Mindfulness in Empathy and Self-Compassion

Mar Mittal, MSW, LICSW, CDWF
Revealing Life Holistic Services

Overview

- Mindfulness
- Barriers
- Empathy and Self-Compassion
- Engagement

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Embrace
Your Heart

What is Mindfulness?

Barriers to mindfulness?

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Life Transitions

Why are they hard?

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Shame and Judgment

Antidote:

Empathy and Self-compassion

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Empathy

- Stay out of judgment
- Perspective taking
- Connect with the emotion you are hearing
- Communicate your understanding and connection about the emotion.
- Mindfulness

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Empathy is not fixing!

- What are some practical ways to stay mindful in a client session?
- What guides you into an empathy path vs a fix it path, with clients?
- With Friends and family?

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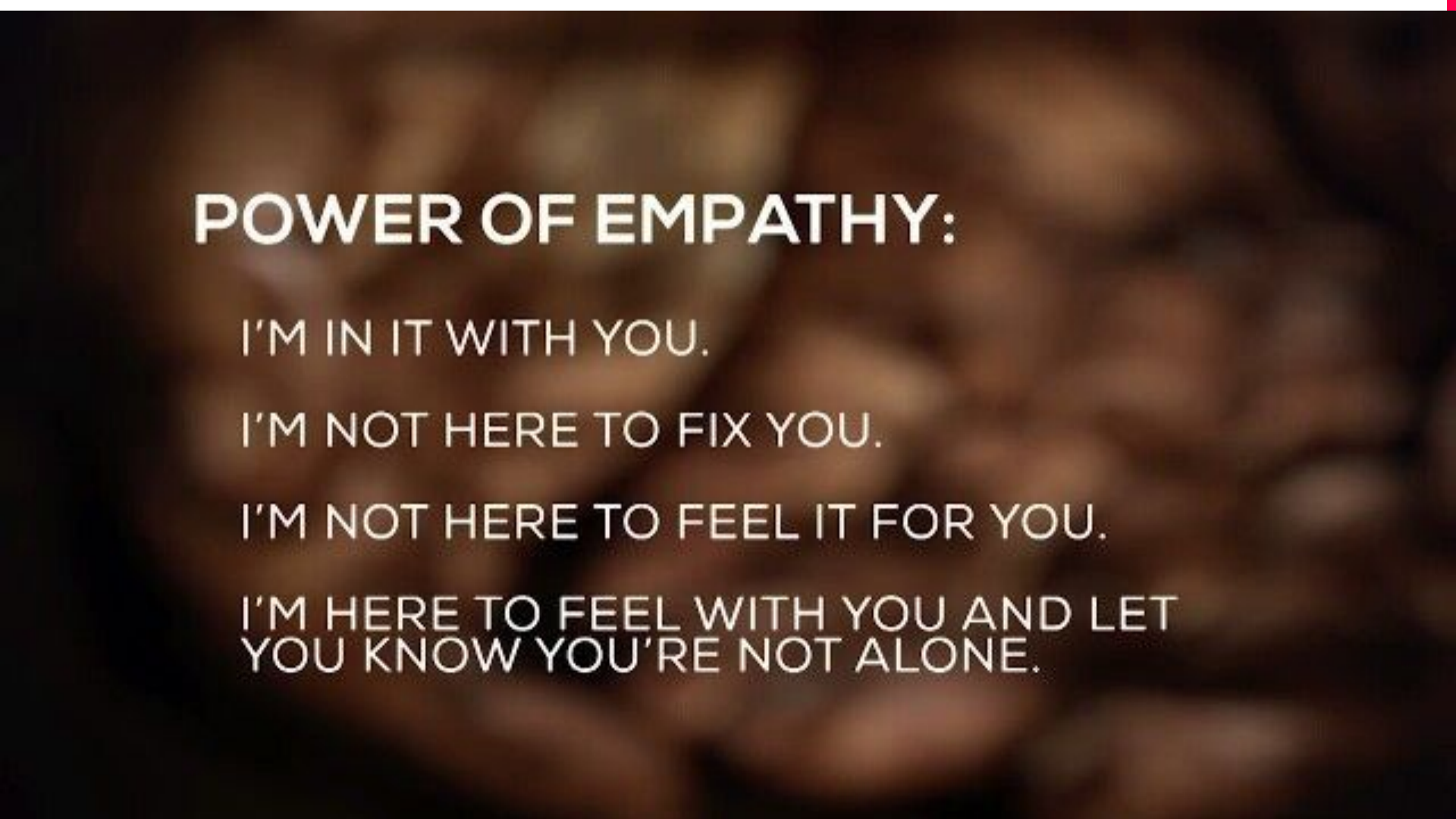
POWER OF EMPATHY:
I'M IN IT WITH YOU.
I'M NOT HERE TO FIX YOU.
I'M NOT HERE TO FEEL IT FOR YOU.
I'M HERE TO FEEL WITH YOU AND LET YOU KNOW YOU'RE NOT ALONE.

Self-Compassion

- Self-Kindness
- Common Humanity
- Mindfulness

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Engage: Yourself & God

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Remember

Record notes

Doable Practice

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Technique is not contemplation nor a path of transformation
The practice of Meditation is to maintain and preserve what you momentarily learned or experienced in moments of great love and great suffering, since transformation comes from love and suffering.

- Richard Rohr

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- Certified Brainspotting Therapist
- Certified Daring Way Facilitator
- Available for conferences, presentations, workshops and individual counseling

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for use

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1.
Transition headline

Let’s start with the first set of slides

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This is a
slide title

- Here you have a list of items
- And some text
- But remember not to overload your slides with content

Your audience will listen to you or read the content, but won’t do both.

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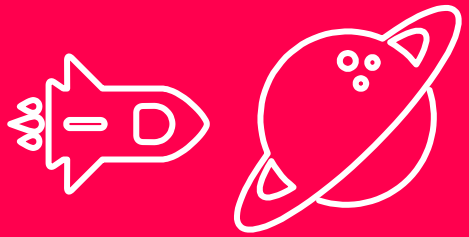

BIG CONCEPT

Bring the attention of your audience over a key concept using icons or illustrations

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You can also split your content

White

Is the color of milk and fresh snow, the color produced by the combination of all the colors of the visible spectrum.

Black

Is the color of coal, ebony, and of outer space. It is the darkest color, the result of the absence of or complete absorption of light.

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In two or three columns

Yellow

Is the color of gold, butter and ripe lemons. In the spectrum of visible light, yellow is found between green and orange.

Blue

Is the colour of the clear sky and the deep sea. It is located between violet and green on the optical spectrum.

Red

Is the color of blood, and because of this it has historically been associated with sacrifice, danger and courage.

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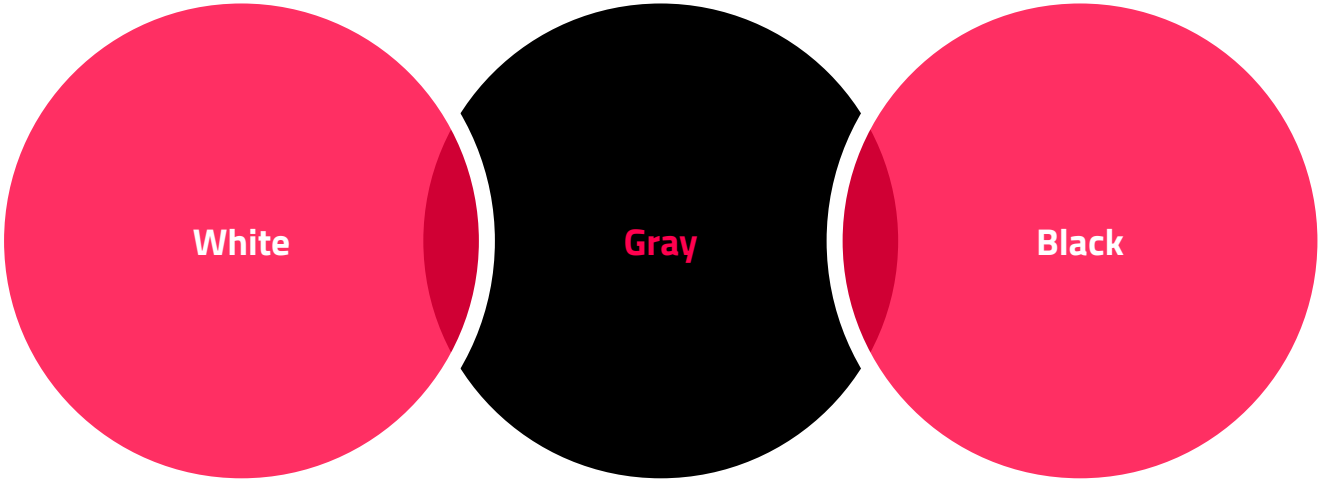
Want big impact?

Use big image.

Use charts to explain your ideas



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Or use diagrams to explain complex ideas

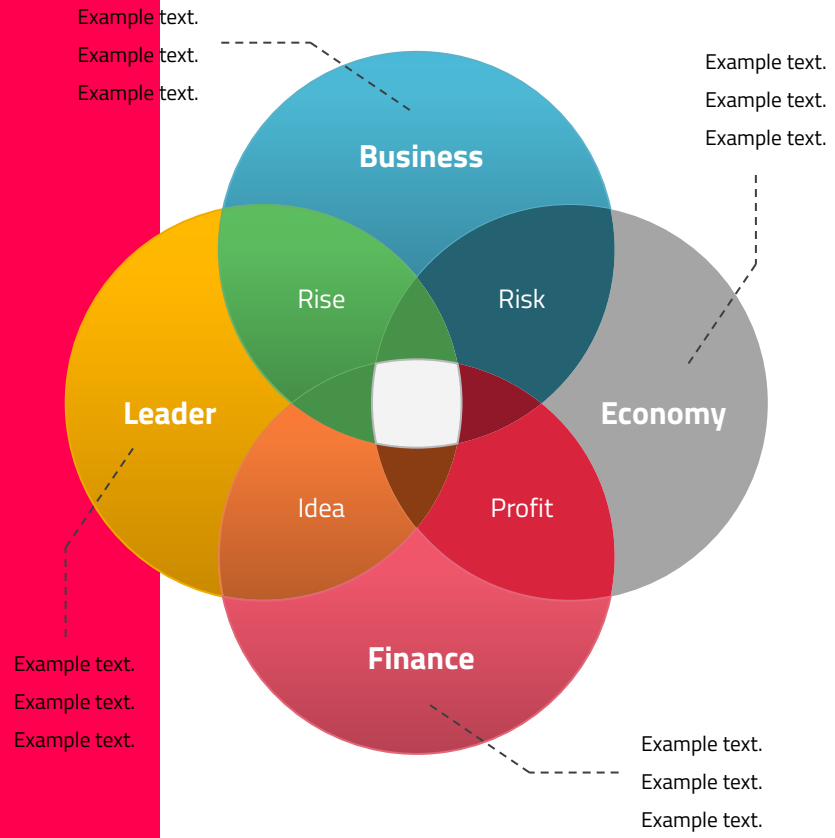

Diagram featured by
poweredtemplate.com

And tables to compare data

	A	B	C
Yellow	10	20	7
Blue	30	15	10
Orange	5	24	16

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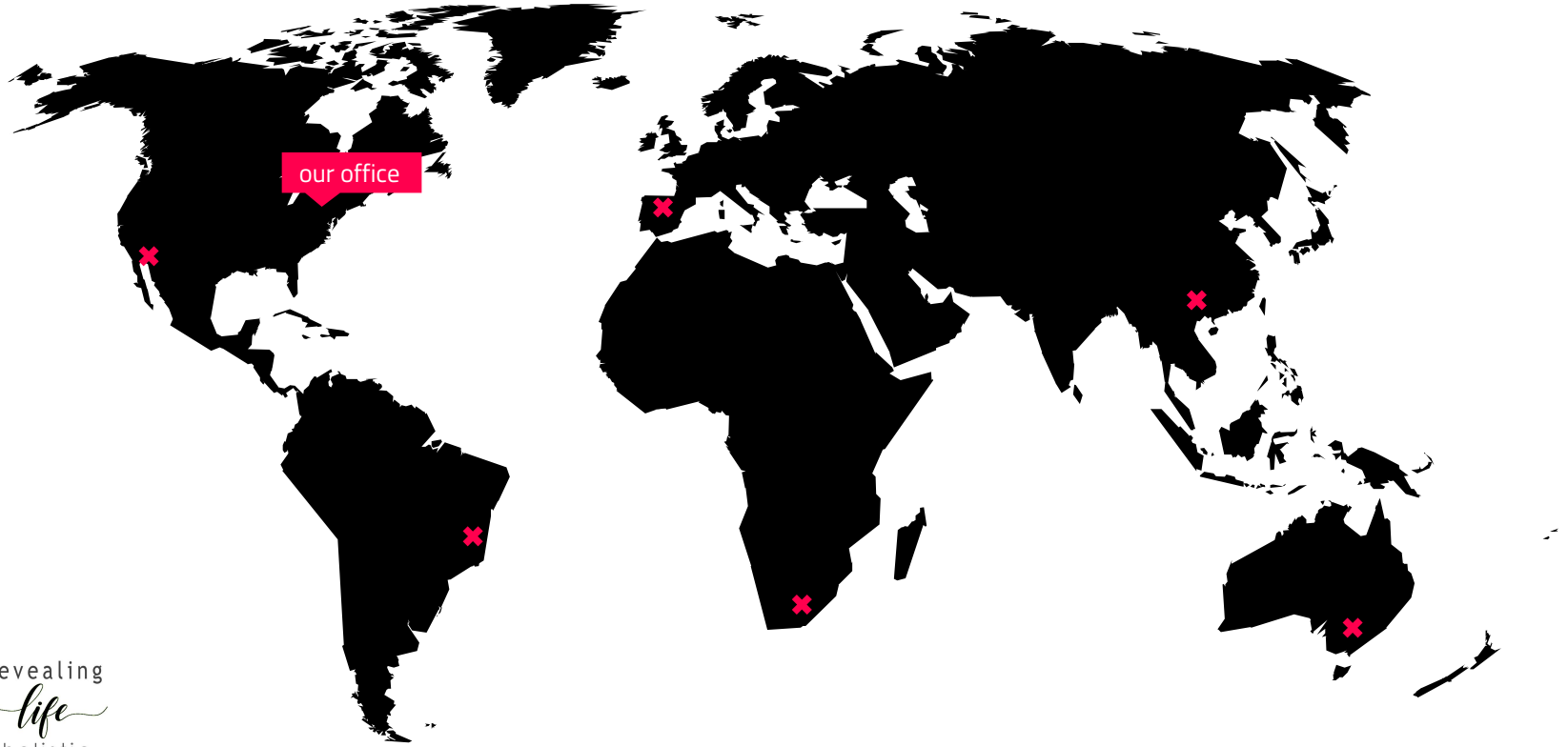
Maps



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89,526,124

Whoa! That's a big number, aren't you proud?

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89,526,124$

That's a lot of money

185,244 users

And a lot of users

100%

Total success!

Our process is easy

first

second

last

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Let’s review
some concepts

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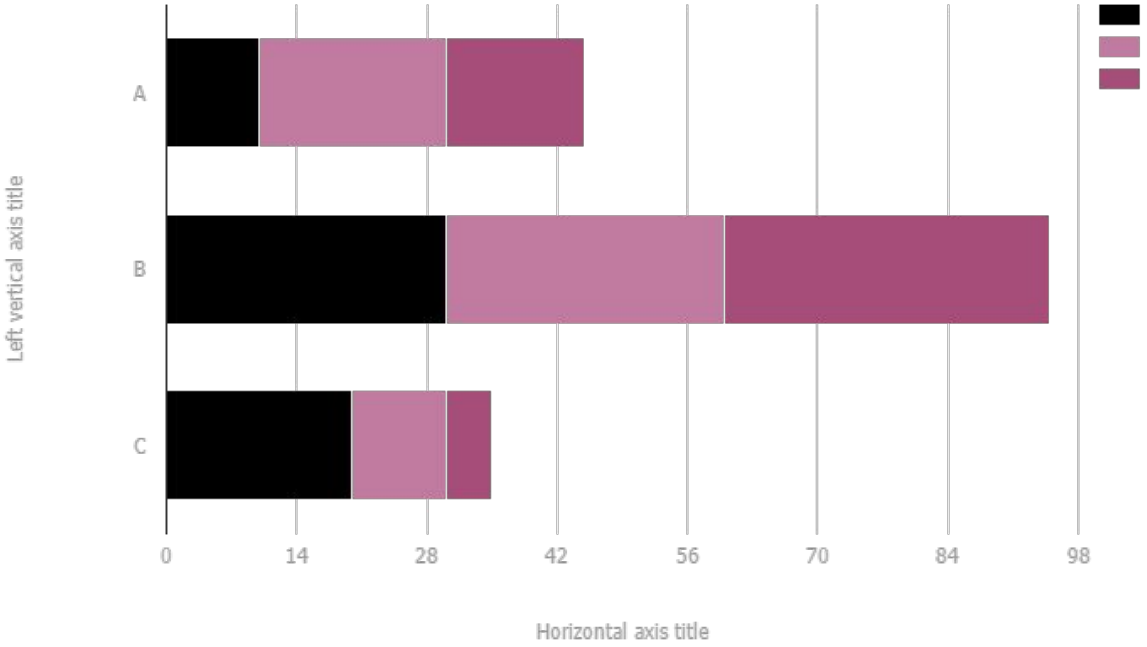

you can copy&paste graphs from Google Sheets

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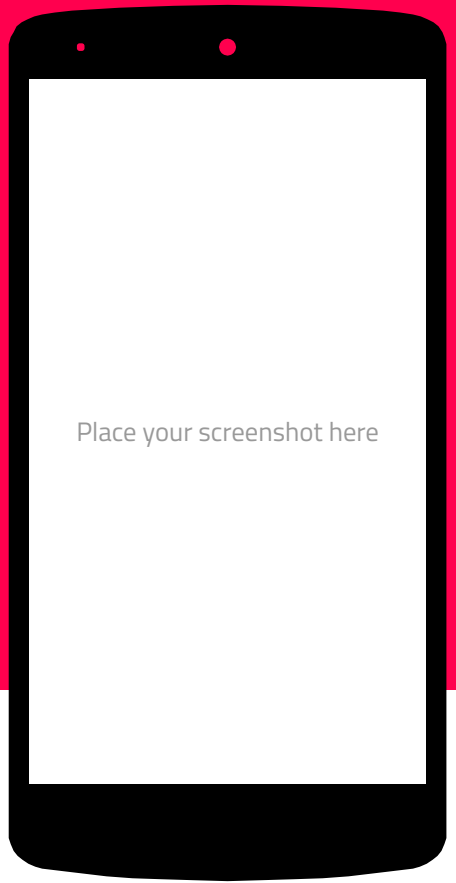

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iPhone project

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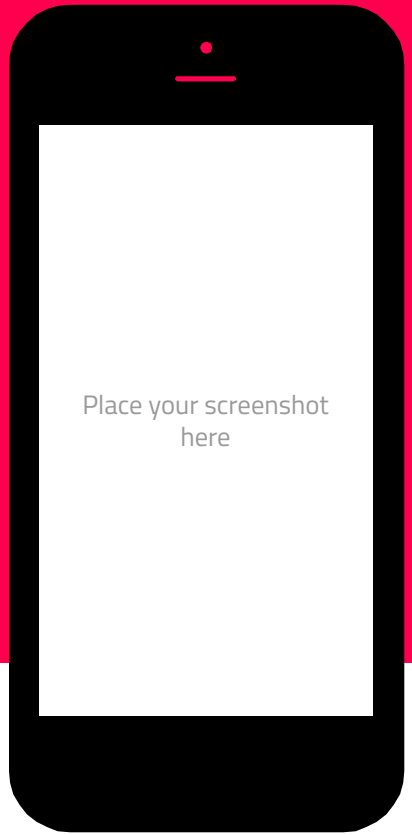

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Tablet project

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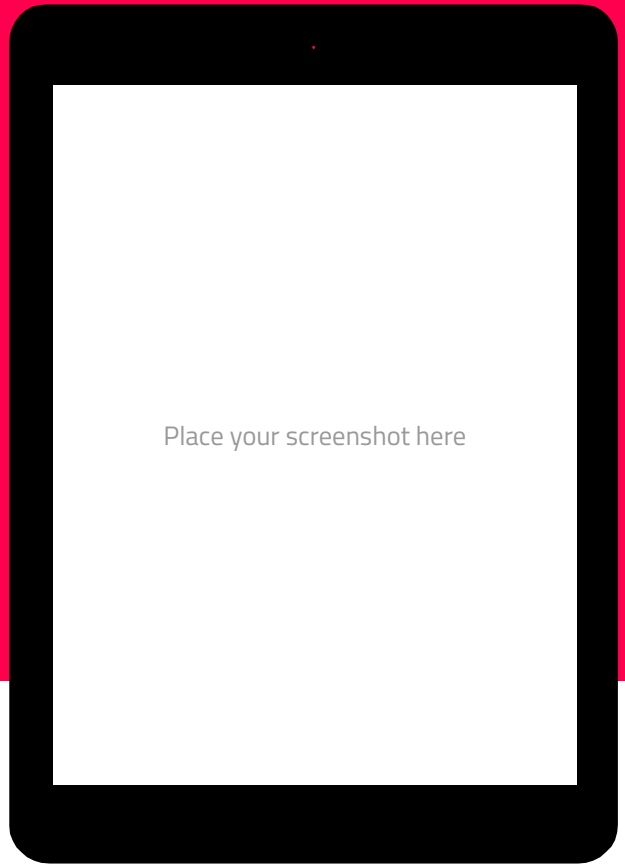

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Desktop project

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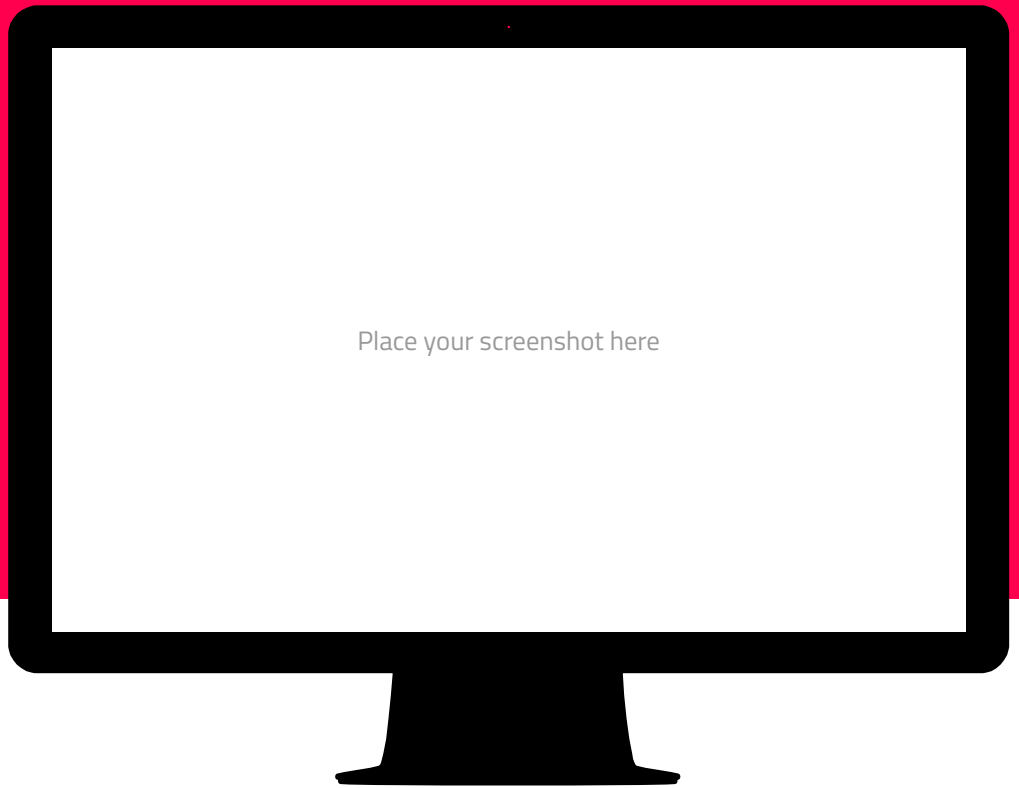

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Thanks!!

Any questions?

You can find me at @username &
user@mail.me

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- Presentation template by SlidesCarnival
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- Black **#000000**
- Magenta **#ff004e**

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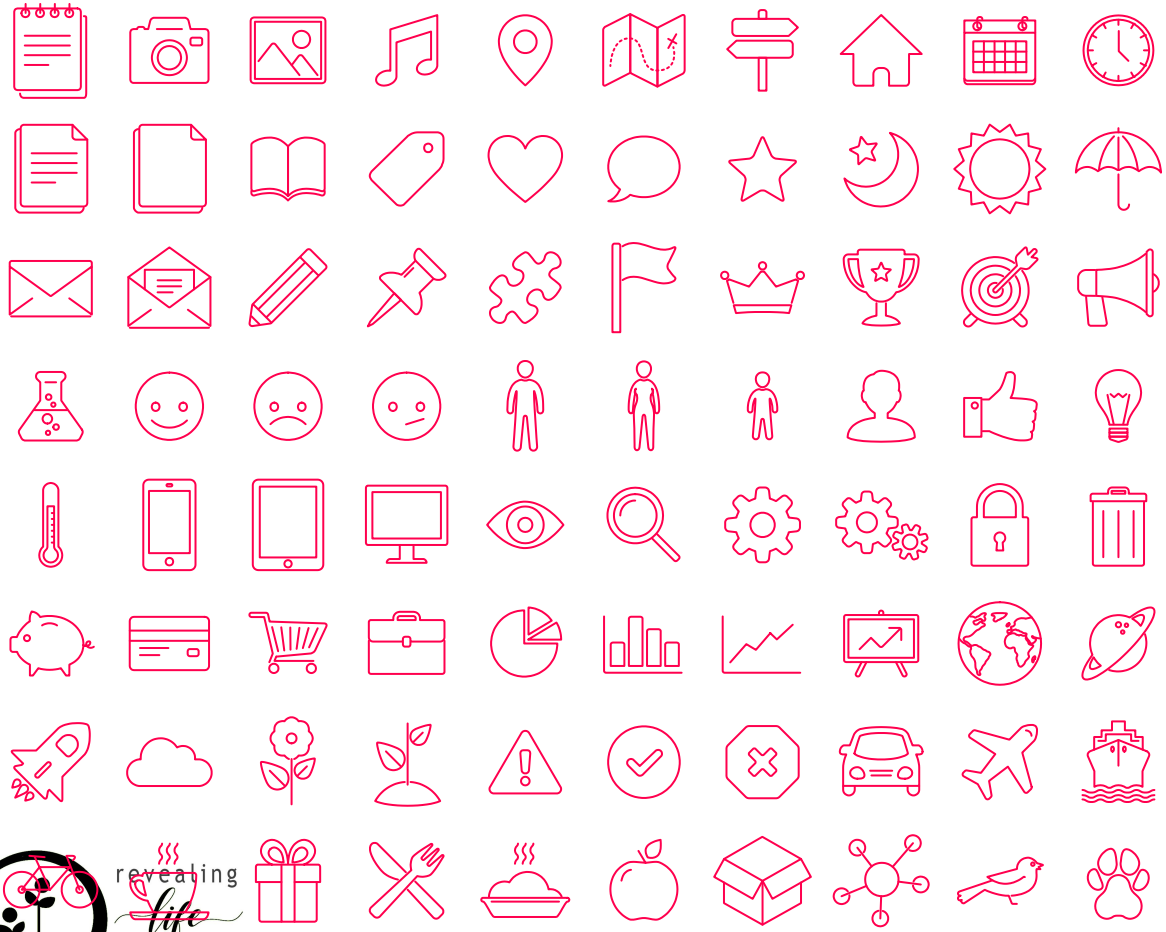

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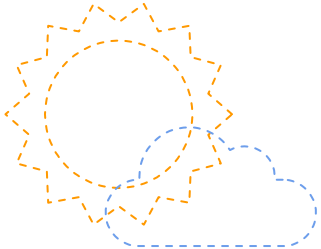

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