

Caregivers: Care for yourselves

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Centrum voor
**Mindfulness
Compassie**
en Psychotherapie

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Self compassion Mindfulness

Training and workshops:

Compassion, Self compassion

Mindfulness

Train the trainer Mindfulness

Supervision for therapists

Wat is self
compassion

How would you treat a
friend?

Wat is self
compassion

How do you treat
yourself?

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Someone you care about: Common responses

Listen

Take time

Be present

Hug, hold hands

Empathy

Normalize

Show understanding

Soothe

Show you still love this person

Your self: Common responses:

Not tuning in, not attending to it or yourself

Ignoring it

Judging yourself

Critical thoughts: “Get over it”

“Don’t be daft”, “This happens to everyone”

Wondering: “Why is this happening (to me)?”

“What did I do wrong?”

What is self compassion?

Caring attitude
whenever you struggle,
experience pain,
loneliness, suffering

Treating yourself like
someone you love

Why self compassion?

Self compassion -> wellbeing

Self compassion <-> anxiety
depression
stress

Self compassion <-> shame
Self compassion <-> self criticis,

Self compassion -> compassion
for others

Self compassion voor carers

Encountering suffering and pain

Risk of vicarious traumatization

Risk of numbness or flatness of emotion as
way of protecting

Care professionals often better in
compassion for others than self

Programs for (self) compassion

Chris Germer, Kristin Neff,
Mindful Self Compassion
MSC

Frits Koster, Erik van den
Brink, Mindfulness Based
Compassionate Living MBCL

Paul Gilbert, Compassion
Focussed Therapy CFT

What is Compassion?

1. Mindfulness – noticing - attending
2. Common humanity
3. Kindness

What is compassion?

1. Right attention (not indifferent, not overwhelmed)
2. Common humanity (not cut off, isolated, but connected)
3. Kindness (understanding, caring, validating – not hard or judgemental)

Compassion: exercises

Exercise 1

Compassion: exercises

Exercise 1 Soothing touch

What did you experience?

Which of the gestures felt warm, soothing, kind, supportive?

Compassion: exercises

Exercise 2

Compassion: exercises

Exercise 2 Self compassion break:

1. Acknowledge / validate the pain or suffering
2. Acknowledge the humanness / the connectedness of the experience
3. Offer yourself some kindness: gestures, words

Compassion: Exercises

Exercise 2 Self compassion
break:

What did you experience?

Which of the steps felt
supportive or kind?

Connected
presence and
compassion

Fixers mentality, wanting to
help and alleviate suffering

Do you recognize ...

Connected presence and compassion

To stay connected and present, to be emotionally available we need to be able to hold our own pain and emotion

Exercise 3

Connected presence and compassion

Exercise 3:
Giving and receiving
compassion

Connected presence and compassion

Exercise 3:
Giving and receiving
compassion

What did you experience?

Connected presence and compassion

Further reading:

Kristin Neff /Christopher Germer

Paul Gilbert

Frits Koster / Erik van den Brink

Exercises/audio/video in English:
<https://centerformsc.org>

Get in touch?

website
centrummindfulness.nl

Any questions??

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