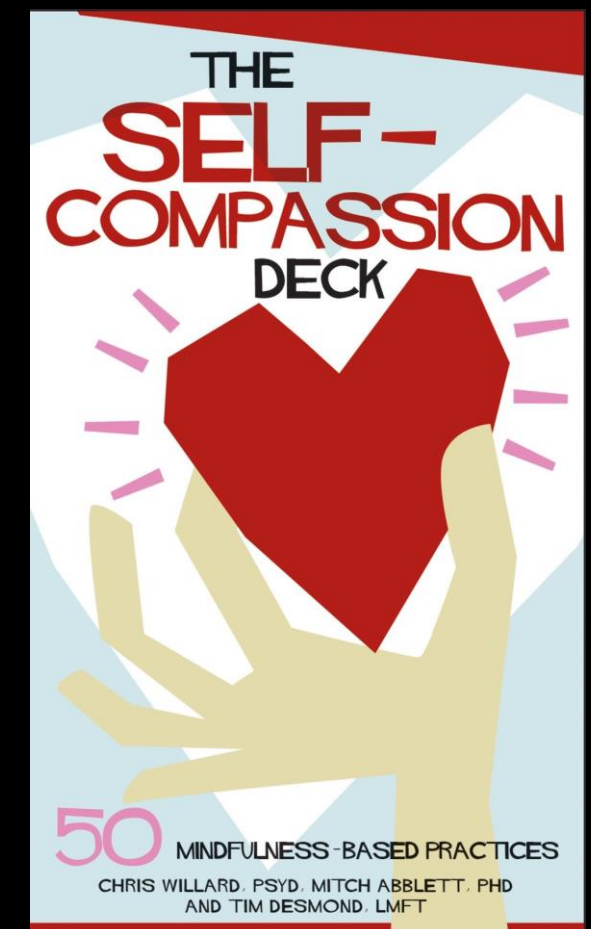
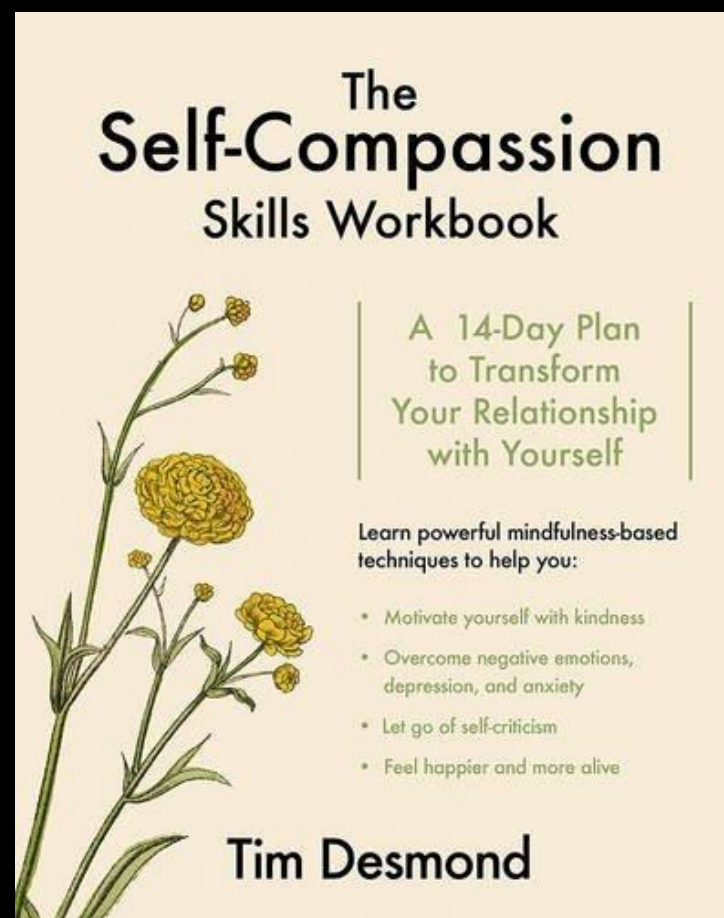
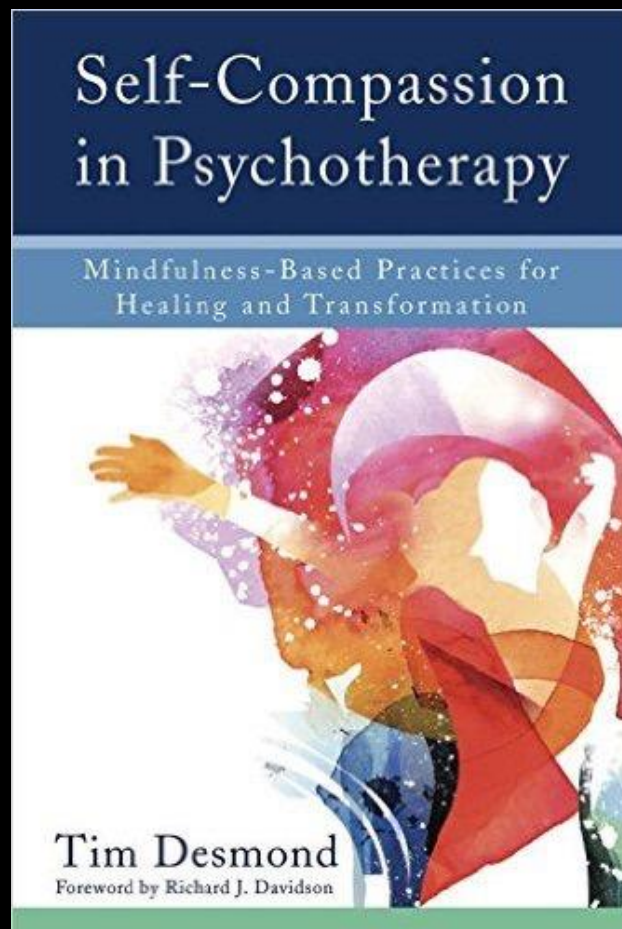


Self-Compassion & Psychotherapy

Tim Desmond

www.TimDesmond.net



Why Mindfulness?

- Because it creates joy.
- Because it transforms suffering.
- Because we like it.

Psychotherapy

- Our purpose is to reduce mental suffering.

Research

- What can science teach us about how to transform mental suffering?

Psychotherapy Outcomes

- Carl Rogers found that ***unconditional positive regard*** predicted positive outcomes more than any specific intervention in 1956.

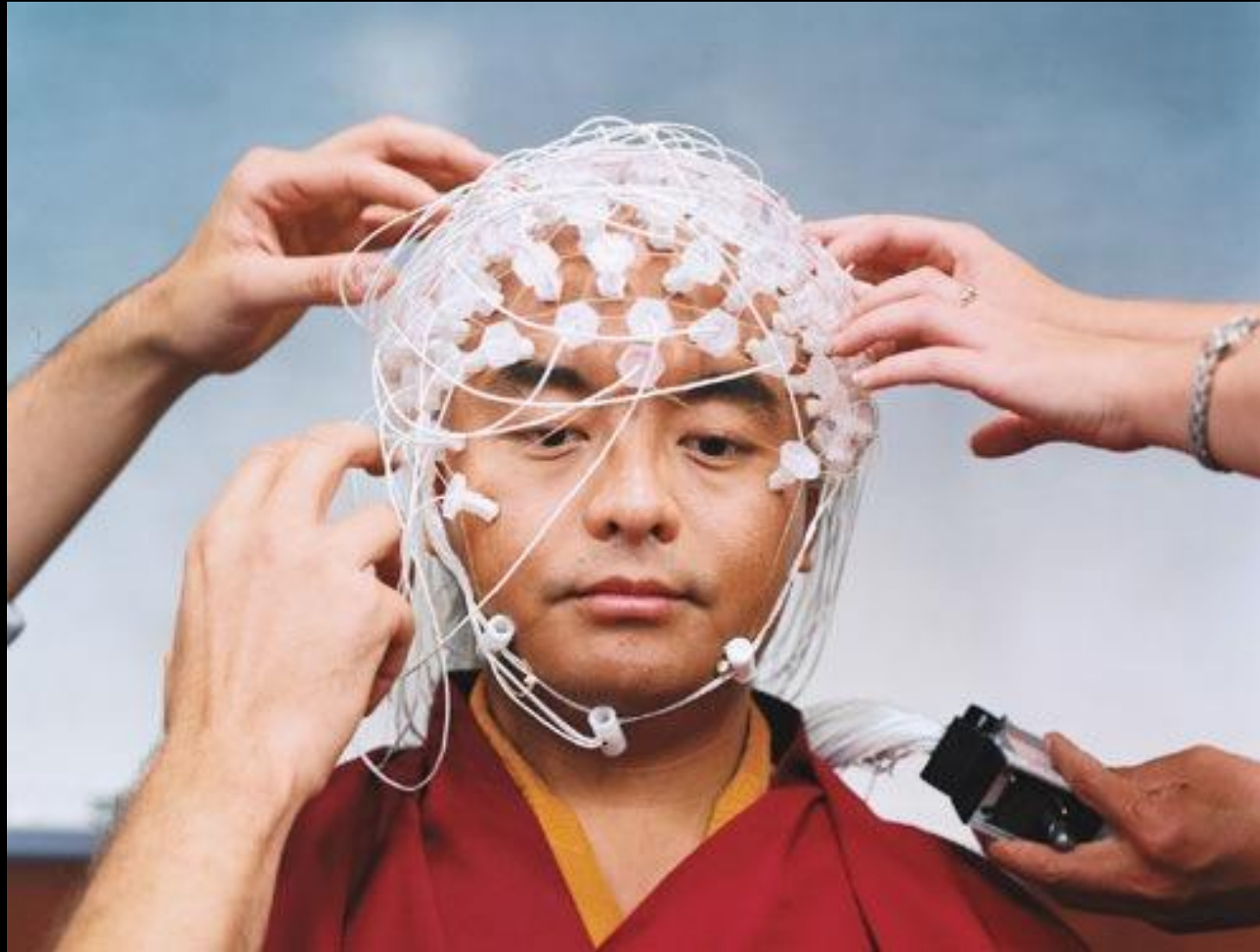
Facilitative Interpersonal Skills

- Watch videos of difficult interactions.
- Record your response.
- Grade the response according to 8 skills.
- This will predict (more than any other factor) a therapist's effectiveness.

Facilitative Interpersonal Skills

- Verbal Fluency
- Hope
- Persuasiveness
- Emotional Expression
- Warm & Understanding
- Empathy
- Alliance
- Alliance Repair

How can we develop
these skills?



Richard Davidson

Tested 10 Tibetan monks while they meditated in different ways.

While practicing compassion meditation, they showed the highest neurological markers for happiness that had ever been documented.



Richard Davidson

Taught compassion meditation to novices and measured effect size.

Taught compassion meditation to second group of novices and measure effect before and after an 8-week course.



Concluded that practicing compassion meditation generates a strong positive response in novices.

After 8 weeks, the response is stronger, and resting temperament is improved.

After years of intensive training, results can be astonishing.



Paul Ekman

Studied the same 10 monks and demonstrated they could perceive micro-facial expression better than anyone he'd ever tested.

No measurable startle hearing simulated gunshot by the head.

“Well-being can be learned, but it requires practice. There is no substitute for practice.”

— Richard Davidson



Concepts such as the happiness *set point* and the *hedonic treadmill* seem to exist when you're studying people who put no effort at all into deliberately training their minds.

