

COMPASSION BACKGROUND AND MODEL:

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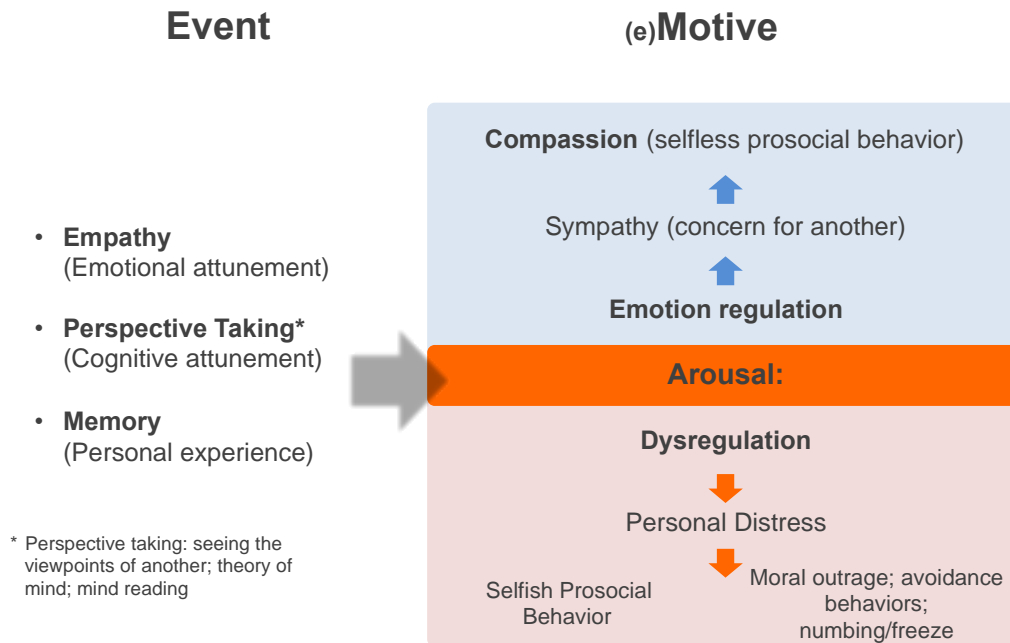
Compassion considered to be:

- the capacity to attend to the experience of others
- to feel concern for others
- to sense what will serve others
- potentially to be able to be of service

Six Edge States:

1. **Pathological Altruism:** Causing physical and/or psychological harm to oneself by placing needs of others above oneself
2. **Burnout/vital exhaustion:** Cumulative work demands and stress
3. **Vicarious trauma:** Dysfunction from prolonged exposure to others' pain/suffering
4. **Moral distress:** Anger provoked by a real or perceived violation of an ethical standard such as fairness, respect, beneficence.
5. **Horizontal (and vertical) hostility (bullying):** Behavior that controls, devalues, disrespects, diminishes another peer or group
6. **Structural violence:** Systemic discrimination

Second: arousal is necessary, as is emotion regulation
A modified version of Nancy Eisenberg's model



A.B.I.D.E. = Compassion



A **A**ttention and Affect

B → **B**alance

I **I**ntention and Insight

D → **D**iscernment

E **E**mbodiment and Principled Enactive
Engagement → Equanimity/Eudaemonia

***Abide:** to live with, to accept, to have trust in*

Founded in 2000 by Zen nun Beth Goldring, Brahmavihara Buddhist Chaplaincy program working with Cambodian AIDS, Tuberculosis, Cancer and other patients too poor to access traditional spiritual resources.



Three interdependent training axes of principled compassion



Training Axes:

A/A AXIS: Attentional and Affective Domains

I/I AXIS: Cognitive Domain: Intention and Insight

E/E AXIS: Somatic Domain: Embodiment and Engagement



Chronicle / Lacy Atkins

Maitri Hospice, San Francisco

Halifax, A heuristic model of effective compassion, Curr Opin Support Palliat Care 2012; 6(4): 228-235.

Training in:

Attention

- **attentional stability** through grounding → to recog. suffering
- **interoceptivity**: visceral awareness → empathy

Attention and affect bias each other

Affect

- **prosociality**: positive regard for others, kindness
- **empathy**: affective attunement/resonance
with suffering



Intention

- **ethical perspective** priming intention
- **moral ground**: moral imperative, moral sensitivity → moral character

Insight

- role of **metacognition** → pliancy
- **self-awareness** (inc. memory) → insight for down-regulation
- **perspective taking** (cognitive attunement) & **self/other distinction**
- **insight into impermanence, interconnectedness, happiness**
- **no attachment to outcome**



E/E Axis (Somatic Domain) → ethike (principled action)
→ equanimity/eudaemonia



Embodied

- **grounded** (equanimous)
- **viscerally attuned** (→ empathy)

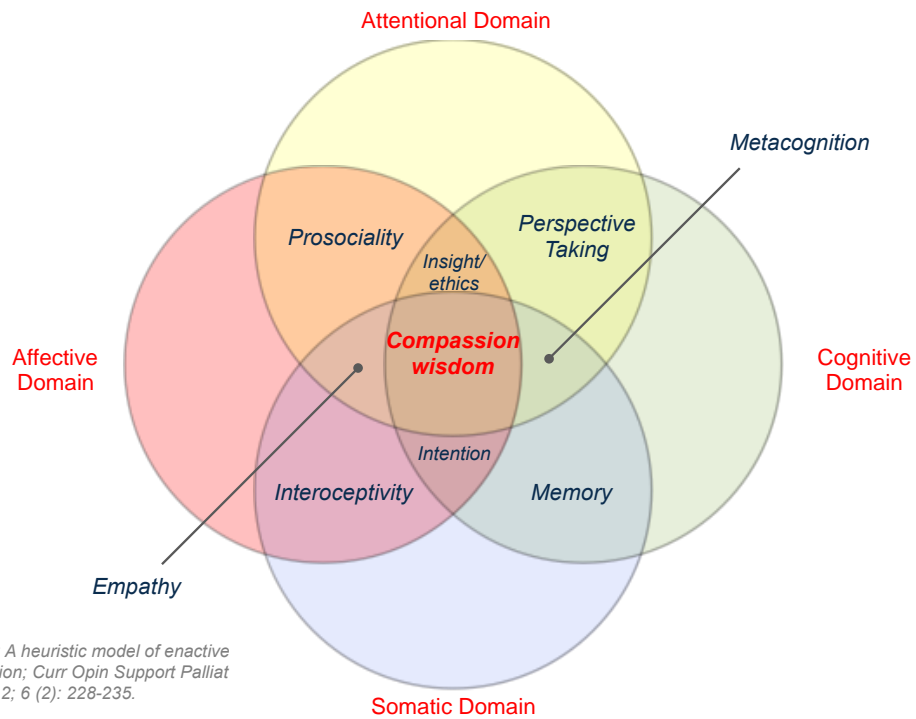
Engaged

- readiness to act → **potential ethical action** → eudaemonia



Sitting with a patient with breast cancer

A.B.I.D.E. Model:
Emergent process of enactive principled compassion



Halifax J; A heuristic model of enactive compassion; Curr Opin Support Palliat Care 2012; 6 (2): 228-235.

G.R.A.C.E. process of compassion-based interactions



1. **G**athering attention: Attentional Domain: grounding, focus, balance
2. **R**ecalling intention: Affective/Cognitive Domains: motivation
3. **A**ttuning to self/other: Attentional/Affective/Cognitive/Somatic Domains: recognizing biases; developing resonance
4. **C**onsidering: Cognitive Domain: what will serve?: insight/discernment
5. **E**ngaging: Somatic Domain: ethical enacting, ending



***Grace:** offering benevolence and kindness with dignity*

Pasang Sherpa
seeing a patient in
Upaya's Nomads
Clinic