

Compasion

Historia y visión general

Argentina

22/03/2023

Prof Paul Gilbert, FBPSS, OBE

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CFT pretende ser un enfoque biopsicosocial basado en la ciencia, integrador e informado por la evolución de la mente humana, abordando el lado oscuro, promoviendo las conexiones afectivas con uno mismo y con los demás, de ahí la prosocialidad y el bienestar

CFT no se encuentra dentro de las terapias de tercera ola en tcc

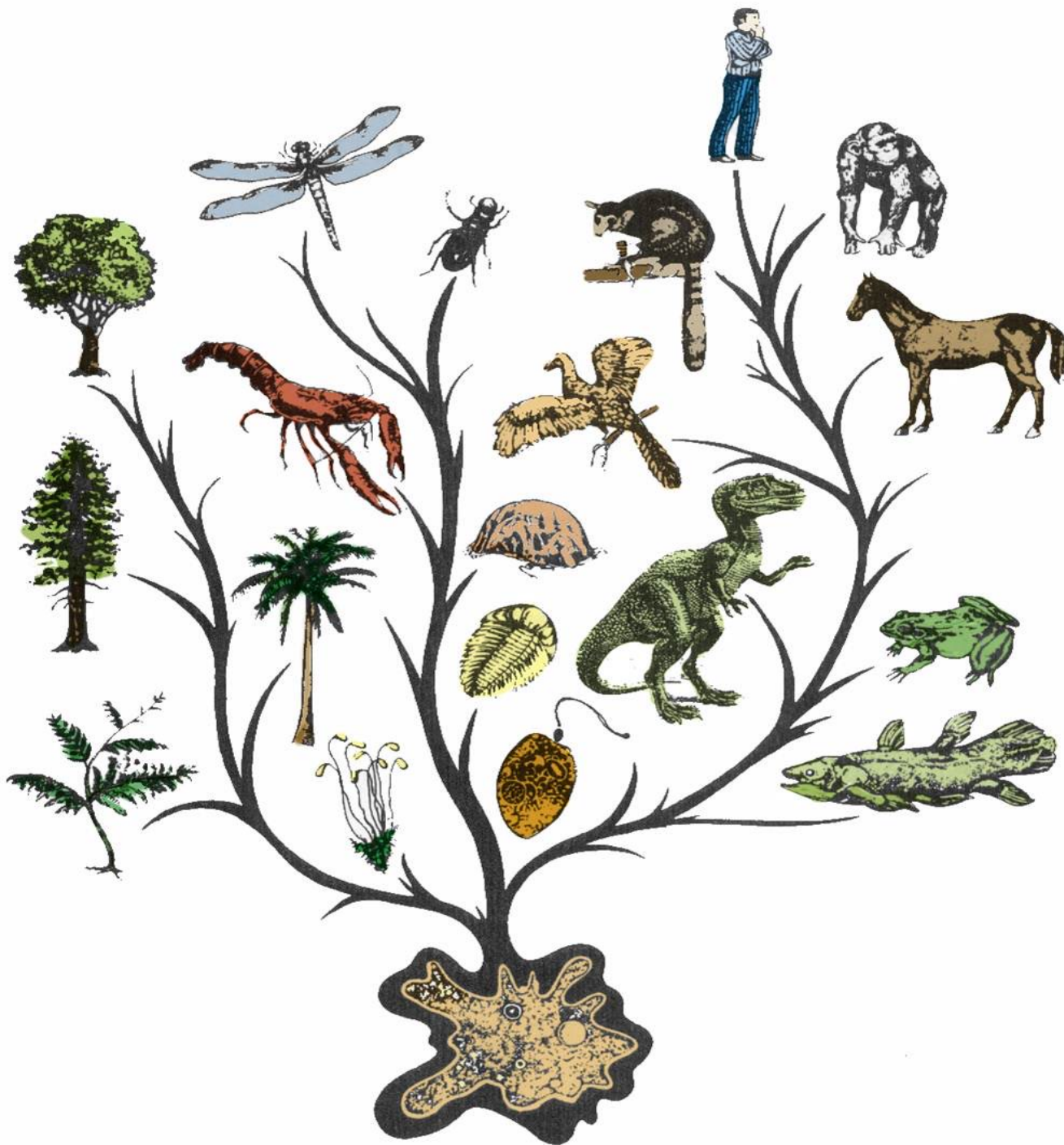
Distinguir el modelo Terapeutico de las técnicas e intervenciones terapéuticas





La humanidad forma parte del flujo de la vida -- el 99% de las especies que han existido se han extinguido

Todos hemos sido creados con un ADN, contruidos con motivaciones y competencias para buscar la supervivencia y la reproducción



Lo que somos, y cómo funciona nuestro cerebro, fue diseñado por la evolución

Gran parte de lo que ocurre en nuestras mentes se debe en parte a la evolución, y esto no es culpa nuestra

Descentrarse y observar

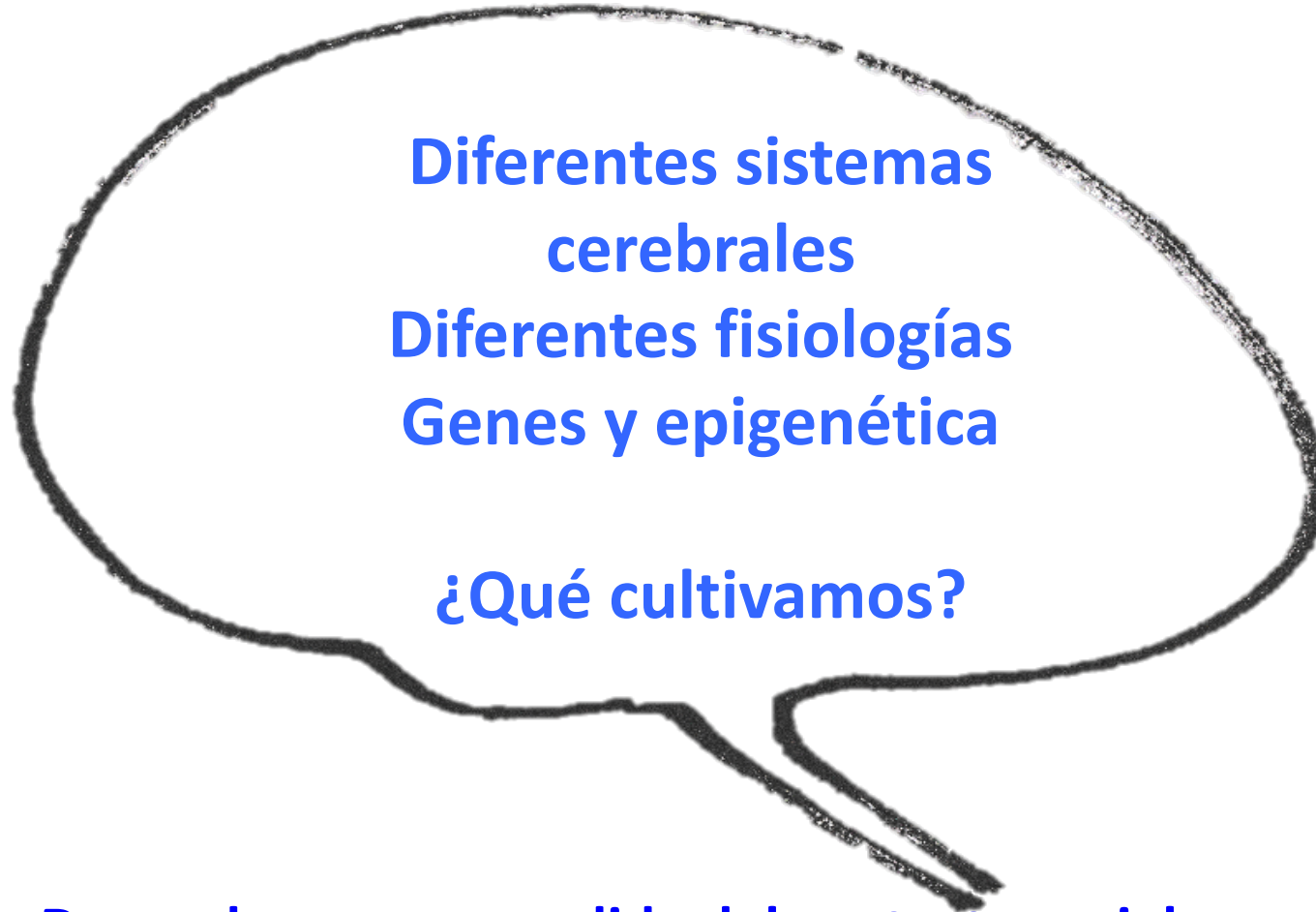
**Una Mente que no
se conoce a si
misma**

Mente peligrosa y cruel?

El lado oscuro de la mente

**Guerra
Tribalismo
Abuso
Esclavitud
Tortura
Sadismo
Odio
Avaricia
Explotación
Criminalidad**

Las dos estrategias dan lugar a diferentes tipos de multiplicidad de pensamientos



**Depende en gran medida del contexto social
Controlar y retener vs a compartir y cuidar**

Mente compasiva

**Paz
Ecuanimidad
Equidad
Compartir
Cuidado
Sanar
Liberar
Alimentar
Proteger
Perdonar**

La mente como una multi mente

Guerra
Tribalismo
Abuso
Esclavitud
Tortura
Sadismo
Odio
Avaricia
Explotación
Criminalida
d



Diferentes culturas y líderes

Aztecas

Romanos

Vikingos

Españoles

Británicos

Peace
Forgiveness
Heal
Libera
Punishment
Forgive

Depende en gran medida del contexto social
Controlar y retener vs a compartir y cuidar

**La mente como un multi-self: El Cerebro nuevo puede hacernos
sentir peor o apoyarnos en momentos de dificultad**

Autocrítica

Socavar

Rumiación

Amplificación

Visión negativa de:

Yo mismo

Mundo

Futuro

Vergüenza

Depresión

Ansiedad

Estrés

Ira



Las semillas de la mente

Qué cultivamos

Altamente dependiente del contexto

Afrontamiento

Fomentar

Tranquilizar

Apoyo

Empatía

Auto-compasión

Racional

Amistad

Validación

Fortaleza

La mente como un multi-self: El nuevo cerebro puede hacernos sentir peor o apoyarnos en momentos de dificultad

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Racional

Amistad

Validación

Fortaleza

Principales Retos

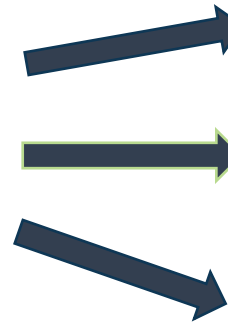
Fragmentación de las ciencias

¿Cómo entendemos la "mente" y los estados mentales?

¿Cómo se entiende el sufrimiento; las causas del sufrimiento, el alivio y la prevención del sufrimiento?

No-social

Psicosocial



Ignorancia

Insensibilidad

Crueldad

Principales Retos

Fragmentacion de las ciencias

¿Cómo entendemos la "mente" y los estados mentales?

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No-social

Psicosocial

Ignorancia

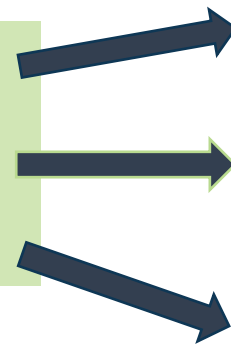
insensibilidad

Crueldad

Consicencia de la mente

Cultivar

Motivacion Compasiva



Que es la Compasion ?

Una larga historia en la conciencia del sufrimiento humano

larga historia de cómo trabajar en la forma de abordarlo

Acuerdo entre las ciencias y las tradiciones de que la compasión se trata de tener un estímulo de sensibilidad y conciencia del sufrimiento con un compromiso de respuesta para tratar de aliviarlo y prevenirlo

Enraizado en una motivacion evolucionada para cuidar

Apoyado en algoritmos evolucionados



Consicencia de la mente

Cultivar

Motivacion Compasiva

**Muchos procesos e
intervenciones terapéuticas
comunes y compartidas
pero
diferentes modelos conceptuales**



Factorial Designs Help to Understand How Psychological Therapy Works

Edward R. Watkins* and Alexandra Newbold

College of Life and Environmental Sciences, University of Exeter, Exeter, United Kingdom

Many patients do not have sustained improvement, and treatments need to scale up to tackle the global burden of mental health... For example, psychological treatments for depression only achieve remission rates of 30%–40% and have limited sustained efficacy (at least 50% relapse and recurrence)....

Need to understand *process* not just outcome RCTs. CFT is a process focused approach

Plea for better use of the basic sciences

Procesos e intervenciones en CFT

Microhabilidades básicas. Preguntas abiertas y cerradas, parafrasear, resumir, reflexionar, comunicación no verbal, ritmo, la relación terapéutica, construcción de alianzas, uso del silencio..

Proceso terapéutico. Colaboración, diálogos socráticos y descubrimiento guiado, significado personal, formulación y modelo compartidos, cadenas de inferencia - (línea de fondo/catástrofe/miedo/amenaza mayor), análisis funcional, análisis de encadenamiento, reencuadre, desarrollo de la tolerancia emocional, conciencia de maduración, conexiones empáticas, exposición, límites (como ejemplos).

Cambio a través de la práctica guiada, experimentos conductuales, mindfulness, imágenes guiadas, escritura expresiva, generación de pensamientos alternativos y práctica independiente fuera de la sesión - ¡por nombrar algunos!

Los comienzos en la clinica de CFT



- ❖ Utilizar la terapia cognitivo-conductual para ayudar a las personas a identificar las formas de pensamiento y comportamiento no útiles y reorientarlas hacia las útiles -a menudo utilizando pruebas y experimentos conductuales
- ❖ Como resultado del desajuste de la mente y el corazón, el desajuste de la condición emocional se les pidió a los clientes que hablaran tal y como los oían en sus mentes .
- ❖ El contenido cognitivo era útil, pero las texturas emocionales eran a menudo agresivas y despectivas
- ❖ La solución obvia era ayudar a los clientes a practicar giros de voz amables y solidarios y a perfeccionar la motivación de la compasión, pero se encontró con una resistencia considerable.

Cuando se intenta activar el sistema de cuidado, con sus infraestructuras fisiológicas, se abre el sistema y se revelan los traumas que luego se evitan.

**Construir relaciones
afiliativas compasivas con
uno mismo y con los demás
Promover el bienestar**

CFT

**Evaluación
Formulación
Compromiso
Relación
Terapeutica
Consenso
Tarea y
objetivos**

CMT

**Trabajo corporal
Visualización
Competencias
Comportamientos
Construir capacidades e
Intenciones
Coraje y sabiduría para
comprometerse en las
tareas**

**Gestionar contratiempos,
conflictos, pérdidas, traumas,
vergüenza, autocrítica, etc.**



Construir relaciones
afiliativas compasivas con

CFT

Evaluación
Formulación
Compromiso
Relación
Terapéutica
Consenso
Tarea y objeto

**La mezcla de CFT y CMT puede
ser muy compleja y sutil**

No es arbitraria

CMT

Trabajo corporal
Personalización
Competencias
Comportamientos
Construir
Habilidades e
Atenciones
Paciencia y sabiduría
para
Comprometerse en
las tareas



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Balanceando la Mente

Conciencia

Diferenciación

Tolerancia

Integración

Transformación

Adaptación

Motivaciones
Emotions
Cognicion
Comportamiento

la comprensión de la naturaleza
y las funciones de la propia
mente

Compasión
Perseguir y cultivar lo que es útil
y no perjudicial

Autosuficiencia

Autoconfianza

Autoestimulación

Transformación

Compasion Historia

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Depression: From Psychology to Brain state

Paul Gilbert

1984



1989

DEPRESSION The Evolution of Powerlessness

Paul Gilbert

1992

Depression: From Psychology to Brain State

Paul Gilbert

1984

**Las formas en que los procesos sociales y
psicológicos cambian las fisiologías y cómo las
terapias psicosociales deben abordar esos
cambios**

Teoría del estado del cerebro

**La necesidad de ser
necesitado/valorado/querido**



**Depression: From Psychology
to Brain State**

Paul Gilbert

2022

**Las formas en que los procesos sociales y
psicológicos cambian las fisiologías y cómo las
terapias psicosociales deben abordar esos
cambios**

Teoría del estado del cerebro

**La necesidad de ser
necesitado/valorado/querido**





1989/2016

Motivacion sociales basicas

Dar cuidados - Buscar cuidados

Cooperar - Competir

Sexualidad

Seguro

Útil

Competente

Inseguro - amenaza

Inútil

Incompetente



1989/2016

Motivacion sociales basicas

Dar cuidados - Buscar cuidados

Cooperar - Competir

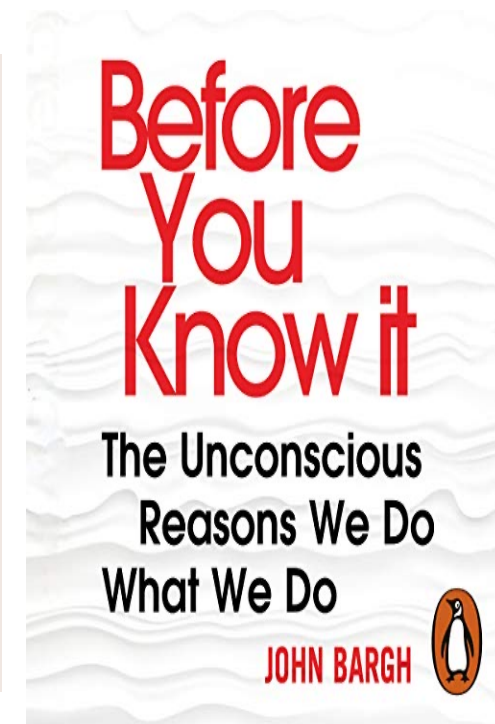
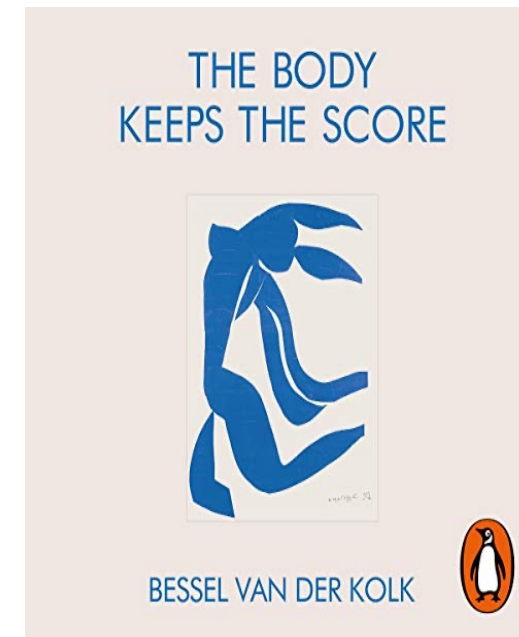
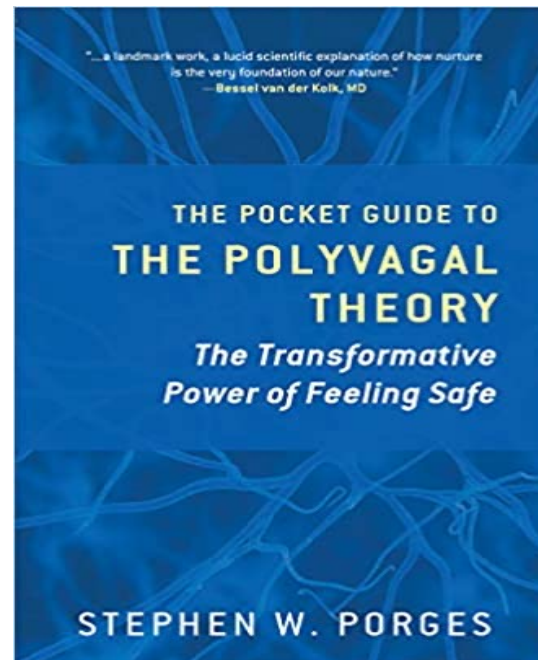
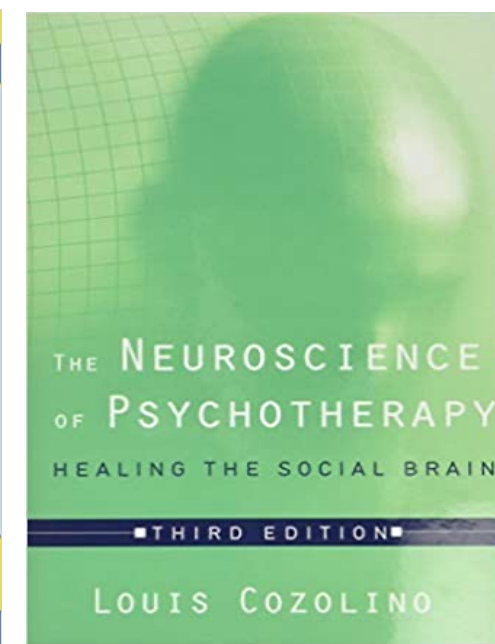
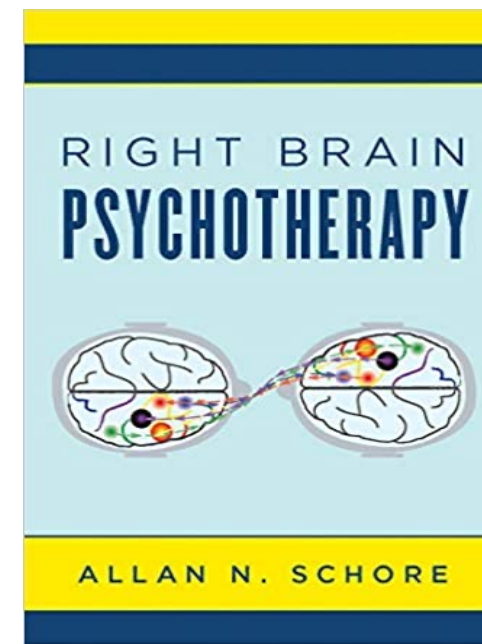
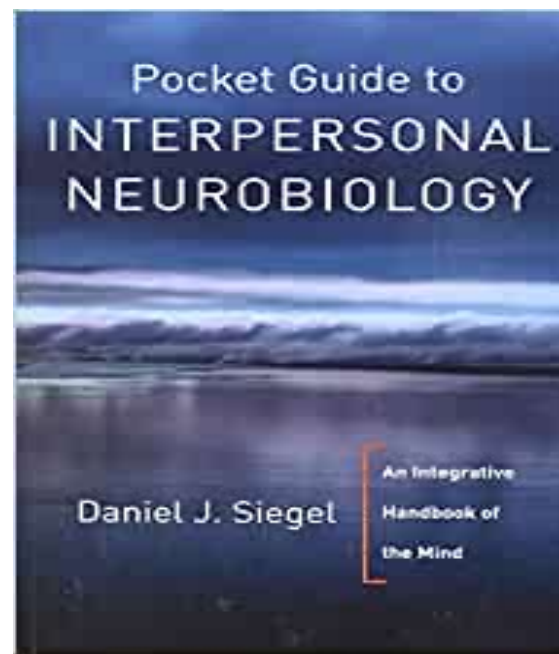
Sexualidad

Seguro

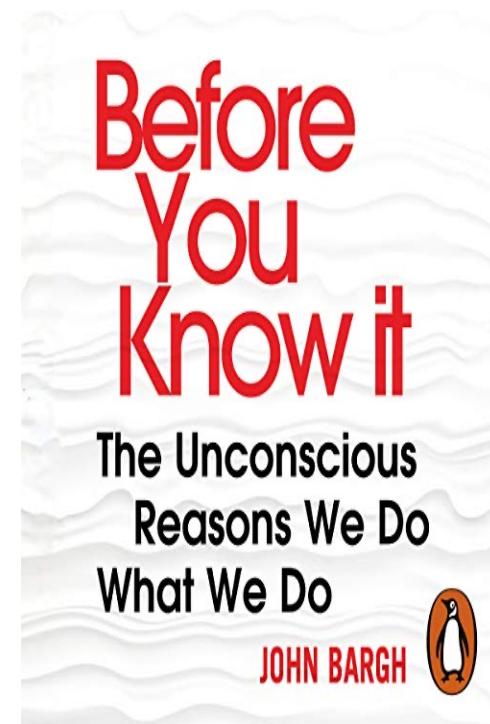
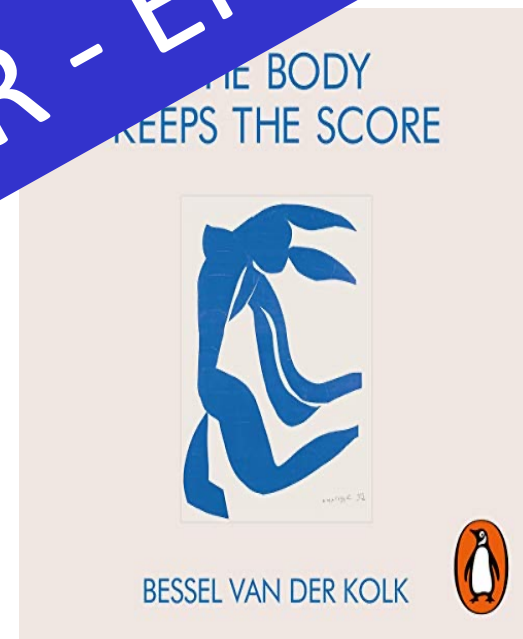
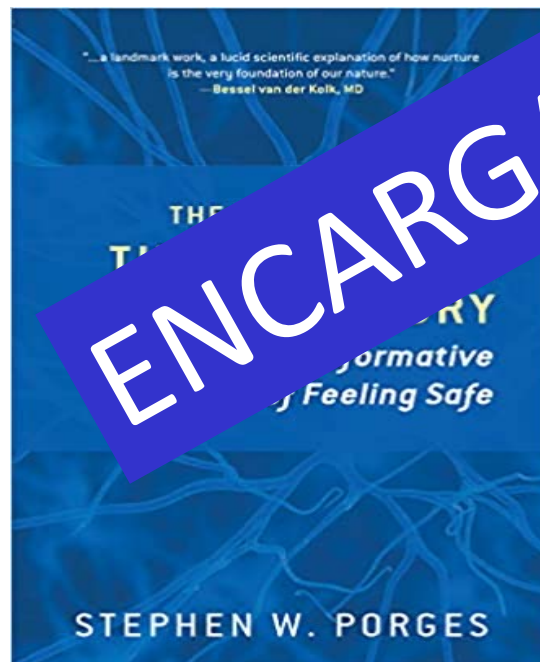
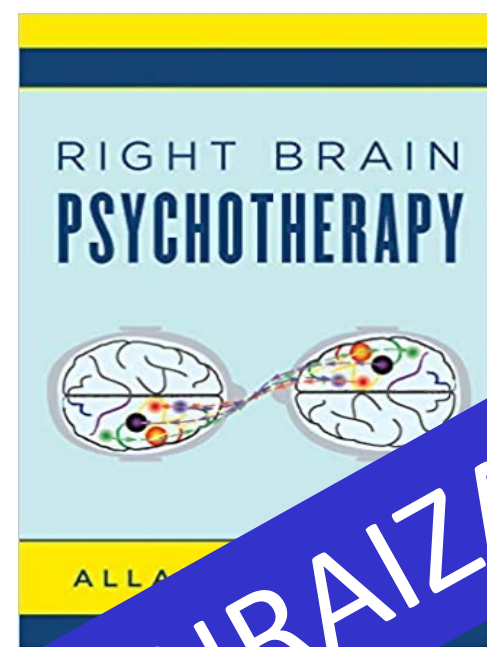
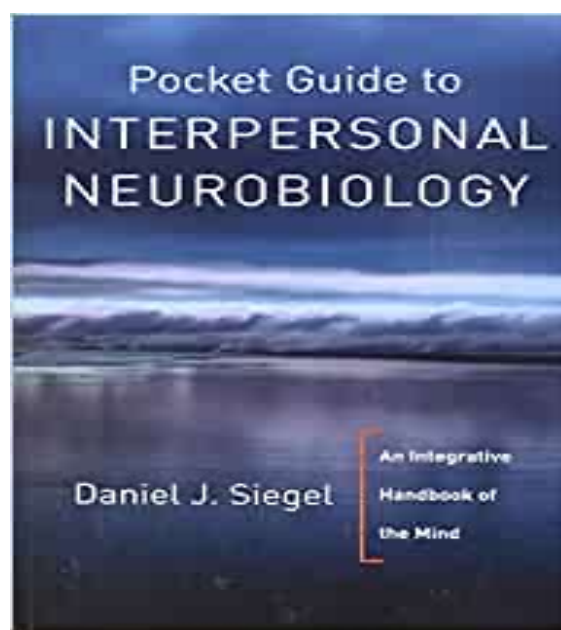
Inseguro - amenaza

Funciona a través de diferentes sistemas de procesamiento para la detección de señales seguras y no seguras y de amenaza

Cada vez hay
más enfoques
biopsicosociales
e integradores
de la terapia



Cada vez hay más
enfoques
biopsicosociales e
integradores de la
terapia



ENCARGAR - ENRAIZAR

Ámbitos básicos de
funcionamiento que
interactúan
recíprocamente

Motivaciones

Tareas y roles vitales:
Evitar daños , Adquirir,
Descansar y digerir

Emociones

Sirven y guían los
motivaciones
Crean estados corporales
para centrarse, acciones
señales sociales

Drive

Settle

Threat

Facilitadores e
inhibidores
Múltiples ámbitos de
intervención

Competencias

Habilidades para
actuar
Alas para volar,
piernas para caminar

Cognitivas
Razonamiento,
empatía, conciencia

Resultados
Comportamientos
Acciones

Las motivaciones evolucionadas tienen algoritmos de estímulo-respuesta (si A, entonces haz B)
Han evolucionado con un "cableado" fisiológico
Nuestras mentes están llenas de algoritmos

Si es un depredador, **luego** se activa la excitación y corremos y nos escondemos

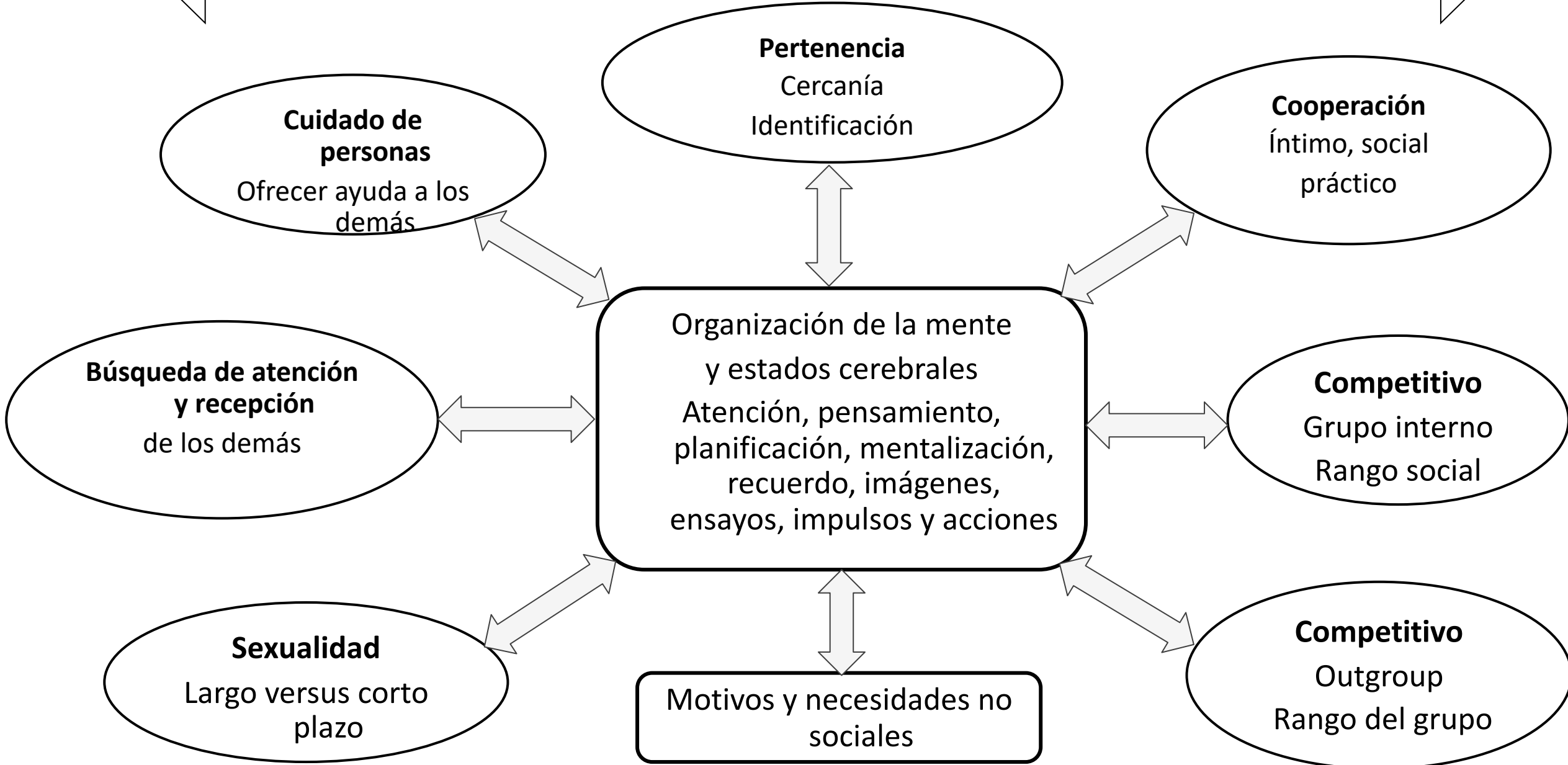
Si hay comida, **luego** nos acercamos, salivamos y comemos-digerimos

Si hay posibilidades de reproducción, **luego** nos acercamos y cortejamos

Si (el bebé) está angustiado/necesitado, **luego** actuamos para aliviarlo



Ámbitos de cercanía - control: íntimo, personal, social, público



Las Funciones de la Mente

Origenes del Cuidado

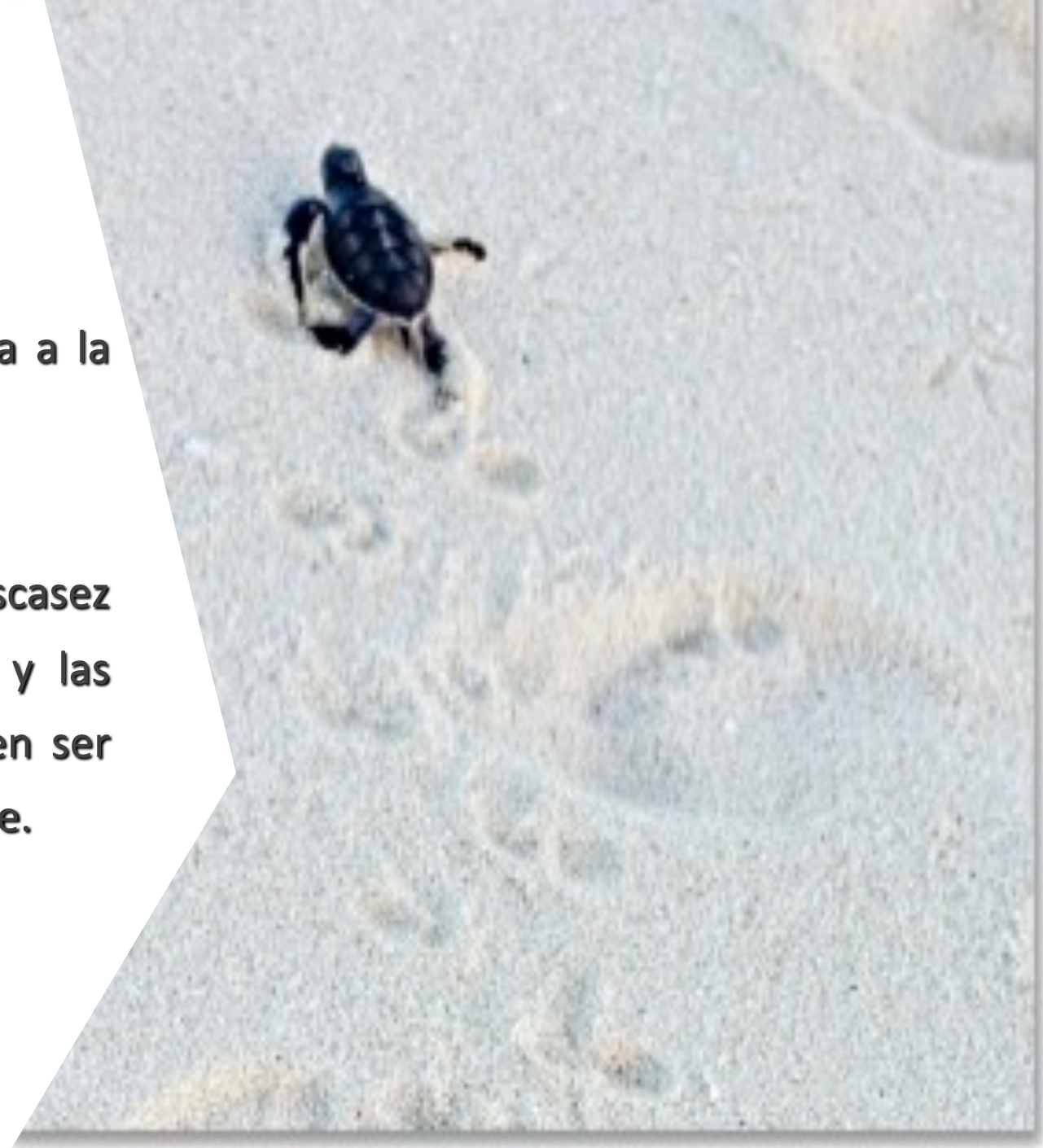
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Auto Protección

En las especies sin apego, sólo el 1-2% llega a la edad adulta para reproducirse.

Las amenazas provienen de la ecología, la escasez de alimentos, la depredación, las lesiones y las enfermedades. Al nacer, los individuos deben ser capaces de "ir solos", ser móviles y dispersarse.



Psicología del cuidado y la crianza

- **Fogel, Melson y Mistry (1986)** sugirieron que el cuidado-nutrición implica
 - Conciencia de la necesidad de ser cariñoso
 - Motivación para cuidar
 - Comprensión de lo que se necesita para nutrir
 - Expresión de los sentimientos de crianza, con la capacidad de adaptar las formas de crianza a las necesidades
 - Retroalimentación del impacto en el otro
 - Núcleo de la terapia centrada en la compasión

*El cuidado tiene una larga
historia de evolución: la primera
etapa de protección*

algoritmo



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Algunas características de la motivación

- La madre es asistencial
-
- Presta atención
- Alimentando
- Proporcionando
- Proteger - rescatar
- Regulación de la temperatura
- Confortar - tranquilizar
- Estimular (aprender y asumir riesgos)
- Acompañamiento
- Jugar

Acciones
apropiadas y
retroalimentación

Los diferentes aspectos del cuidado estimulan diferentes
sistemas fisiológicos

The psychological functions of evolved caring



1907-1990

One of the most influential psychiatrists of the modern age



1913-1999

Developed the first classification of attachment style

- *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

Compartir emociones positivas estimula el cerebro de los bebés para relacionarse socialmente - impulsa las emociones
- juego alegre - **base segura**





calma Confortante
y satisfacción

Refugio seguro

Descanso y digestión

A woman with dark curly hair, wearing a light pink t-shirt and blue jeans, is lying on her stomach on a light-colored wooden floor. She is smiling and looking at a young child with dark curly hair, who is also smiling. The child is wearing a white t-shirt and dark pants. They are playing with wooden blocks. The woman is holding a blue block, and the child is placing a yellow block on top of a stack. There are several other blocks on the floor, including a yellow one with a green circle, a blue one with a green circle, and a yellow one with a green circle. The background is a blurred living room with a brown sofa and a green plant.

Base segura y
refugio en el
juego

Si A entonces haz B - La evolución los construye con sistemas y vías fisiológicas

- **Considera los detectores de rasgos y los sistemas fisiológicos para la amenaza**
- **Considera los detectores de rasgos y los sistemas fisiológicos para la sexualidad**
- **Considera los detectores de rasgos y los sistemas fisiológicos para el cuidado**



Por ejemplo, neurocircuitos, nervio vago, oxitocina, vasopresina y endorfinas



La compassion puede ser definida de muchas formas, pero en CFT el foco es como un algoritmo básico.

La sensibilidad al sufrimiento propio y el de otros junto con el compromiso de intentar aliviarlo **y prevenirlo**

- ***Si se detecta un estímulo entonces compromiso***
 - Para acercarse, entender y (cómo) comprometerse con el sufrimiento – mirando las causas- **CORAJE**
- ***Luego planificación y toma de acción***
 - Trabajar para aliviar y prevenir el sufrimiento – trabajar para adquirir habilidades y sabiduría - **DEDICACIÓN y SABIDURÍA**

Cada una requiere coraje y sabiduría

El coraje sin sabiduría puede ser imprudente

La sabiduría sin coraje puede ser ineficaz

La compassion puede ser definida de muchas formas pero se enfoca en dos procesos diferente

Como la sensibilidad al sufrimiento de uno mismo y de los demas, con el compromiso de intentar aliviarlo y prevenirlo

Motivaciones básicas de la compasión

Que todos los seres esten libres de sufrimiento y de las causas del sufrimiento - Karuṇā (Sanskrit: करुणा)

Abordar las **causas del sufrimiento** es abordar la prevención



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Del cuidado a la compasión

Mamífero
cuidando

Psicología

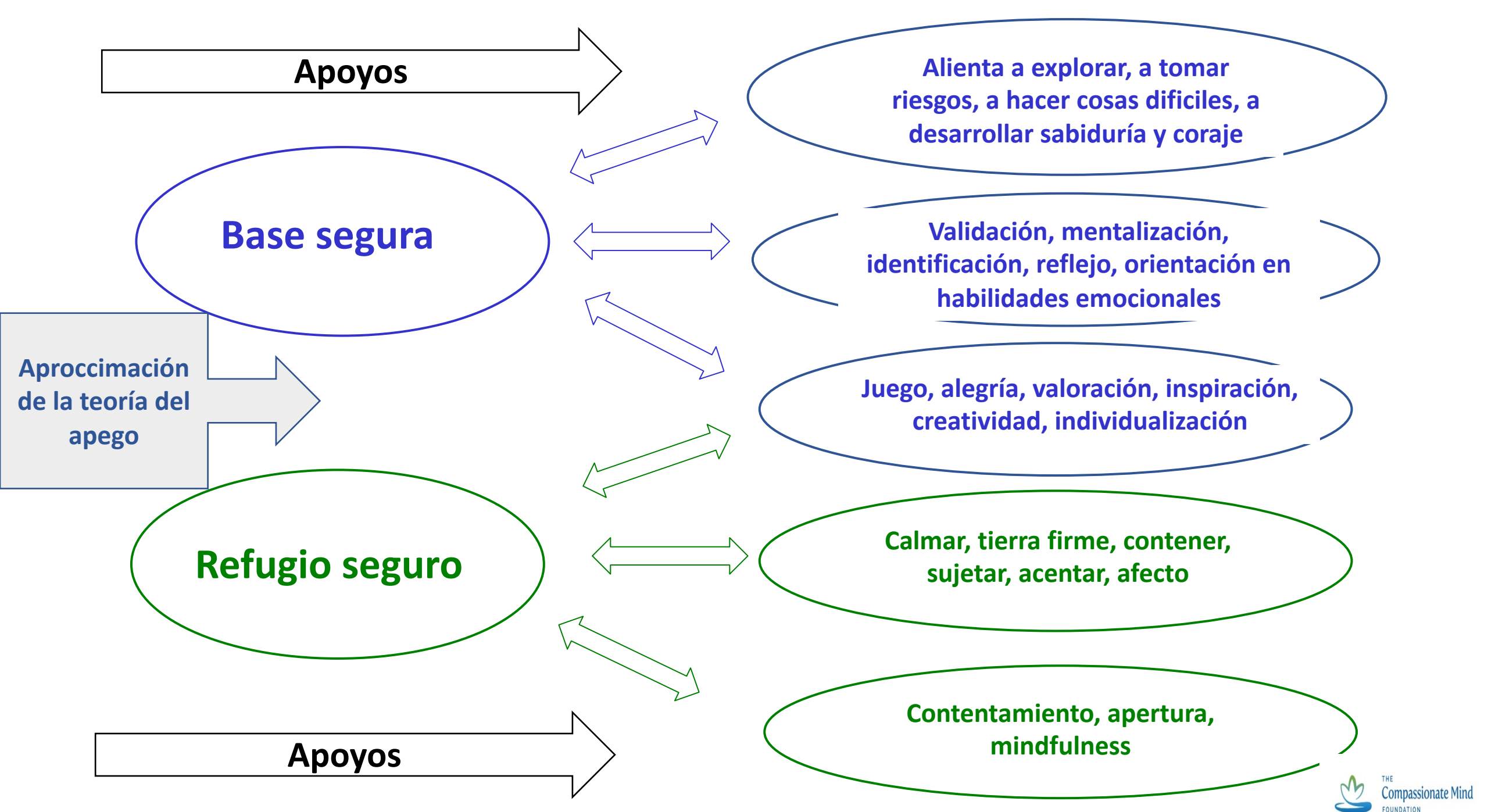
- Nervio Vago
- Oxitocina y vasopresina
- Circuitos neurológicos
- Epigenética

Inteligencia social humana

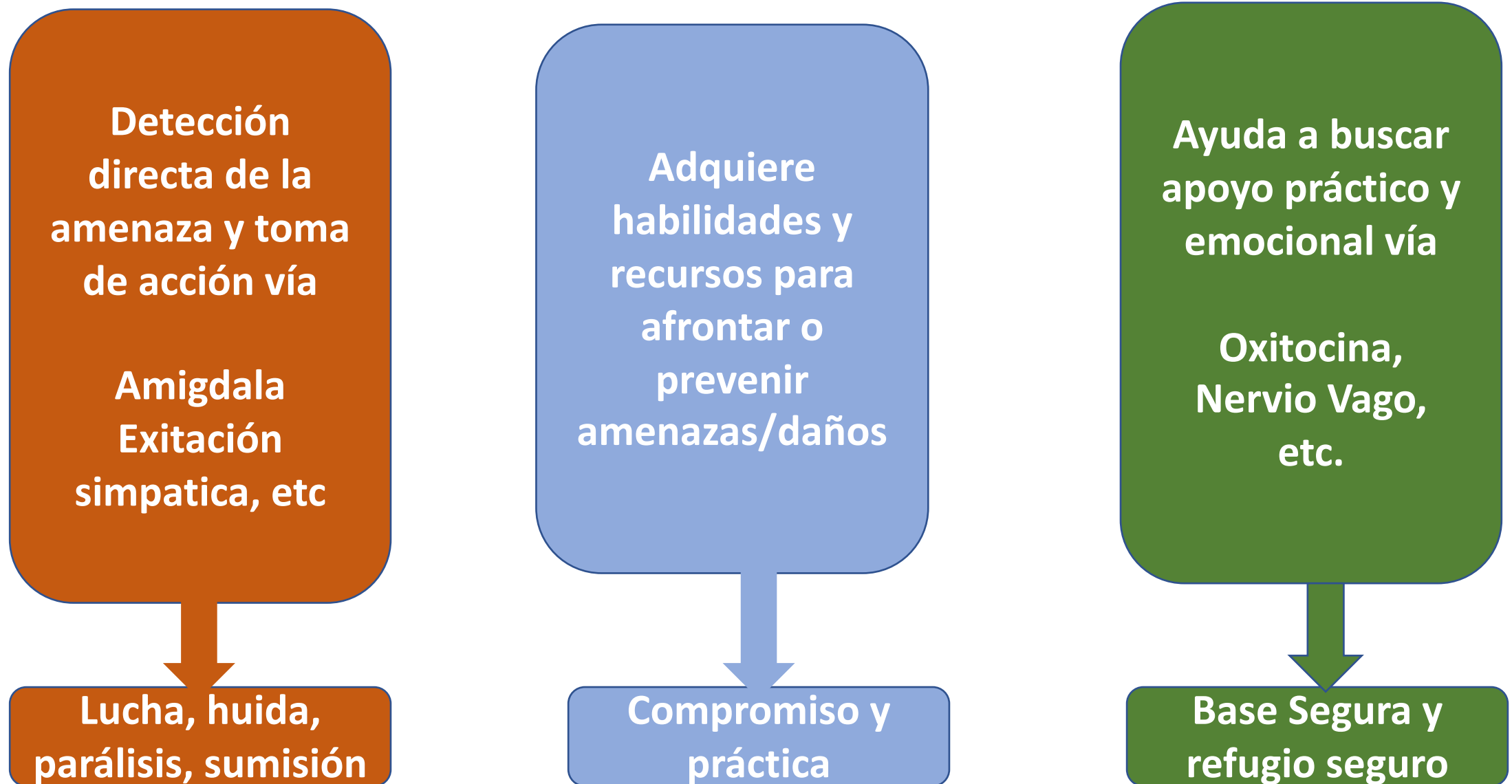
- Conocimiento de la consciencia
- Conocimiento de la empatía
- Saber sobre la intencionalidad

Compasión
humana

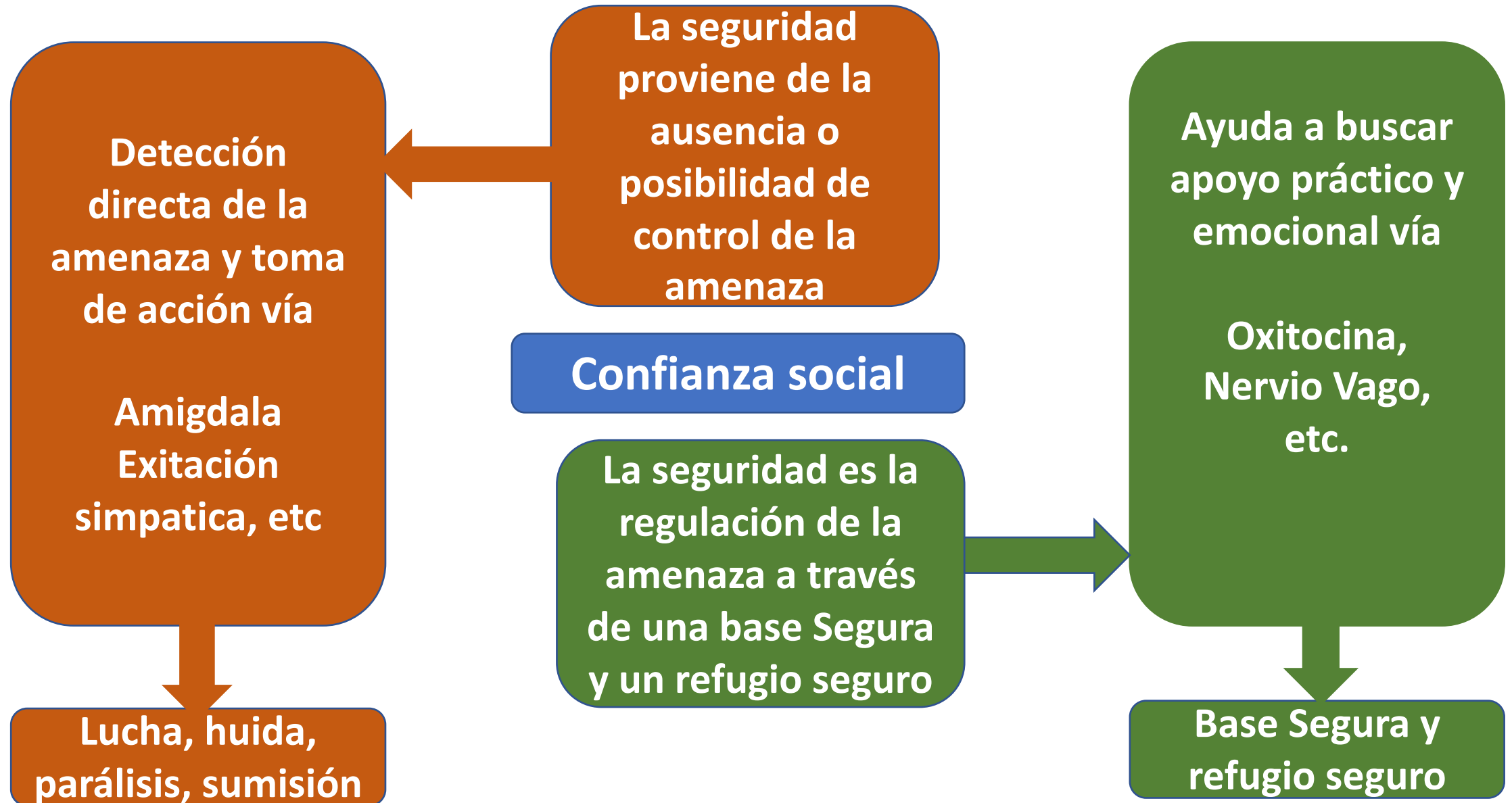
Sentencia



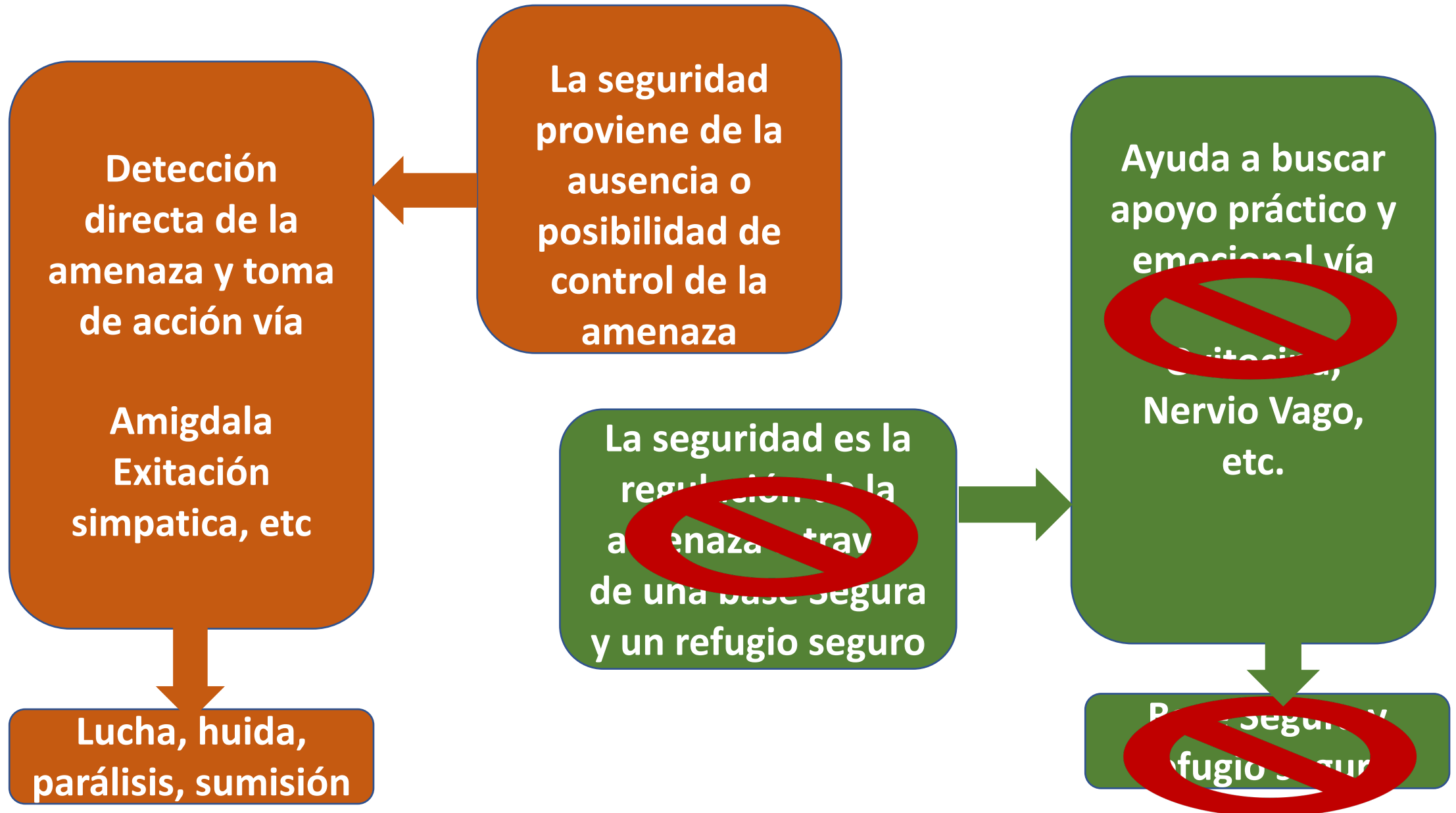
Tres sistemas de regulación de amenazas bien diferenciados



Tres sistemas de regulación de amenazas bien diferenciados



Tres sistemas de regulación de amenazas bien diferenciados





Compassion can be defined in many ways but in CFT the focus is as a basic algorithm

A sensitivity to the suffering/distress of self and others with a commitment to try to alleviate **and prevent it**

- ***If Stimulus detection then engagement***
 - To approach, understand and (how to) engage with suffering/distress - looking into its causes - **COURAGE**
- ***Then plan and take action***
 - To work to alleviate and prevent suffering/distress – work to acquire wisdom and skills - **DEDICATION and WISDOM**

Each require courage and wisdom

Courage without wisdom could be reckless

Wisdom without courage can be ineffective

Compassion can be defined in many ways but focuses on two different processes

As a sensitivity to the suffering/distress of self and others with a commitment to try to alleviate and prevent it

Basic compassion motive

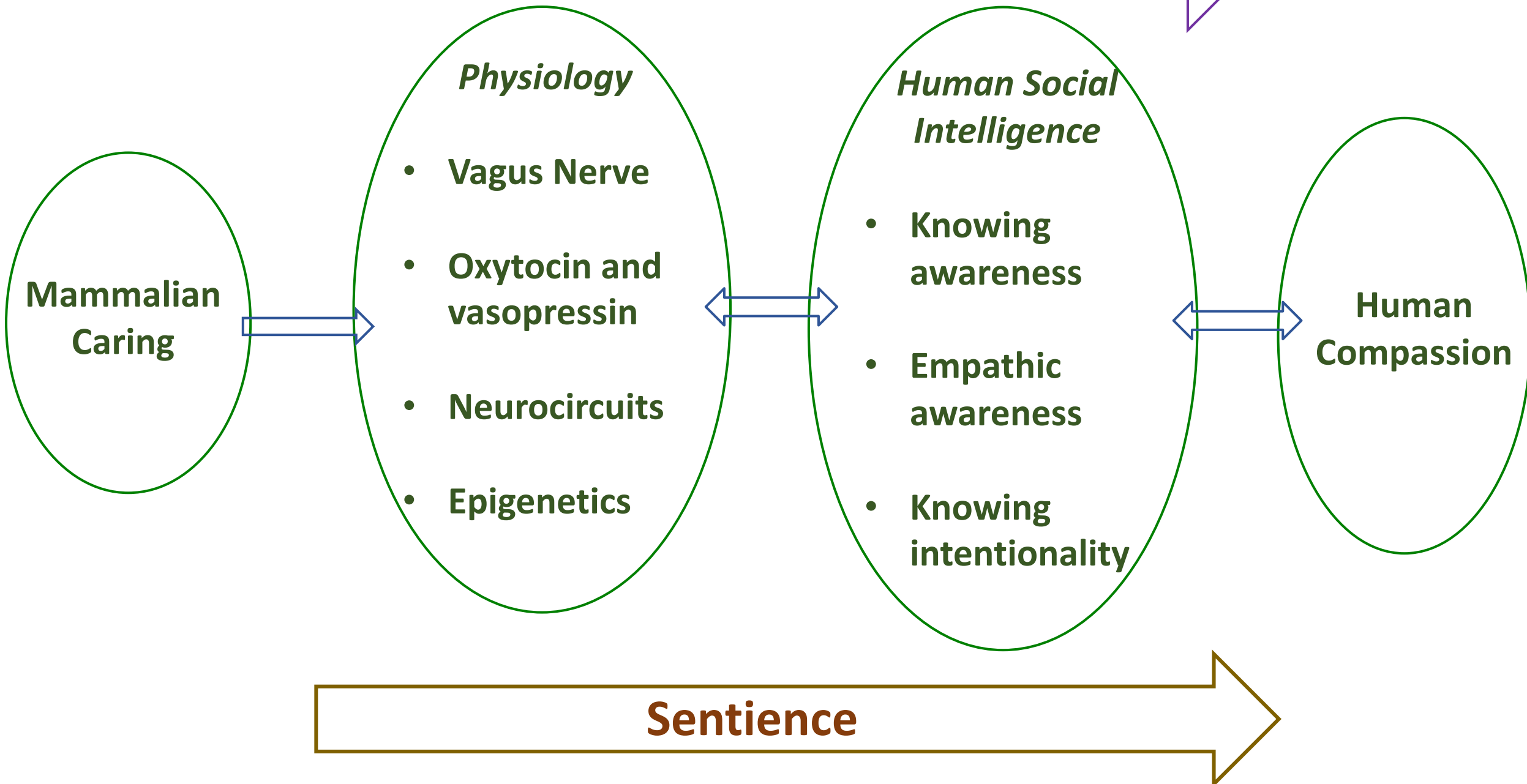
May all beings be free of suffering and the causes of suffering - Karuṇā (Sanskrit: करुणा)

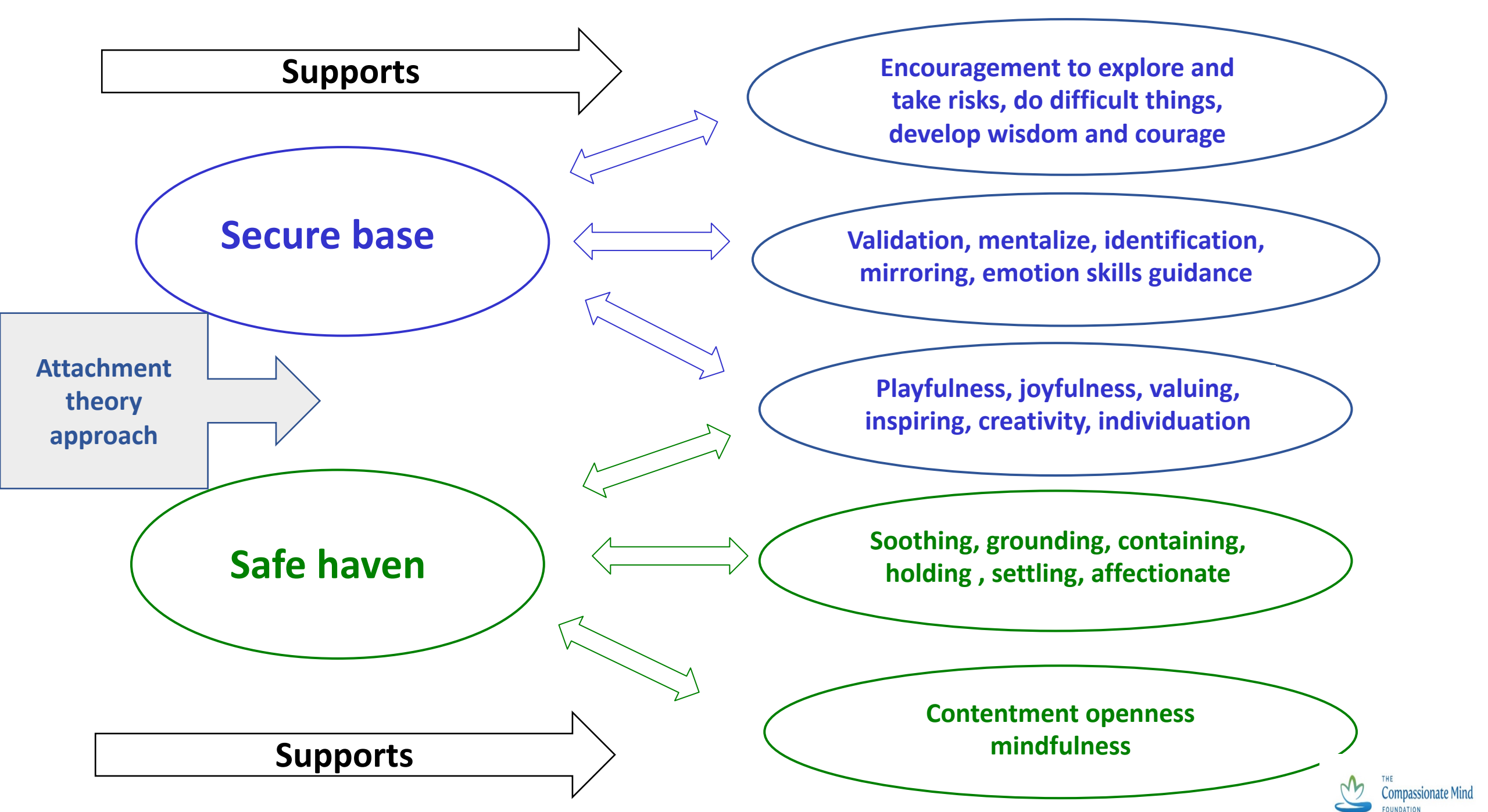
Addressing the *causes of suffering* is to address prevention



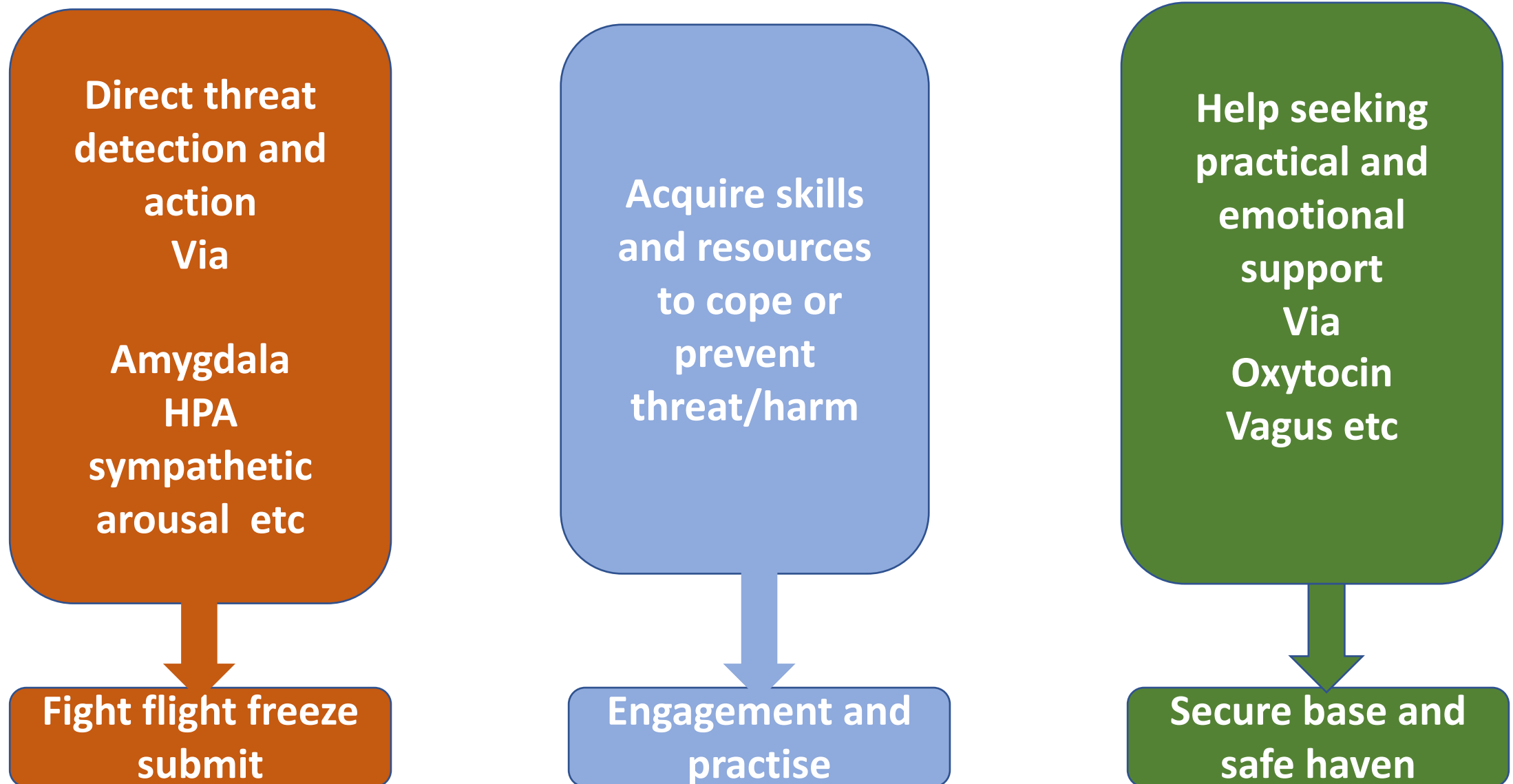
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From care to compassion

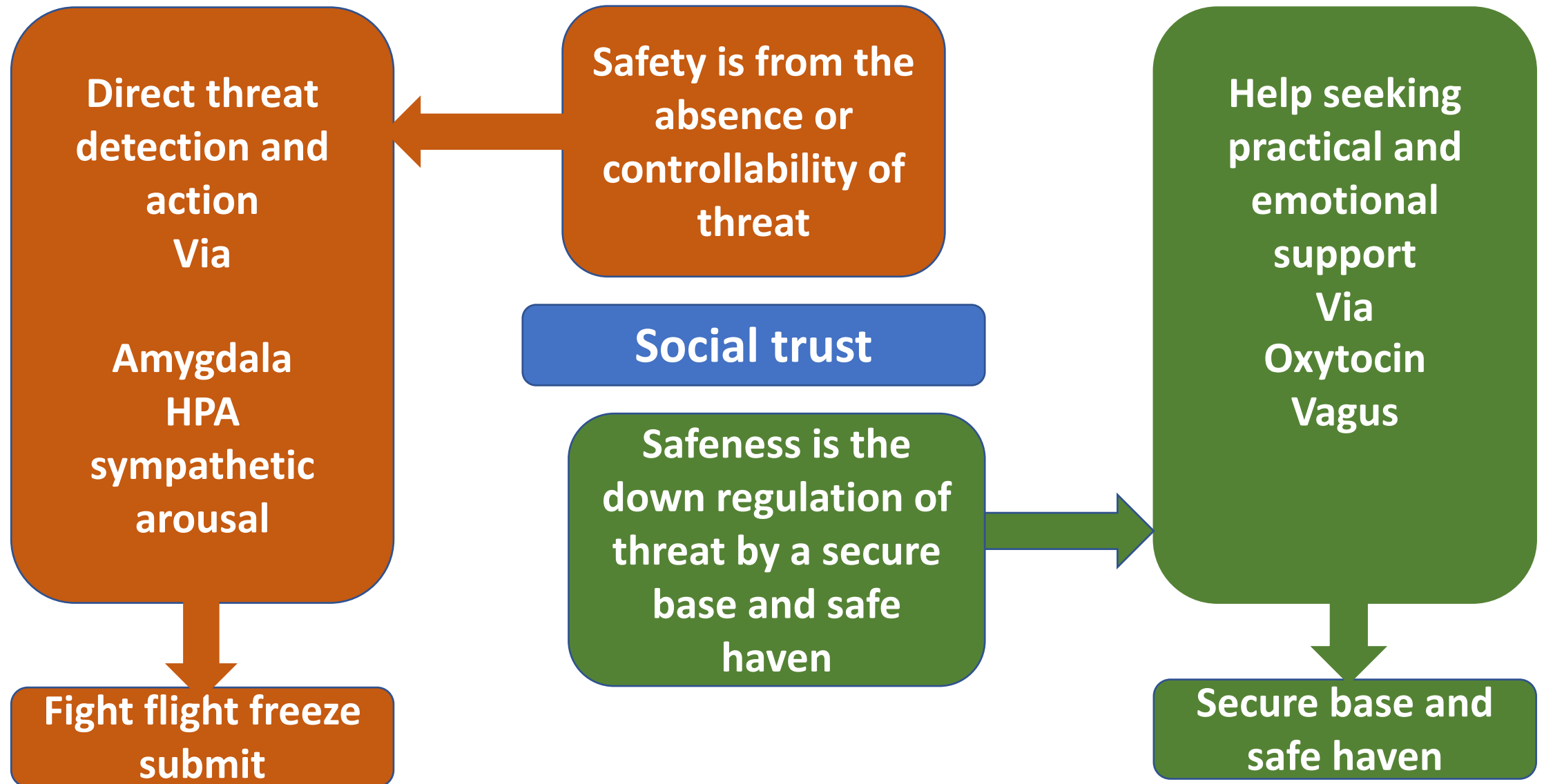




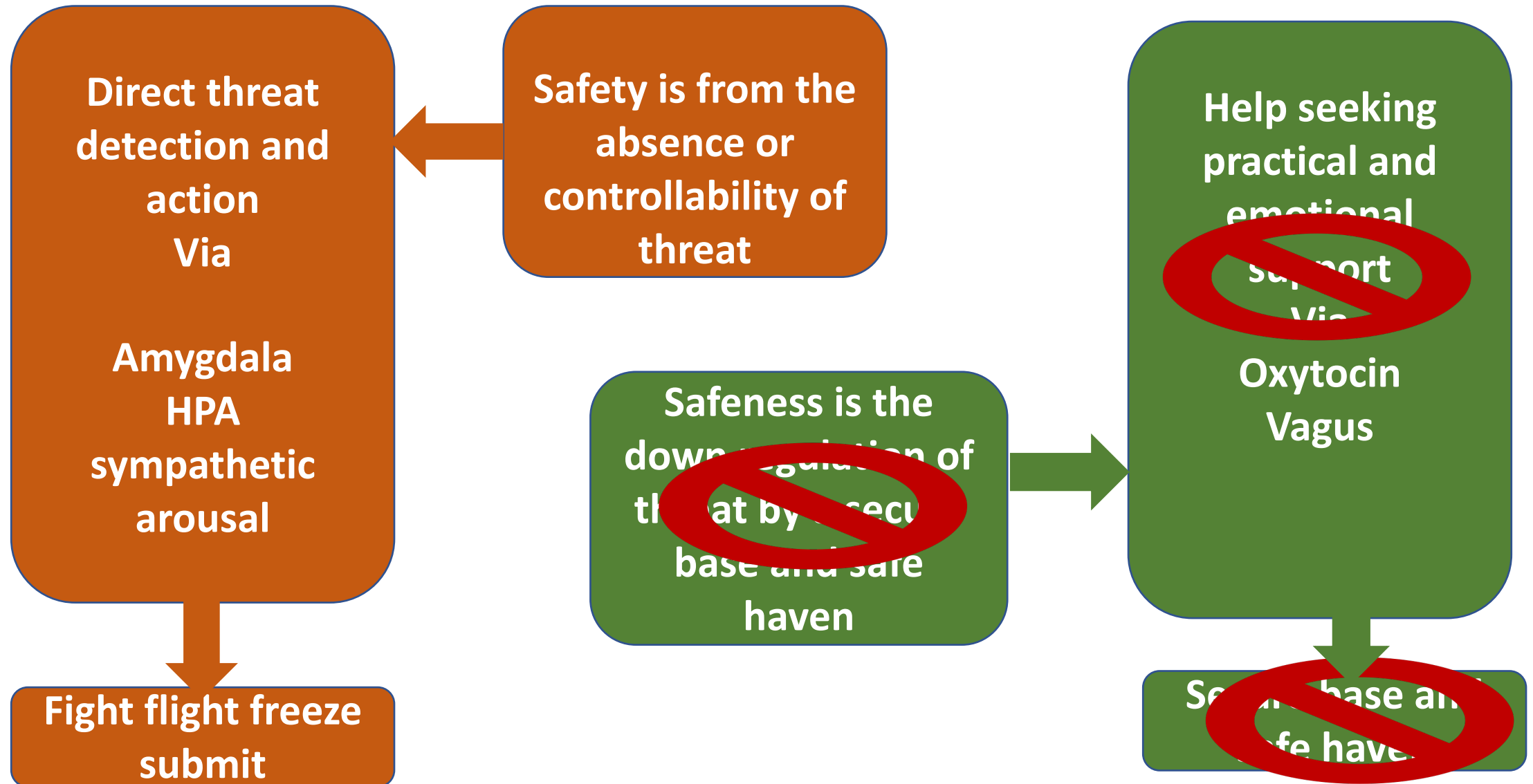
Three very different threat regulating systems



Three very different threat regulating systems



Three very different threat regulating systems



Examples of training compassion in the biopsychosocial mind

Using the body to support the mind

Posture, breathing, movement, yoga, acupuncture, diet, mindfulness

Cultivating compassionate qualities

Choosing key compassionate qualities for self, developing wisdom, concept of tricky brain

Using imagery

Remember receiving compassion; imagining compassionate other; imagining one's compassionate self;

Cultivating, playfulness and joyfulness

Playfulness is linked to friendliness and joyfulness. Practise openness

Behaviors

Practising courageous behaviours, helpful behaviours and ways of thinking. Mindfully noticing unhelpful and switching to helpful

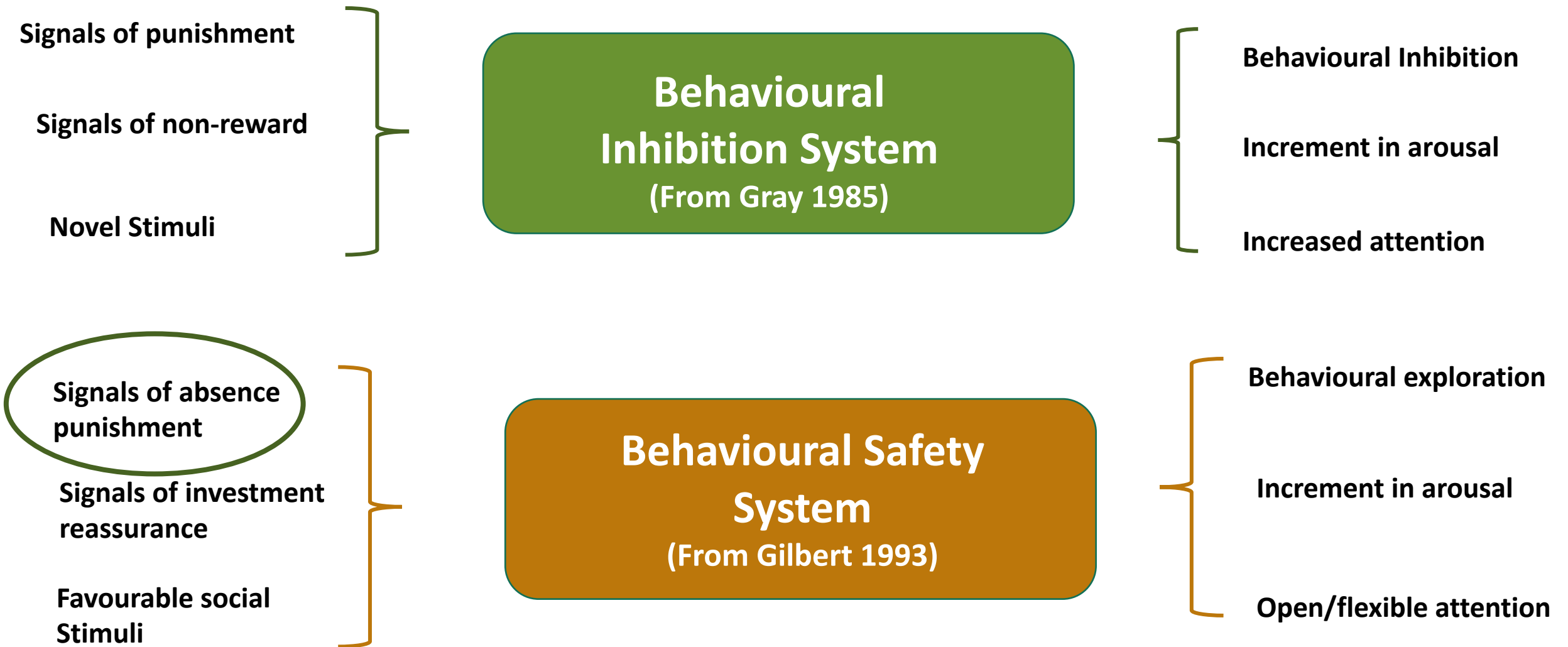


Defence and safety: Their function in social behaviour and psychopathology

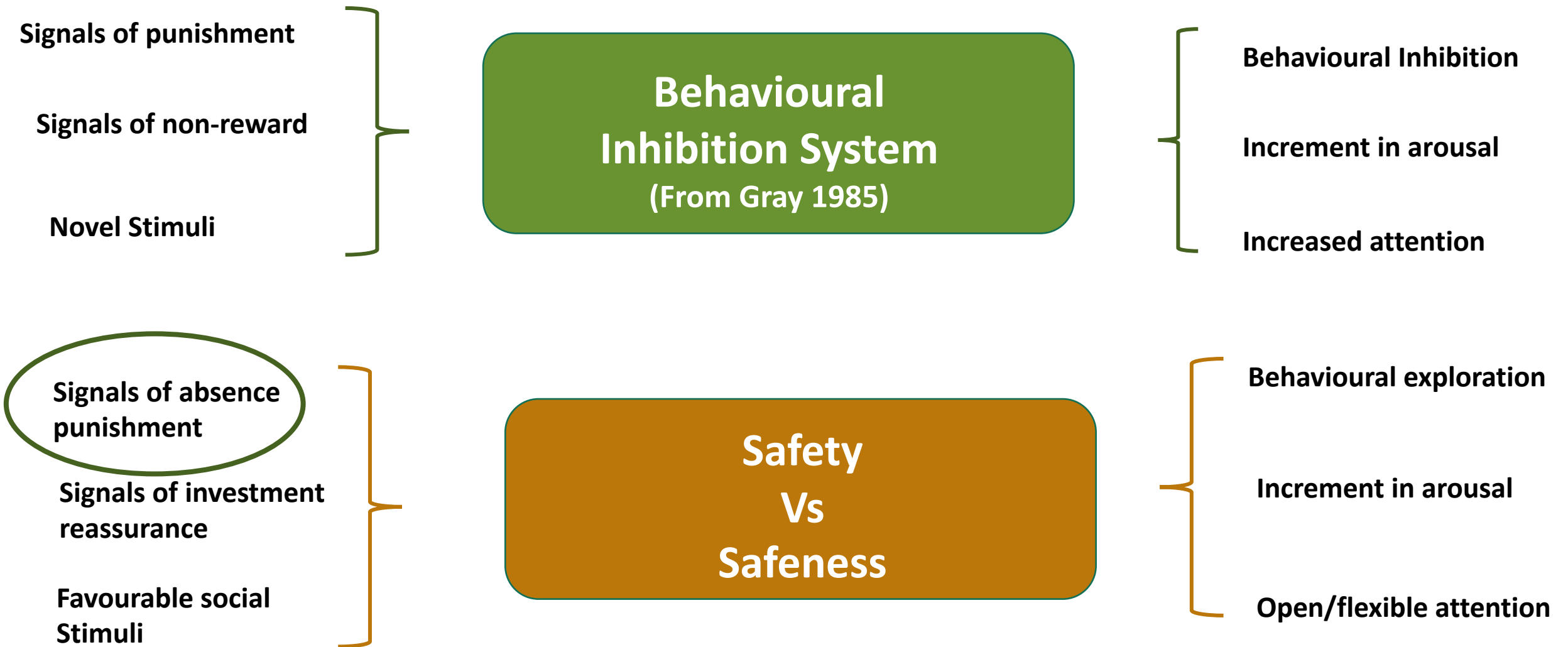
Paul Gilbert*

Department of Clinical Psychology, Pastures Hospital, Masson House, Mickleover, Derby DE3 5DQ, UK

**This paper summarizes the author's thinking on and understanding of the concepts defence*



Gilbert, P. (1993). Defence and safety: Their function in social behaviour and psychopathology. *British Journal of Clinical Psychology*. 32, 131-153.



Later awareness of this fundamental distinction

Accessibility to helpful others also promotes a sense of safeness (Bailey, 1988; Bailey *et al.*, 1992). Bowlby (1969, 1973, 1980) stressed the role of the accessibility of the parent and the calming effects of parental behaviour in enabling the infant to feel secure and be explorative and confident. Thus, one of the functions of attachment is to provide a 'safe-secure base'. Signals of safeness can also act in an automatic way, are often non-verbal, e.g. proximity to others, facial expression, smiles, signals of respect and so forth. Safe-explorative, infant-parent interaction is facilitated by affectionate, playful, reciprocating interactions where infant and parent are attuned to each other.

Basically it appears that positive affect facilitates a more open explorative orientation and more positive and prosocial behaviour such as caring and sharing. Thus, children growing up in environments that are high in the exchange of signals promoting reassurance, safeness, security, play and positive affect are likely to develop different adaptive strategies and cognitive organizations from those who do not (Bowlby, 1980; Isen, 1990; Rohner, 1986), and probably a different organization of internal defences. Furthermore, positive sociability (relationships marked by high investments and low threat) is associated with happiness and health (Argyle, 1987) and may affect biological processes (e.g. stress hormones and immune system functioning; Henry & Stephens, 1977; Ornstein & Swencionis, 1990).

**Safety and
safeness regulate
by body**

Annual Review of Clinical Psychology

Social Safety Theory: A Biologically Based Evolutionary Perspective on Life Stress, Health, and Behavior

George M. Slavich

Cousins Center for Psychoneuroimmunology and Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles, California 90095-7076, USA;
email: gslavich@mednet.ucla.edu



1989/2016

Basic Social Motives:

Care giving - Care seeking
Cooperating - Competing
Sexuality

Motives distinguish processes

Example:

Guilt versus shame

Motives form interacting
co-regulating patterns

DEPRESSION

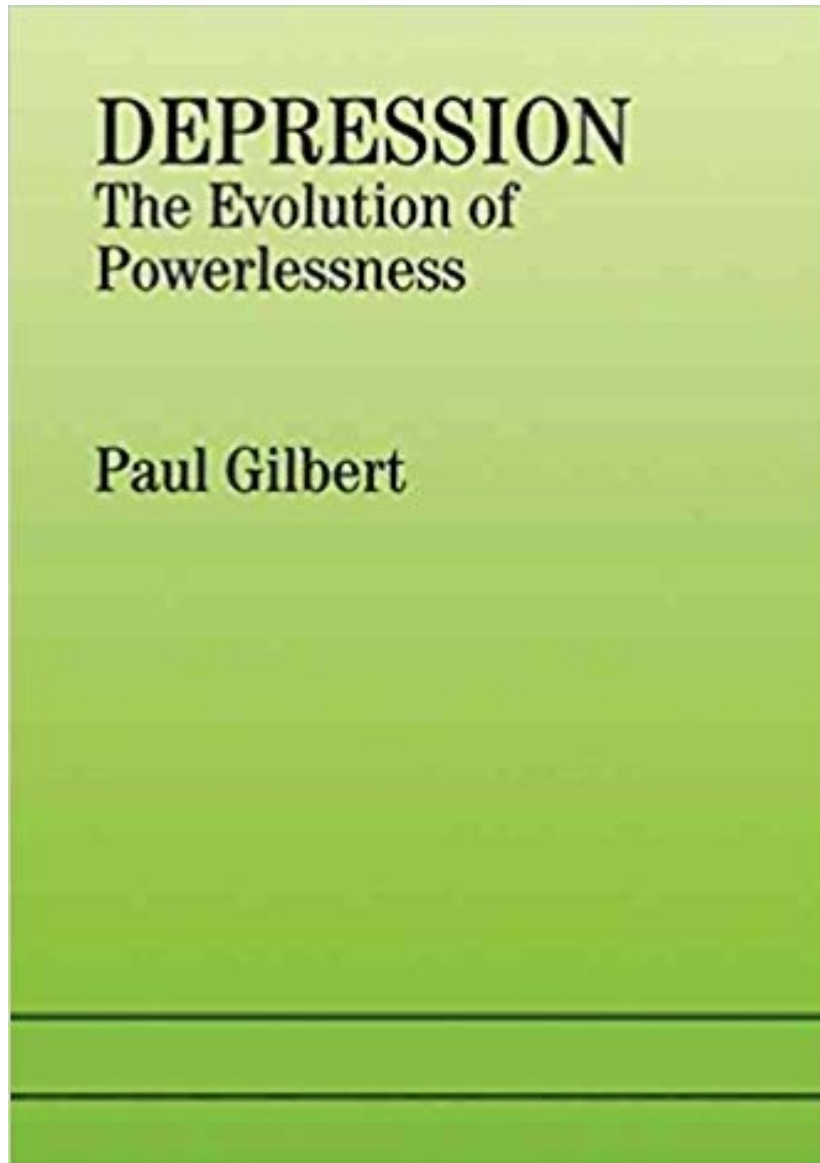
The Evolution of
Powerlessness

Paul Gilbert

**The thwarting of
basic human needs
and control of threat**

**Learned Helplessness
Social loss and
disconnection
Social oppression
Social defeat
Entrapment**

1992/2016



1992/2016

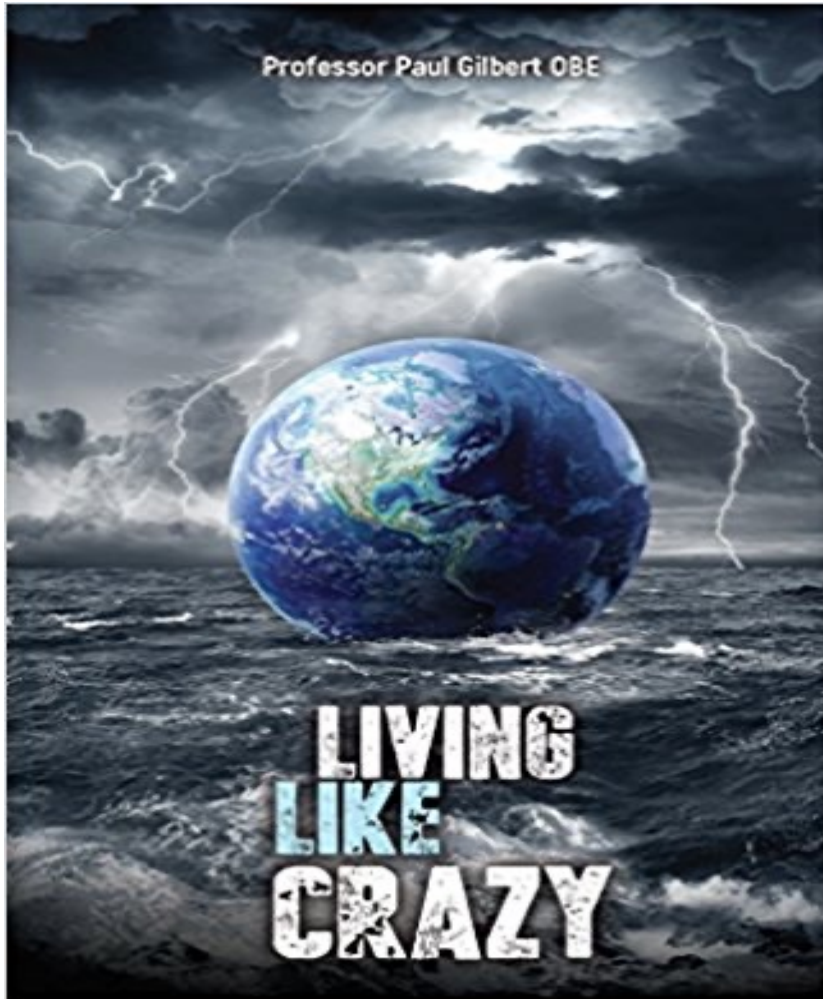
**Reviewed the main
models of depression**

**Common themes --
thwarting of basic human
(social) needs and loss of
control over threat -
resources**

**Learned Helplessness
Social loss and
disconnection
Social oppression
Social defeat
Entrapment**

**Shifts of brain states
linked to**

**Low self-esteem
Sense of inferiority
Submissive behaviour
Escape
Shame
Self-criticism
Suicidality
Fear of anger
Blocked assertiveness
Silencing the self
Increased threat and
reduced positive affect**



1992/2016

The social thwarting of basic human needs and control of threat

The gross abnormalities of modernity

Aggressive male leaders

Bullying

Control and hold

Tribalism

The rise of cruelty and the dark side

Treatment of women and children

The pathologies of religion

The neo-liberal distortion

The thwarting of basic human needs and the loss of hunter-gatherer social contexts

The gross abnormalities of modernity

Aggressive male leaders

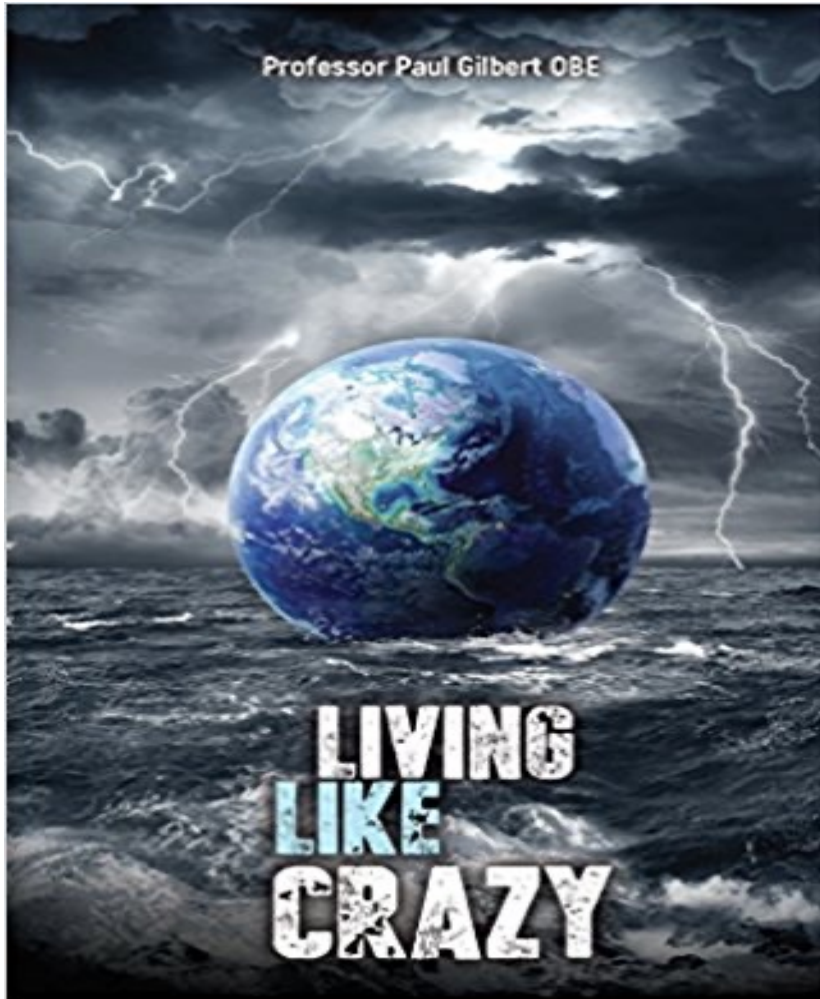
Tribalism

The rise of cruelty and the dark side

Treatment of women and children

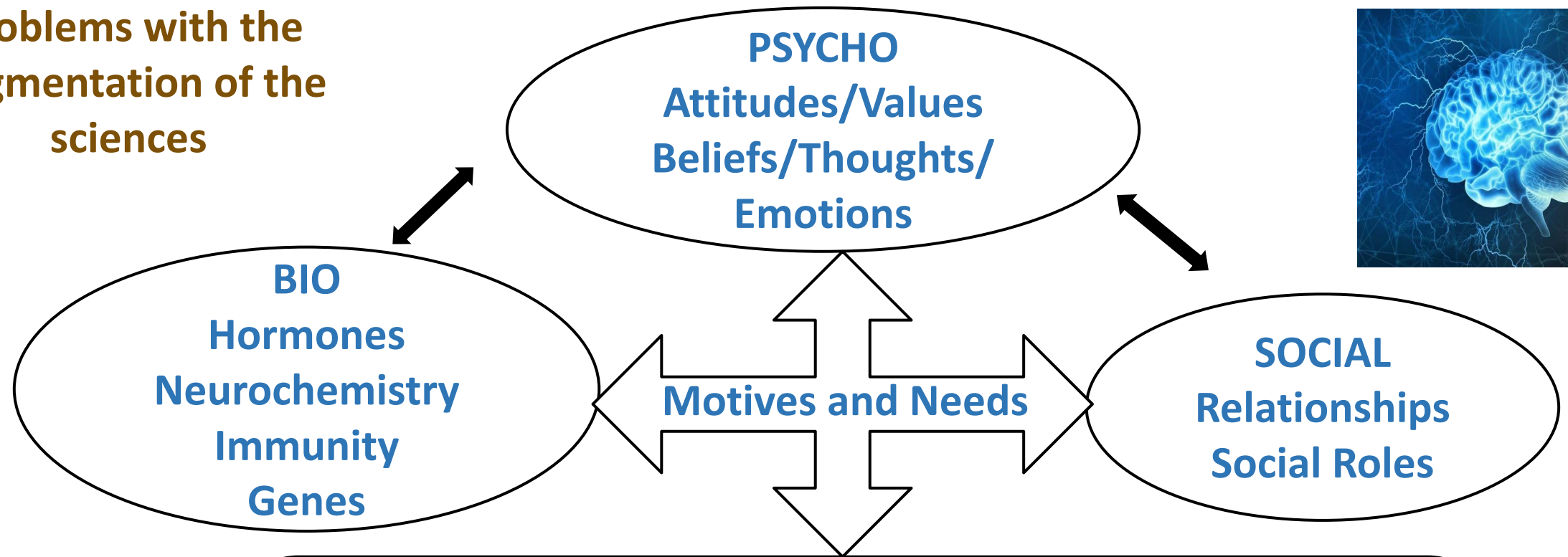
The pathologies of religion

The neo-liberal disaster



1992/2016

**Problems with the
fragmentation of the
sciences**



ECOLOGIES

Physical Ecologies: Resource scare vs resource plenty
Hostile vs benign
Diet/microbes, pollution

Social Ecologies: Cooperative vs competitive
Caring (safe) vs exploitative (threatening)

The Functions of the Mind:

Motives, Emotions Competencies and Behaviours



Prof Paul Gilbert, FBPSS, OBE

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www.compassionatemind.co.uk

Biosocial Goals, Social Motives and Mentalities organize minds

Caring



Attention

Thinking

Body/Brain

Feeling

Behaviour

Competing





Competitive Mentality

Caring Mentality

Process

Process

<i>Down rank</i> Social comparison-inferior External shame Submissive Striving Angry Self-critical	<i>Up rank</i> Social comparisons –superior- entitled Humiliation Aggressive Striving Other blaming/critical
---	---

Examples of Measures
(flows of) caring-compassion
Fears of compassion
Empathy
Prosocial Behaviour to self and others
Social Safeness

Examples of Measures
Social comparison
External shame
Self-criticism
Striving to avoid inferiority
Winning-losing/defeat



Examples of elevated *up* rank process (feel like a winner and gaining)

- | | |
|----------------------|---------------|
| ↑ Social comparisons | ↑ Grandiosity |
| ↑ Confidence | ↑ Explorative |
| ↑ Assertiveness | ↑ Gregarious |
| ↑ Libido | ↑ Creative |
| ↑ Positive affect | ↑ Impulsive |

Unstable **Competitive Social
Mentality** Excessive

Examples of elevated *down* rank process (feel like a loser and defeated)

- | | |
|----------------------|---------------|
| ↓ Social comparisons | ↓ Grandiosity |
| ↓ Confidence | ↓ Explorative |
| ↓ Assertiveness | ↓ Gregarious |
| ↓ Libido | ↓ Creative |
| ↓ Positive affect | ↓ Impulsive |

Switch to

Example of caring social mentality

Care focused
(self and other)
Helpful
Tolerant
Empathy
Sensitive
Insightful
Respectful
Share and care
Wisdom seeking

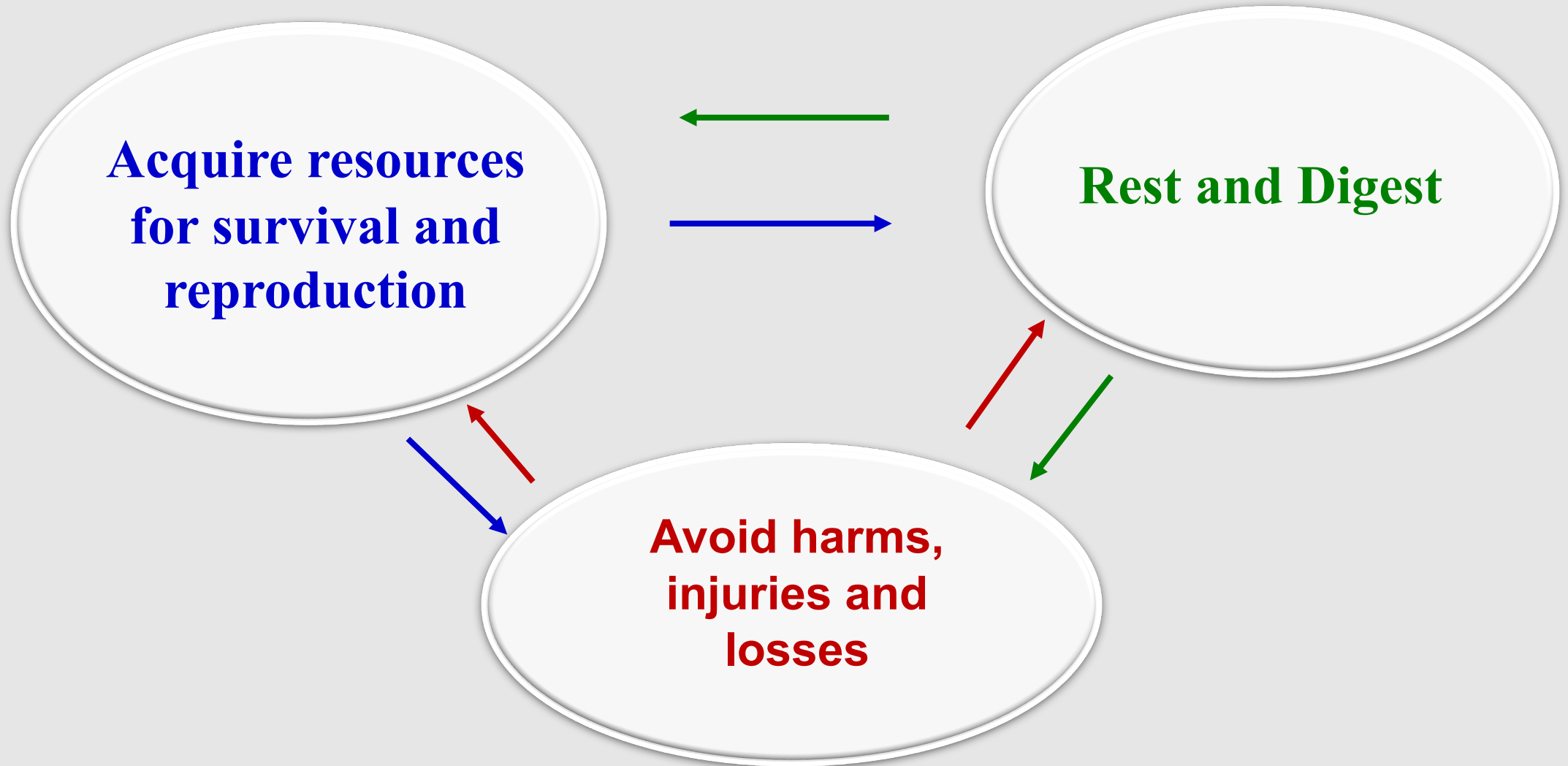
The Functions of the Mind:

Emotions

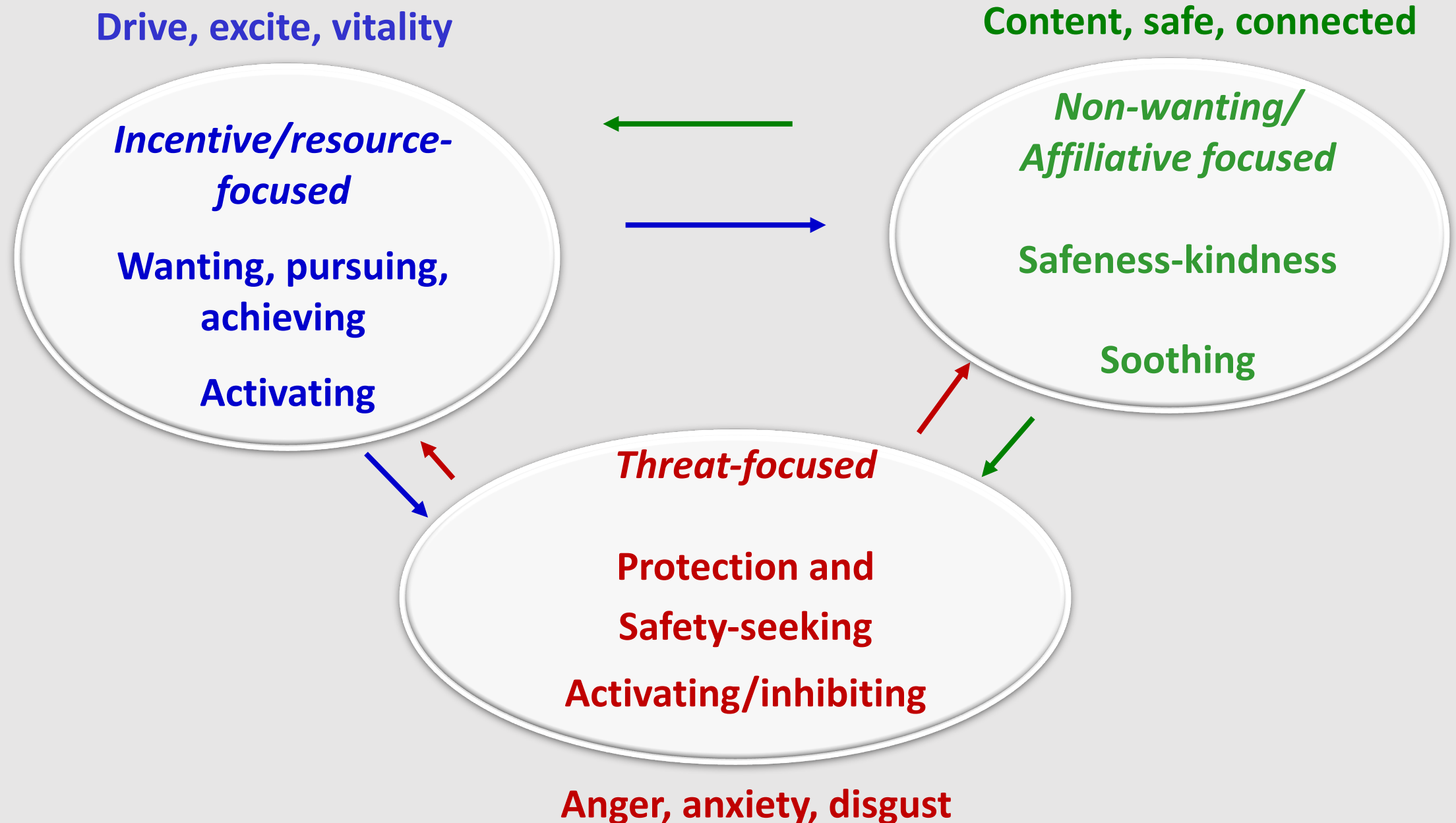
Prof Paul Gilbert, FBPSS, OBE

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Three basic life tasks and motives

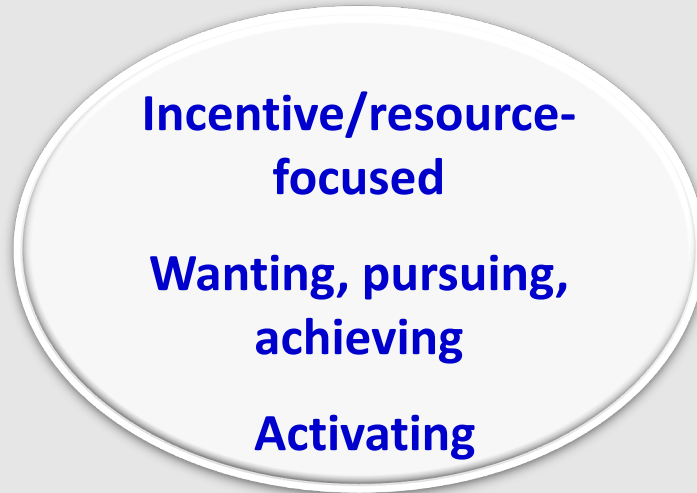


Emotions and life tasks and motives

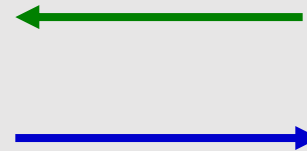


Our Three Functions of Emotion

Drive, excite, vitality

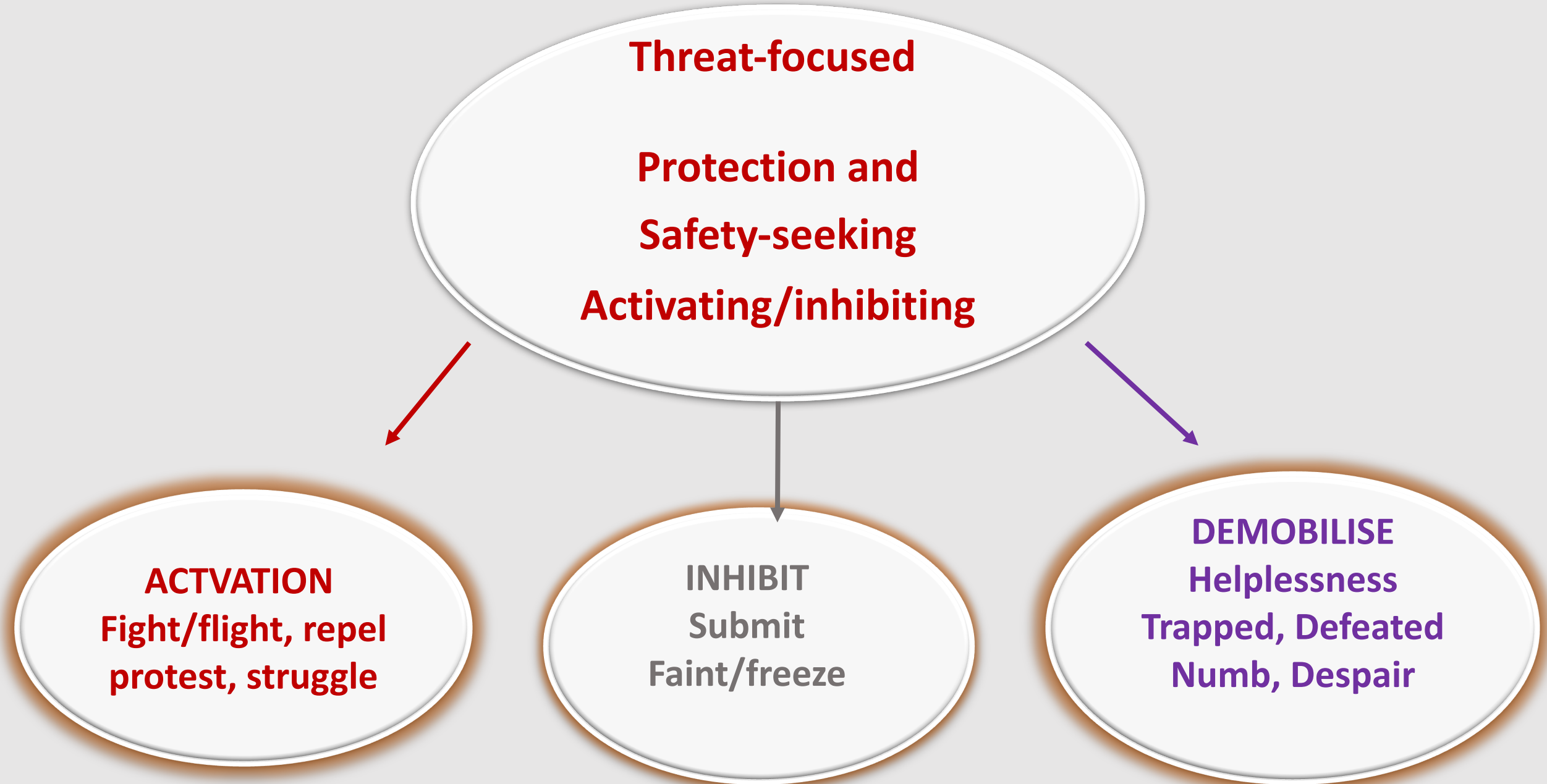


Content, safe, connected



Anger, anxiety, disgust

Types of Threat Defence



The Functions of the Mind:

Competencies

Prof Paul Gilbert, FBPSS, OBE

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Different trainings have
different physiological effects
Singer & Engert 2019

Examples of New Brain Cognitive Competencies

<i>No-Social Reasoning</i> language/symbols thinking in time, predicting, imagining, conceptualising	<i>Social Reasoning</i> mentalise role sensitivity, role responsiveness	<i>Consciousness of consciousness</i> subjective self-awareness, observer mind, knowing intentionality mindful
--	---	---

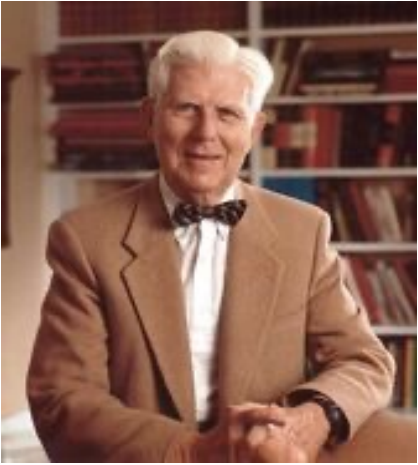
Old Brain Functions

Motives: harm-avoidance, food, sex, caring, status
Emotions: anger, anxiety, sadness, joy
Behaviours: fight, flight, shut down, courting, caring

Defence mechanisms

Projection,
Avoidance
Denial,
Dissociation,

Cognitive therapy – Long history of recognising the power of reasoning and beliefs



(1921–2021)

Stoic Greeks – It is not so much the things in themselves but the interpretations we put on them that is important

This basic idea is also prominent in Buddhism – in the sutra of the two arrows (with our thoughts we create the world)

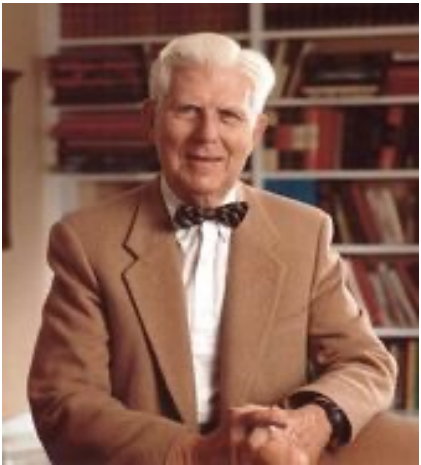
Emerging from the ego analyst's focus on attitudes seeks to identify core beliefs/schema and their origins.

Explore the processes of *conscious* thinking - and the recursive loops of the mind

Identify the algorithms of thinking (selective attention, over generalisation, personalization, dichotomous either/or)

Mind awareness: Provide opportunities for *guided discovery* and **cultivating** those cognitive processes that are experienced to be helpful - to bring change to views and experiences of self, world and future. Test out beliefs and try new ones

Process in cognitive therapy



(1921–2021)

Schema emerge for biological dispositions interacting with experience – A child who is told they are stupid and useless will develop that as a core belief that will become the organising process for a sense of self, styles of thinking feeling and behaviour

Bias attention
Jump to conclusions
Either/or thinking
Overgeneralise
Personalise

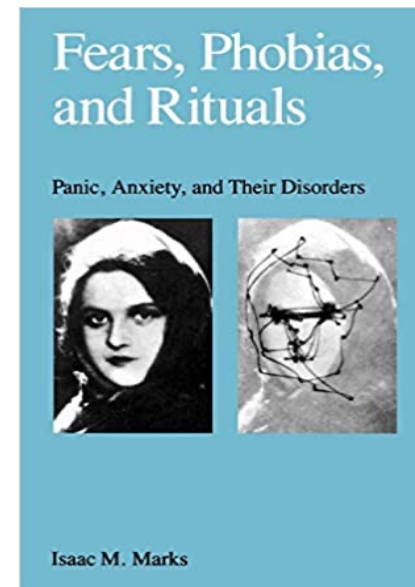
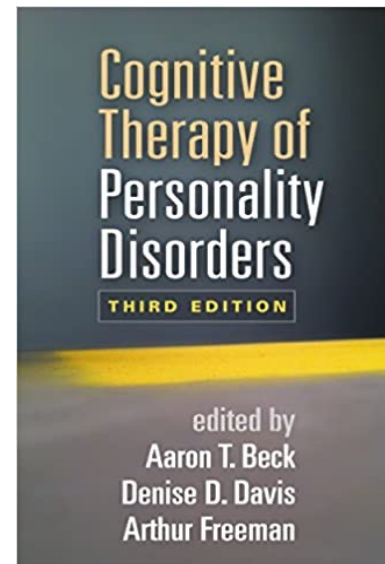
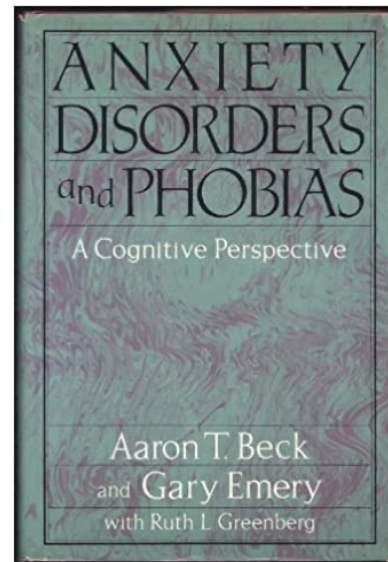
Mind aware
Check out as best we can and cultivate helpful thinking

Psychodynamic and cognitive therapy



Cognitive therapy and evolution

Beck, A. T.(1987). Cognitive models of depression. *Journal of cognitive psychotherapy*, 1, 5-37.



Why is the mind biased in the way it is?

British Journal of Medical Psychology (1998), 71, 353–373 Printed in Great Britain
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353

Evolutionary psychopathology: Why isn't the mind designed better than it is?

Paul Gilbert*

Mental Health Research Unit, Kingsway Hospital, Derby, DE22 3LZ, UK

This paper outlines some of the basic issues in evolutionary thinking when applied to psychopathology. It aims to give some background and context to the papers that follow. Particular attention is given to the way evolution is constrained by previous design features, the importance of trade offs between advantages and disadvantages of different traits, the way social dilemmas and conflicts have shaped the evolution of human motivational systems, and the psychology that supports them. The paper concludes with a plea to avoid thinking of evolutionary approaches as a reductionist science, when the focus needs to be on the way evolution theory informs the study of the social–biological interface.

Bias attention
Jump to conclusions
Either/or thinking
Overgeneralise
Personalise
Denial
Dissociation
Projection

Sweet versus bitter
Sexual attractiveness
Sexual preference
Ingroup outgroup
Self versus other
Kin versus non kin

Why is the mind biased in the way it is?

British Journal of Medical Psychology (1998), 71, 353–373 Printed in Great Britain

353

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Evolutionary psychopathology: Why isn't the mind designed better than it is?

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Bias attention
Jump to conclusions
Either/or thinking
Overgeneralise
Personalise
Denial
Dissociation
Projection

But Why?

**Not just
beliefs?
Inherent
motivational
processes?**

CFT – Evolution informed mind awareness.

Brain states get triggered and generate biopsychosocial reactions

We all just found ourselves here with a brain and body built for us, not by us

Experience motives, needs, emotions, their programming

Trying to work with a very tricky brain

Bias attention
Jump to conclusions
Either/or thinking
Overgeneralise
Personalise
Denial
Dissociation
Projection

Mind aware

Check out as best we can

CFT – Evolution informed mind awareness.

Brain states get triggered and generate biopsychosocial reactions

We all just found ourselves here with a brain and body built for us, not by us

Experience motives, needs, emotions, their programming

Trying to work with a very tricky brain

Beliefs emerge from interactions between physiological dispositions social context and personal learning

They become the guides for pursuing contextually sensitive survival and reproduction goals

Mind aware

Check out as best we can

Cognitive therapy

When basic beliefs about the world, get triggered we can have automatic thoughts that

Bias attention

Jump to conclusions

Either-or thinking

Overgeneralise

Personalise

**Mind
awareness**

**Check out
as best we
can**



Examples of nonconscious biases



Different trainings have
different physiological effects
Singer & Engert 2019

Examples of New Brain Cognitive Competencies

Problems

*No-Social
Reasoning*

Biases

Social Reasoning

Projection

*Consciousness of
consciousness*

Focused

Old Brain Functions

Motives: harm-avoidance, food, sex, caring, status

Emotions: anger, anxiety, sadness, joy

Behaviours: fight, flight, shut down, courting, caring

*Defence
mechanisms*

**Projection,
Avoidance
Denial,
Dissociation,**

Different motives guide and recruit new brain competencies for good and ill

**Examples of New Brain
*Cognitive Competencies***

***No-Social
Reasoning***

language/symbols
thinking in time,
predicting,
imagining,
conceptualising

Social Reasoning

mentalise
role sensitivity,
role responsiveness

***Consciousness of
consciousness***

subjective self-
awareness,
observer mind,
knowing intentionality
Mindful

Competitive

***Defence
mechanisms***

Projection,
Avoidance
Denial,
Dissociation,

Different trainings have
different physiological effects
Singer & Engert 2019

Examples of New Brain Cognitive Competencies

No-Social Reasoning

language/symbols
thinking in time,
predicting,
imagining,
conceptualising

Social Reasoning

mentalise
role sensitivity,
role responsiveness

Consciousness of consciousness

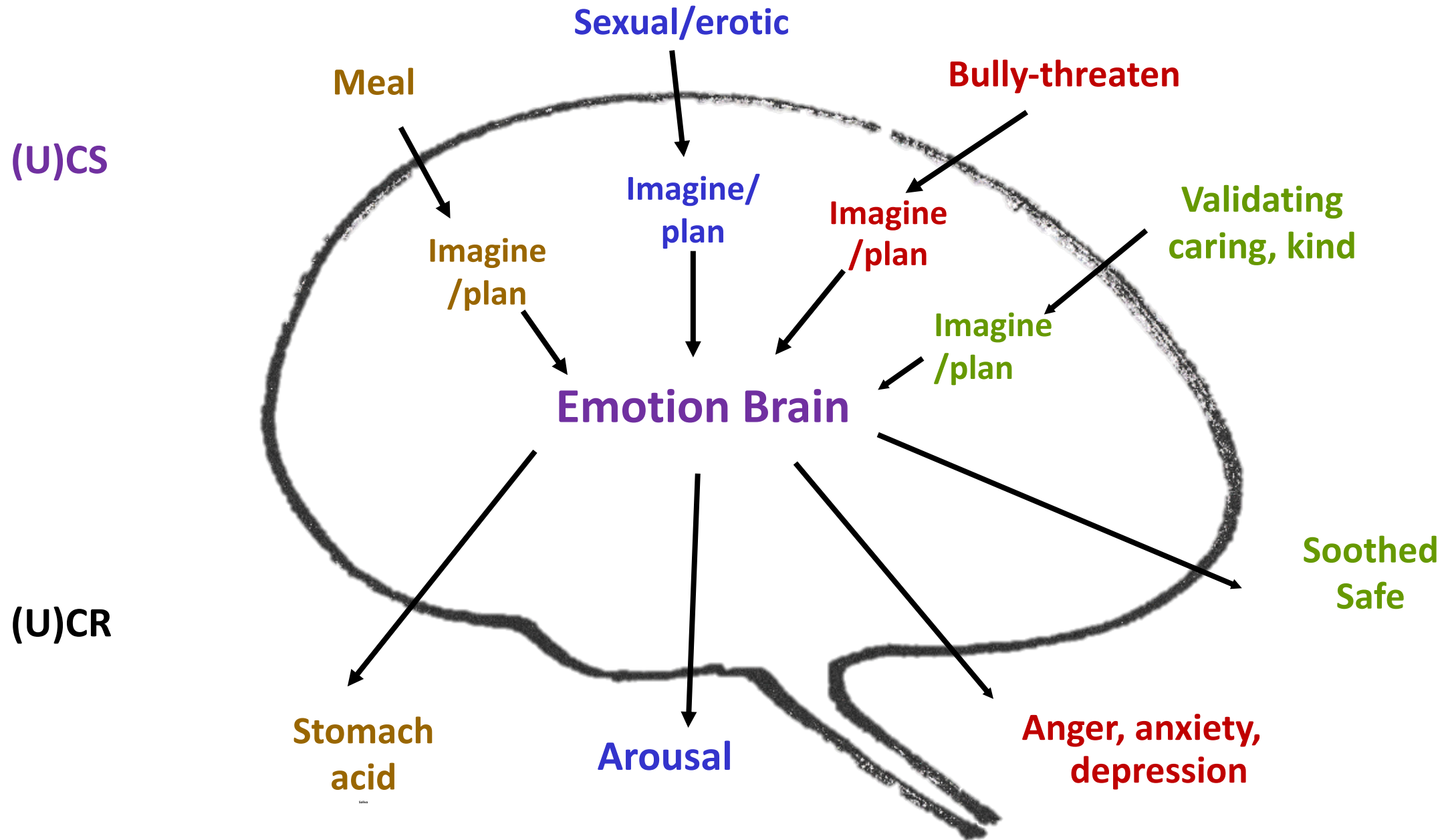
subjective self-
awareness,
observer mind,
knowing intentionality
Mindful

**Caring motive
Psychoeducation**

Defence mechanisms

Projection,
Avoidance
Denial,
Dissociation,

Different motives guide and recruit new
brain competencies for good and ill



Algorithms and the new brain

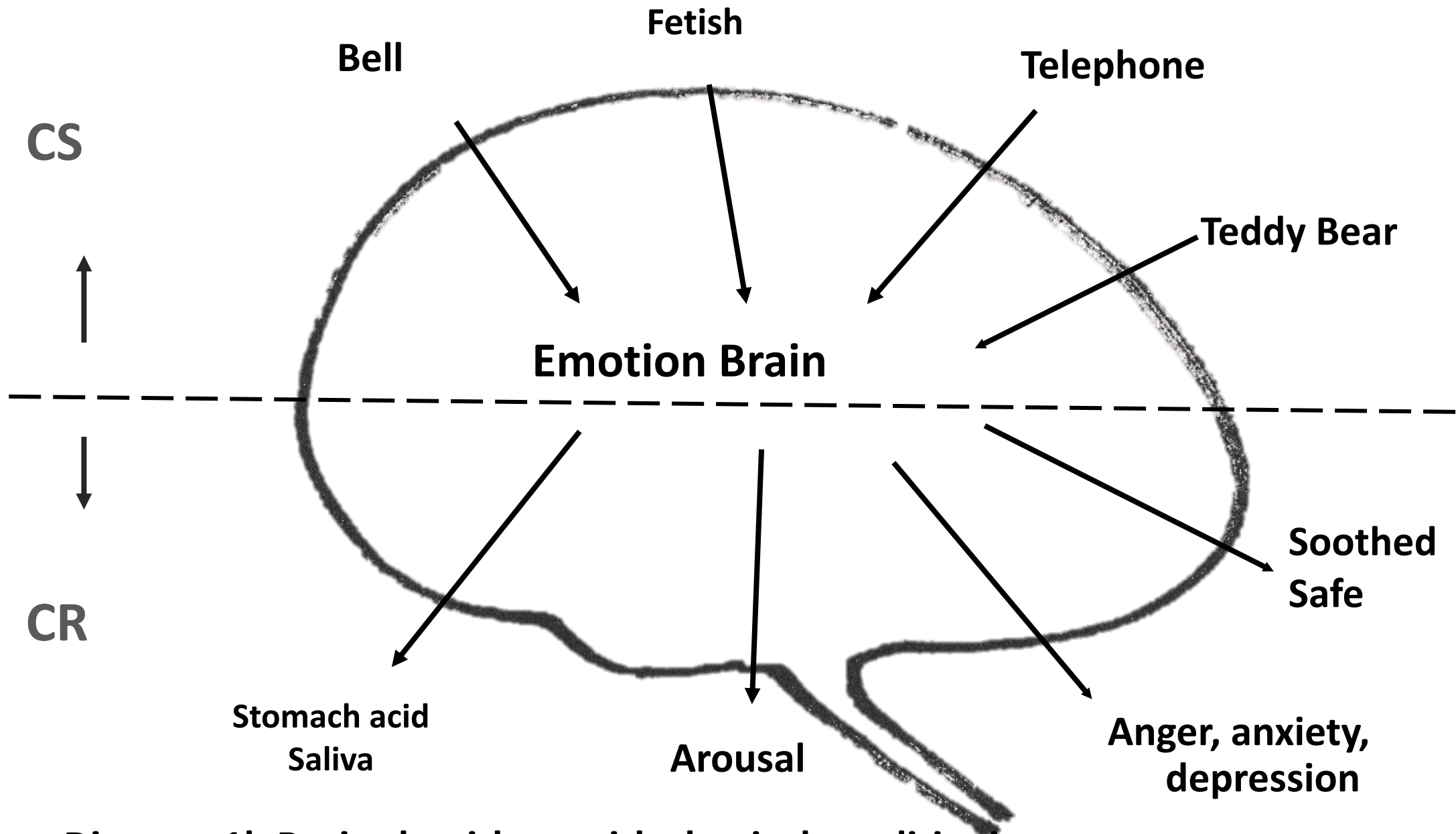


Diagram 1b Basic algorithms with classical conditioning

The **if A then** do B algorithm for caring

Feature detectors linked to actions

The Mother is

(A) Sensitive to the suffering/distress and needs of her infant and can (B) act to try to alleviate and prevent it

The archetypal nature of maternal caring is the template for the evolution of all subsequent adaptations

An array of evolved complex physiological systems to support this archetypal motivational process

The **if A then** do B algorithm for caring

Feature detectors linked to actions

The Mother is

(A) Sensitive to the suffering/distress and needs of her infant and can (B) act to try to alleviate and prevent it

The archetypal nature of maternal caring is the template for the evolution of all subsequent adaptations

An array of evolved complex physiological systems to support this archetypal motivational process

Drive, excite, vitality



Content, safe, connected



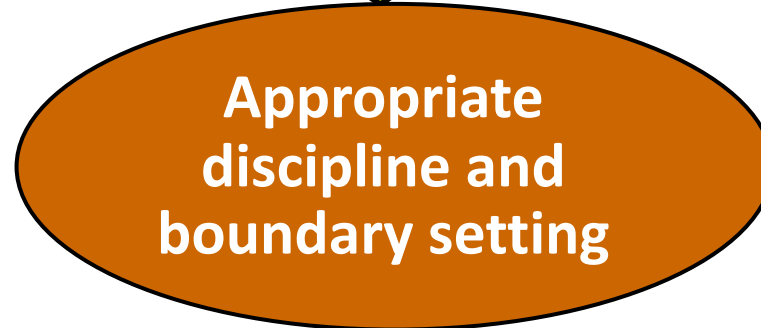
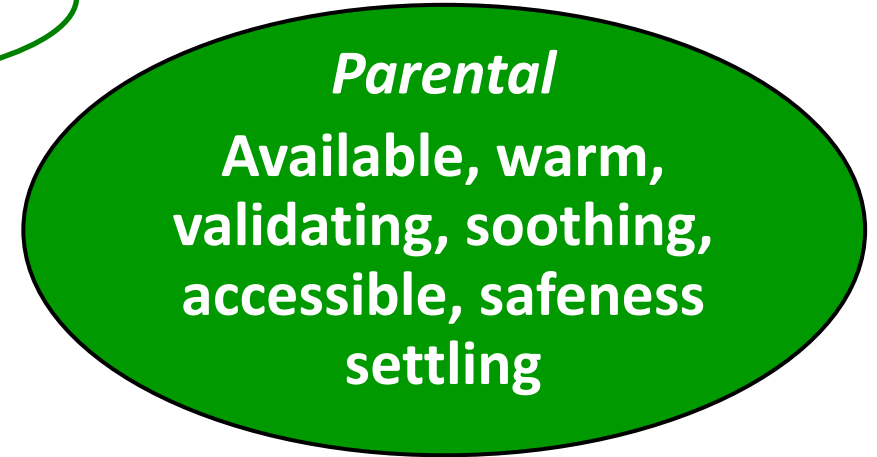
Internalise
secure base
and safe
haven
IWM

Threat -defend

Anger, anxiety, disgust

Drive, excite, vitality

Content, safe, connected



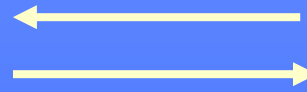
Threat

Drive, excite, vitality

**Non-
empathic**

Content, safe, connected

Parental
Disinterested
disengaged
preoccupied
controlling



Internalise
fear and
mistrust
Chronic stress
Social rank
sensitive

Parental
Angry
anxious
disgust
critical

Threat -defend

Anger, anxiety, disgust

The internal processes of compassion

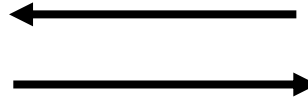
Drive, excite, vitality

Content, safe, connected

*Compassionate image
and self*

Accessible, guiding
engaged, joyful
interactions, playful
encouragement,

Empathic insight
of what and why



Internalise
secure base
and safe
haven
IWM

*Compassionate image
and self*

Available, warm,
validating, soothing,
accessible, safeness
settling

Appropriate
threat sensitivity
Courage

Sadness

Threat

The internal processes of compassion

Drive, excite, vitality

Content, safe, connected

**Empathic insight
of what and why**



**Internalise
secure base
and safe
haven
IWM**

**Grounding in the body
Safe place – imagery and actual
(e.g, nature)
Friendly voice tone
Rest
Play**

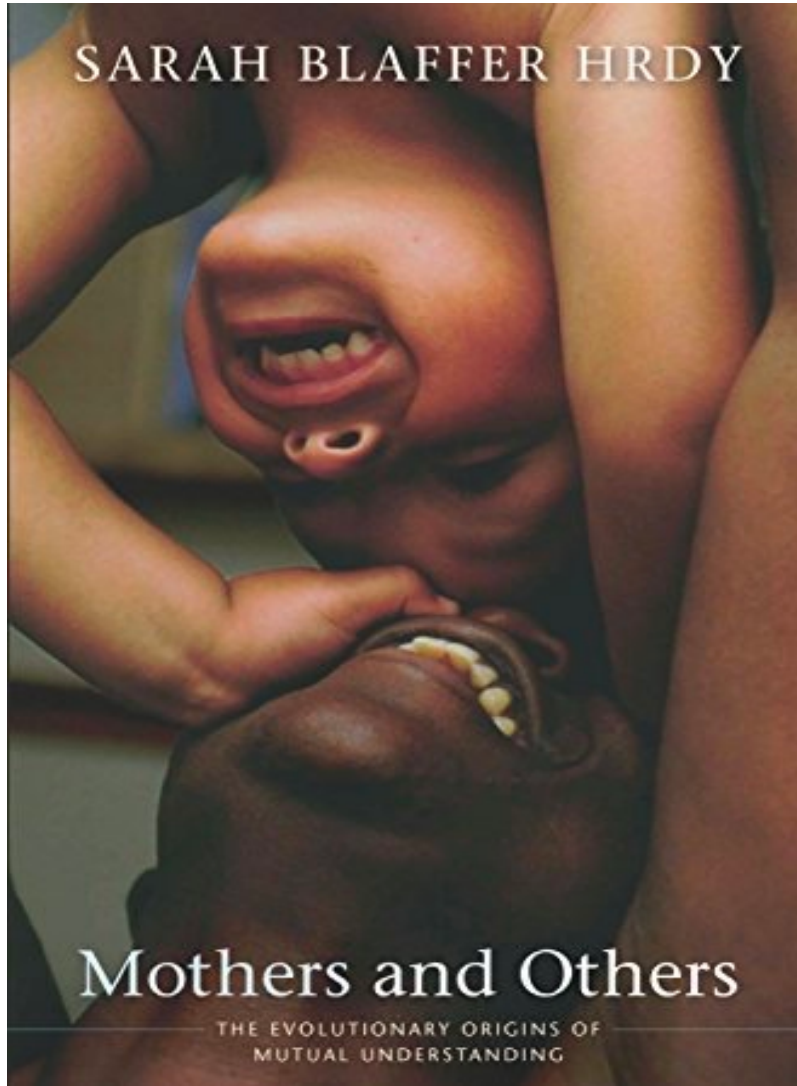
**Physical activity
Explore and build on preferences
Increase rewarding behaviour
Encouraging voice tone
Explore energising
Hedonic vs Eudaimonic
Want vs should**

**Acknowledge and
work through
Sadness**

**Reduce hostile self
criticism
Assertiveness
Reduce fears of threats**

Threat

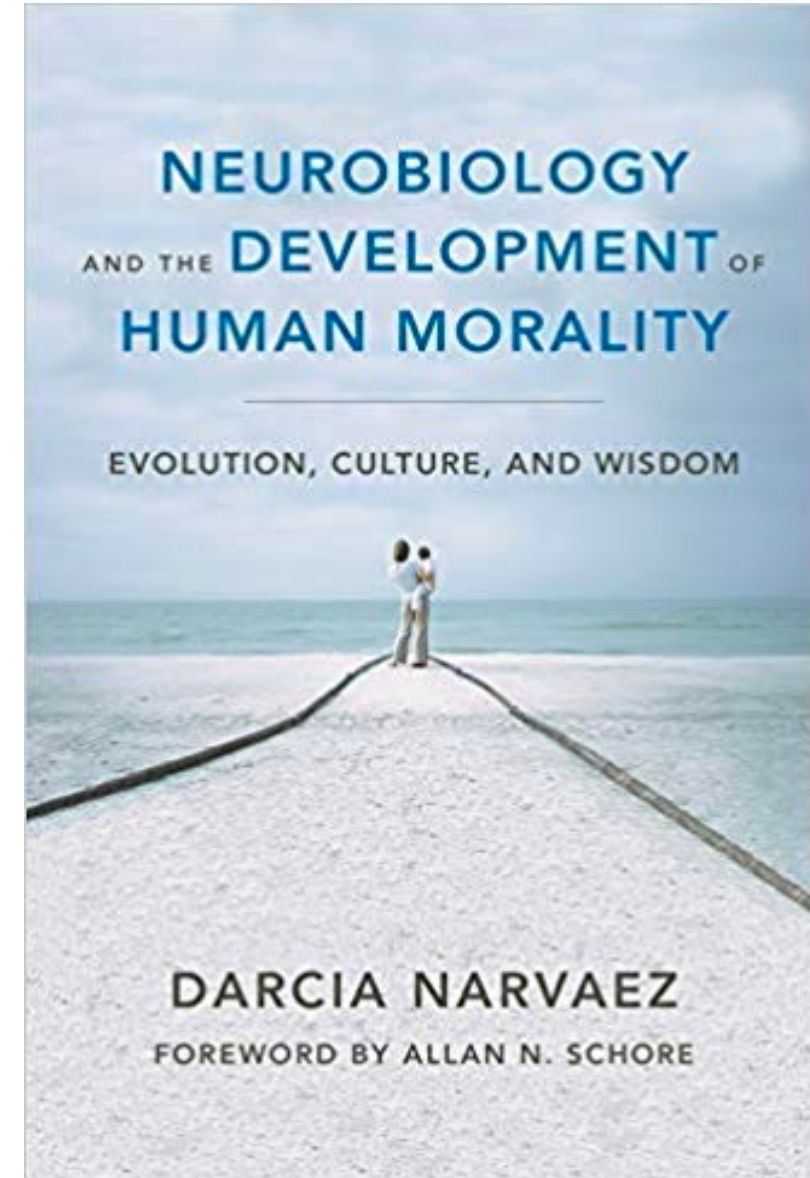
Beyond attachment and caring in the hunter gather context



The evolution of the
caring, mutually
supportive community

Supported human social
intelligences

Caring and sharing
psychology regulated by
political and cultural
processes





A group of four people are standing on a grassy hill, looking out over a vast landscape at sunset. The sun is low on the horizon, creating a warm, golden glow. A large, red, multi-pointed starburst graphic is superimposed over the center of the image, partially obscuring the people. The word "SHAME" is written in white, bold, capital letters inside the starburst.

SHAME

**Seeking the
evolved,
archetypal
social threat
linked to
physiology**

**Competitive social
mentality monitoring
status,
rank, social position**

**Surface fear maybe being a
failure, inadequate,
incompetent**

**Evolved (archetypal) threat
Social injury
Being shamed, rejected, isolated
disconnected**

**Consider being
sensitised to
threat of rejection,
'Inferiorised'
Disconnection
Bullied**

**History of being
ignored, criticism,
bullying, rejection,
abuse?**

***Compassionate Task:* get behind self-criticism into the
evolved threat and unprocessed anger, fear and commonly
(intense) inner loneliness and grief**

The Functions of the Mind:

From Caring to Compassion Caring

Prof Paul Gilbert, FBPSS, OBE

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www.compassionatemind.co.uk

Compassion is more than the motivation to care

Compassion is when we are able to use our knowing intentionality, on purpose, to develop our sensitivity and empathic understanding into the nature of suffering and its causes, and use the wisdom of our human minds to try to courageously alleviate and prevent it



THE
Compassionate Mind
FOUNDATION

A phenomenological approach

Using this technique on a number of different approaches and measures, Strauss et al. (2016) concluded that:

A range of definitions from Buddhist and Western psychological perspectives were considered and five components of compassion were identified: recognition of suffering; understanding its universality; feeling sympathy, empathy, or concern for those who are suffering (which we describe as emotional resonance); tolerating the distress associated with the witnessing of suffering; and motivation to act or acting to alleviate the suffering. Each of these components has been articulated by several published definitions of compassion, although no single existing definition explicitly includes all five of them (p. 25)

Strauss, C., Taylor, B. L., Gu, J., Kuyken, W., Baer, R., Jones, F., et al. (2016). What is compassion and how can we measure it? A review of definitions and measures. *Clin. Psychol. Rev.* 47, 15–27. doi: 10.1016/j. cpr.2016.05.004



Compassion is more than the motivation to care

It is different from empathy, kindness, love assertiveness, forgiveness which are ways of being compassionate

Karuṇā (Sanskrit: करुणा)

Vs

Metta (maitrī/mettā)



THE
Compassionate Mind
FOUNDATION

Compassion

**Sensitivity to suffering in self
and others with a commitment
to try to alleviate and prevent it**

Callousness

**Insensitivity or indifference to
suffering in self and others with
no interest to alleviate or
prevent it**

Multiple factors move us along this dimension(s)

**Liking
Tribal
Money
Empathy**



All share a compassion motivation

Frontiers
Neuroscience

BRIEF RESEARCH REPORT
published: 12 March 2021
doi: 10.3389/fnins.2021.617443



Compassion Is Not a Benzo: Distinctive Associations of Heart Rate Variability With Its Empathic and Action Components

Maria Di Bello^{1}, Cristina Ottaviani^{1,2} and Nicola Petrocchi³*

¹ Department of Psychology, Faculty of Medicine and Psychology, Sapienza University of Rome, Rome, Italy, ² Functional Neuroimaging Laboratory, IRCCS Santa Lucia Foundation, Rome, Italy, ³ Department of Economics and Social Sciences, John Cabot University, Rome, Italy



Recent studies have linked compassion with higher vagally mediated heart rate variability (vmHRV), a measure of parasympathetic activity, and meta-analytic evidence confirmed significant and positive associations. Compassion, however, is not to be confused

PaulEkmanGroup,

HEROIC COMPASSION

Extreme Altruism: Why do some people put their own lives at risk to help others?

Monroe applied five criteria for classifying a behaviour as heroic compassion:

- 1. it must involve an act, not just a thought or feeling;**
- 2. the goal is the welfare of the person in danger;**
- 3. the action taken has consequences for that person;**
- 4. there must be some risk for the person taking action;**
- 5. the action is taken with no expectation of reward or recognition.**

<https://www.paulekman.com/blog/heroic-compassion/>

<https://www.paulekman.com/projects/global-compassion/>

Heroic
Imagination
project



The Heroic Imagination Project (HIP) is a nonprofit organization that advances everyday heroism - founded and led by Professor Philip Zimbardo. At HIP, we believe everyone has the potential to transform the private virtue of compassion into the civic virtue of heroic action, and we are dedicated to helping individuals internalize and express their “heroic imagination” in service to humanity.

Carer Actions

Soothe
Contain
Validate
Empathise
Openness
Encourage
Guide-inform
Sympathetic joy
Positive regard
Reassurance
Curiosity
Friendly
Mirror
Play
Kind

Multiple functions of caring:
Supports safe haven and secure base



Parents
Therapist
Teachers
Partners
Companions

Making
threatening
material safe-ish

Children
Patients
Clients
Partners
Companions

External and Internal Threat/challenge

Intimate-closeness and function



Being *cared for* and Physiology

The evolution of caring brings major changes in physiological regulation –

Relationships are physiological regulators

- Gene expression (epi)
 - Stress reactivity
- Immune system function
 - Cardiovascular
 - Neurocircuits
- Illness and recovery
 - Core values
 - Self-identities
- Compassion and empathy

Attachment and Affiliation

The evolution of attachment and affiliative behaviour created a range of neurophysiological and physiological structures (oxytocin, vagus nerve) that when activated organise the mind, help calm threat processing and promote prosociality and well-being

Compassion focused therapy stimulates and 'strengthens' these faculties and qualities of mind

Compassion Process: Balancing the Mind

Awareness

Differentiation

Tolerance

Integration

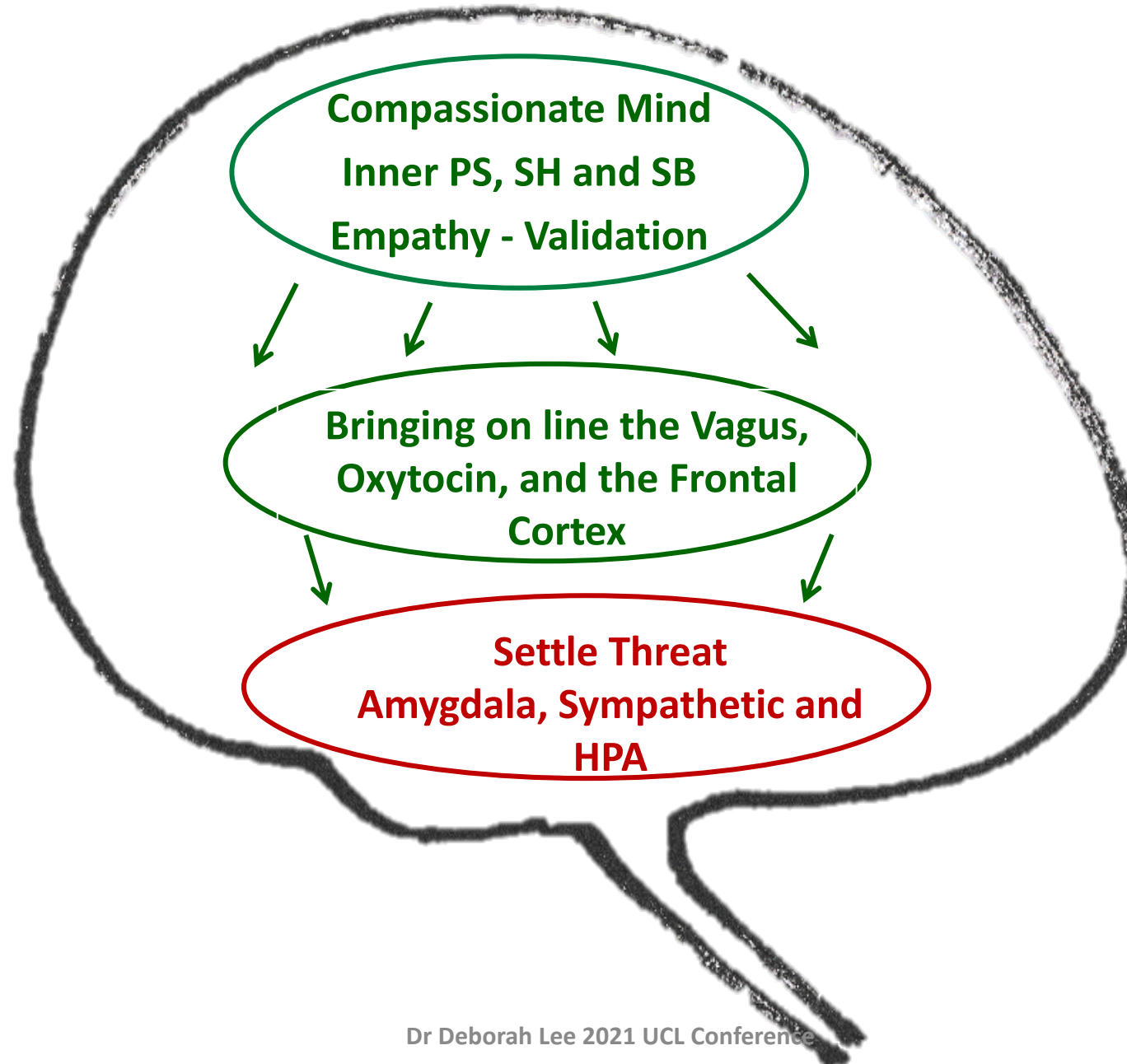
Transformation

Self-soothing

Self-reassurance

Self-encouragement

Transformation



Differentiate and Integrate

Awareness

Self-soothing

Differentiation

Self-reassurance

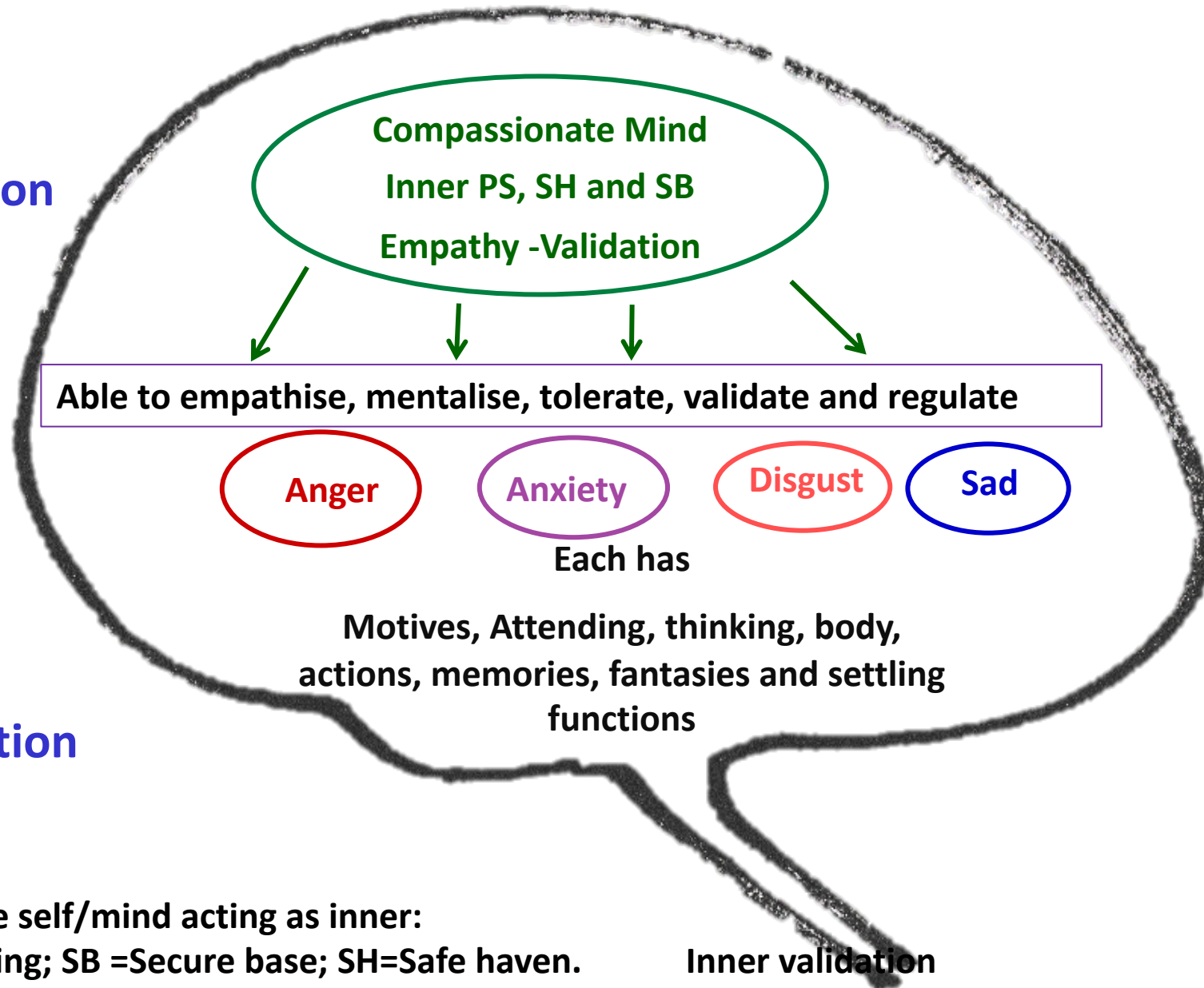
Tolerance

Integration

Self-encouragement

Transformation

Transformation



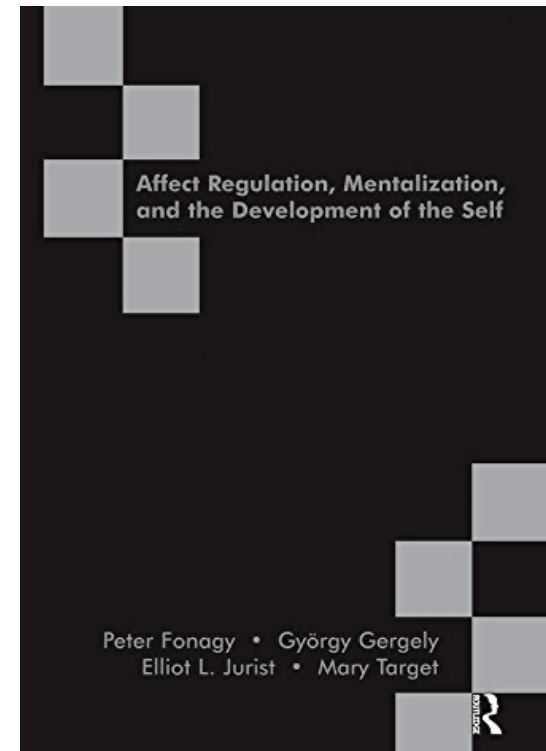
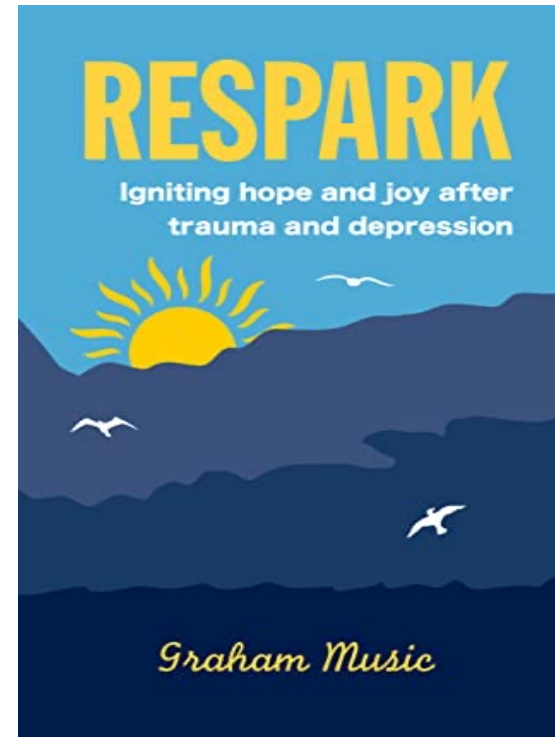
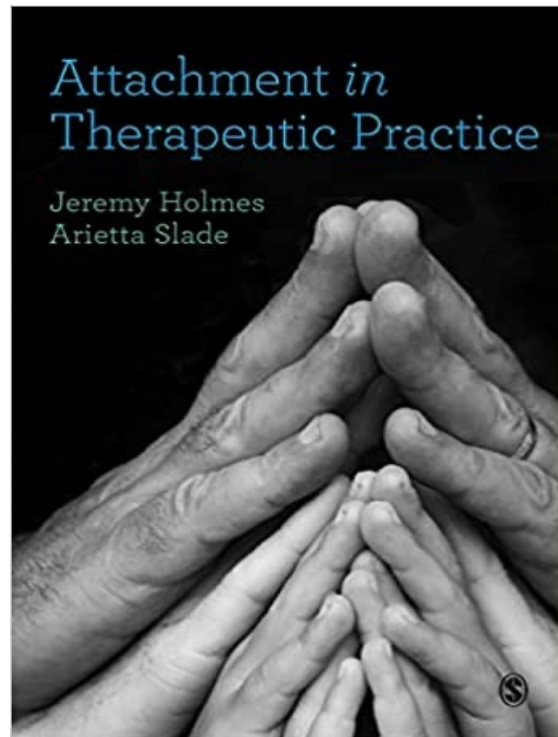
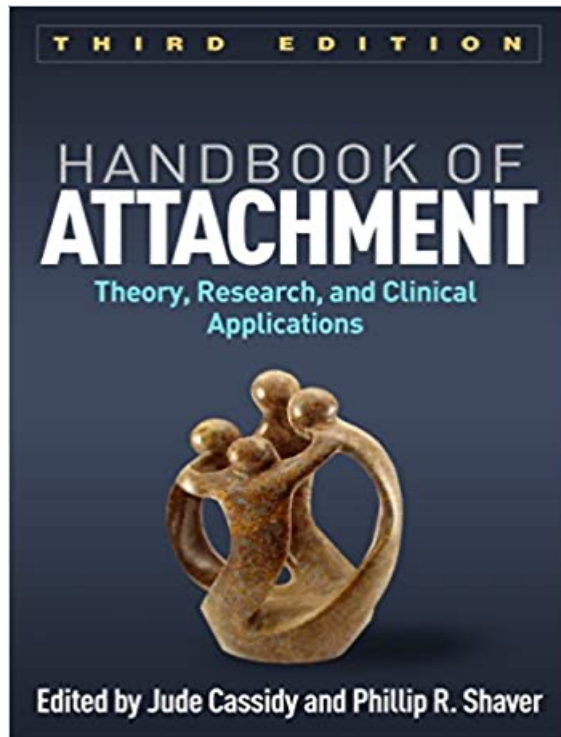
The compassionate self/mind acting as inner:

PS=Proximity seeking; SB =Secure base; SH=Safe haven.

Inner validation

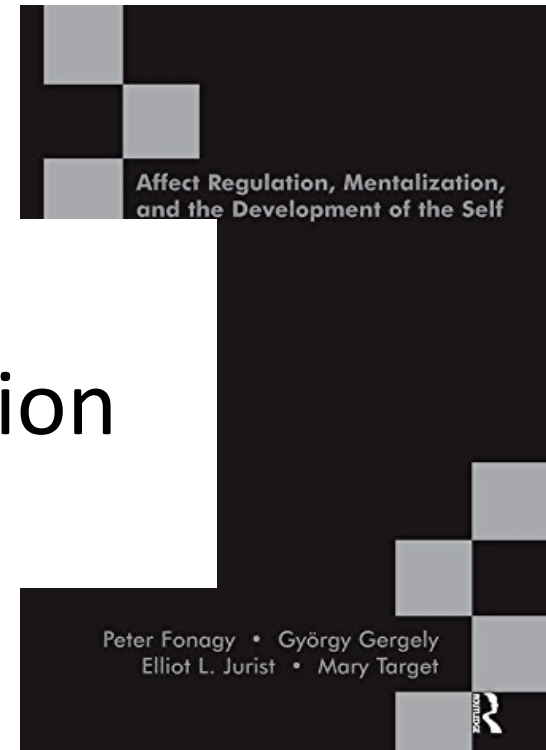
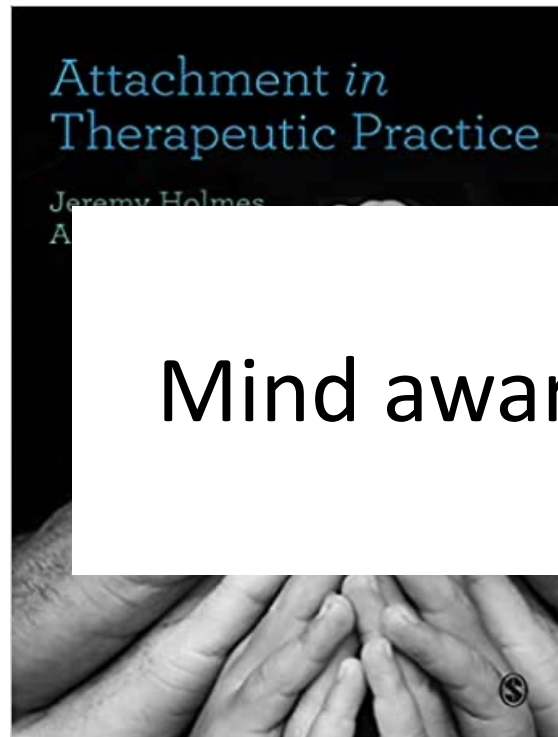
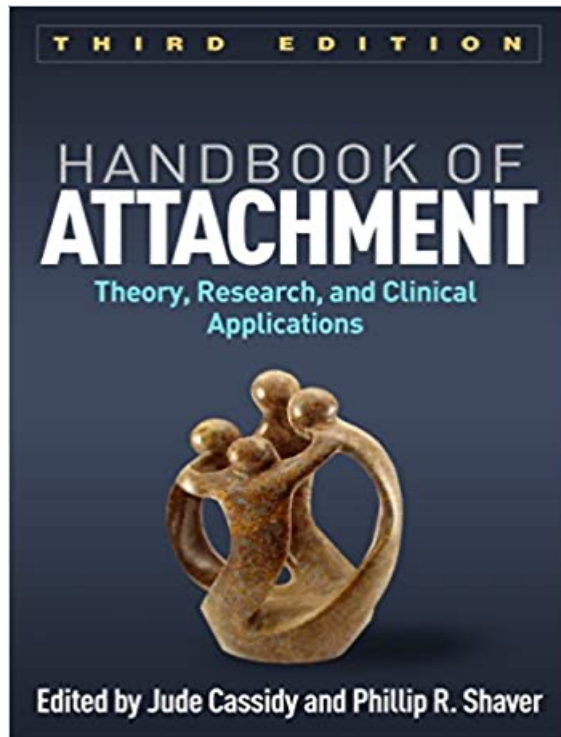
The centrality of (caring) social relationships as primary organisers of the mind

The fulfilment of attachment needs creates internal working models of the (social) world and one's relationship to it - open to social trust in self and others with internalised emotion regulation skills



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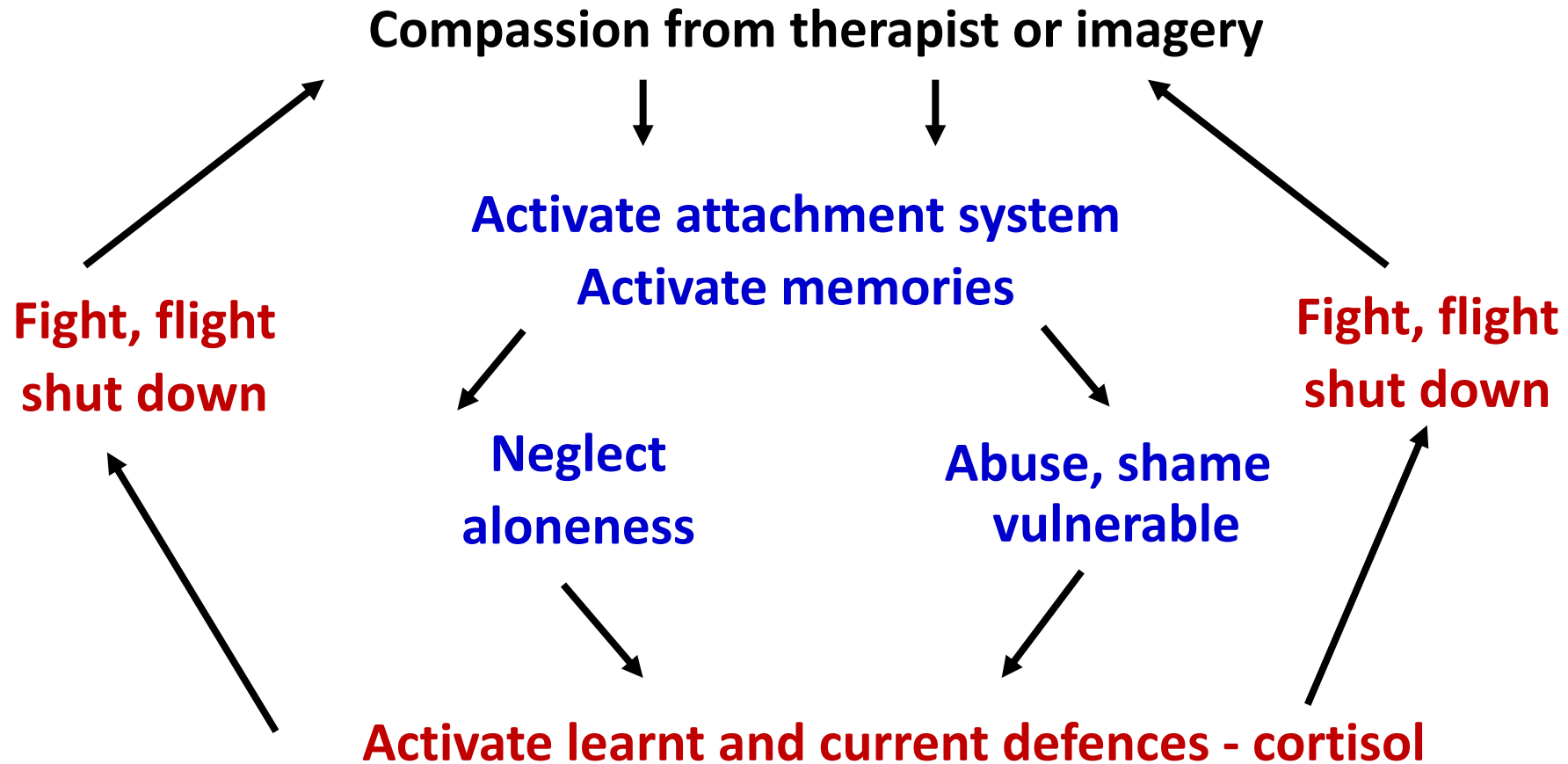


Mind awareness plus cultivation



Kindness, Attachment and Threat

Gilbert, P. (2009). Developing a compassion focused approach in cognitive behavioural therapy. In, Simos, G. (Ed). *Cognitive Behaviour Therapy, a Guide to the Practicing Clinician*. Volume II. London, Routledge.

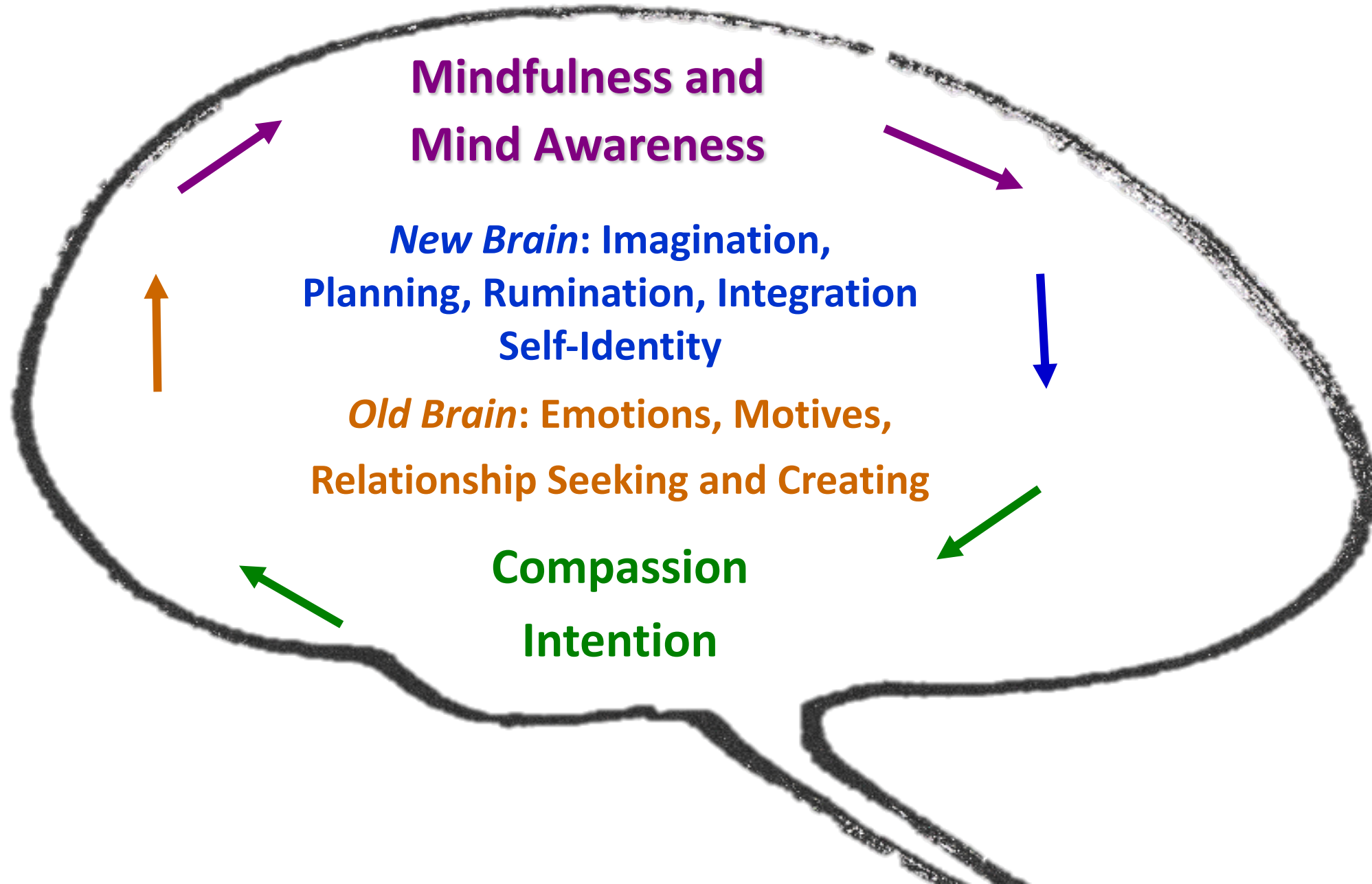


Compassion opens the attachment system and then whatever fears, anger or despair is coded there will become available and can be intensely threatening

Mindful Compassion Brain

Integrated
therapies that can
address the basic
domains of human
functioning

Motives
Emotions
Competencies
Behaviours



**CFT is a science based, integrative
(consilient), evolution informed
biopsychosocial approach to the human
mind, addressing the dark side, promoting
caring connections to self and others, hence
prosociality and well-being**

Thank You

www.compassionatemind.co.uk

