



Using Self-Compassion To Heal From Trauma

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Mindful Matters



ZOOMING:

Single tasking and the chat

Questions at the end

Reach out and I will respond

PRACTICING:

Invitation to play with these practices

Choice, listen to what is best for you in this moment

A large, dark grey circular shape on the left side of the slide, containing a stylized leaf graphic in a lighter grey tone. The leaf has several pointed, rounded lobes extending from a central stem.

OVERVIEW

WHAT IS SELF-COMPASSION

SPECIFICS RELATED TO
TRAUMA

WHY IS IT BENEFICIAL

HOW DO WE PRACTICE IT
(Children's practices as time allows)

QUESTIONS.....

INTRODUCTION AND OPENING PRACTICE

ARRIVING

SMILING HEART AND SOOTHING TOUCH



Definition of self-compassion

- Mindful Self Compassion
 - (Neff and Germer)
- Mindfulness
- Common Humanity
- Self Kindness

Compassion:

When kindness meets suffering

Self-Compassion:

Being kind to yourself when things feel hard

Treating ourselves like we would treat a good friend –

How would you treat a friend practice

Embodied self-compassion....

- Smile/touch
- Supportive touch
 - A quick access point to SC
- The Blanket Story –
 - How a good friend would treat us
 - Inner friend practice

“If your compassion does not include yourself, then it is incomplete” Jack Kornfield

Clarity of Intention



Give ourselves compassion not to get rid of the feelings but BECAUSE we feel bad



Feel better because we feel cared for



Set an intention be more self-compassionate - qualities of curiosity and interest and gentleness



Be kind to yourself when you aren't self-compassionate and notice take in the times you are

Self-Compassion and Zones of Safety

SELF COMPASSION can at times bring us out of the window of tolerance and into the overwhelmed zone.



What it feels like in each zone

If in overwhelmed zone we want to go to safety zone

Therapeutic and healing and not therapy –
not a clinical intervention

Sometimes old traumas emerge in the practice of SC
orienting at times toward the difficult

Need to touch the difficulty to be self compassionate
Not always helpful or self-compassionate to be
“with what is”

Caution about striving, pushing through it or too hard

Coming into the body, stillness, eyes closed can be triggers

Backdraft

TRAUMA SENSITIVE PRACTICE: SELF COMPASSION

Trauma-Sensitive Mindfulness – David Treleaven

How We Grow Through What We Go Through – Chris Willard

How to address cautions- BASE

Be

Be in choice:

- To practice or not
- Type of practice
- Eyes closed or not
- Stillness or not

Awareness

Awareness and monitoring zones

- Body cues when moving into overwhelm
- Other cues...words or phrases...self talk

Safety

Safety zone tools used as needed

FEET/SEAT

3-2-1

Actively place attention elsewhere

Engage

Engage as it feels helpful

Pendulate when needed

Hold it gently

- Fist analogy
- FFF and Tend and Befriend



Strong back and open front practice

TENDER AND STRONG ASPECTS

TENDER SELF COMPASSION:

SOOTHING, COMFORTING,
CARING

LOVING CONNECTED PRESENCE

STRONG SELF COMPASSION:

PROVIDING FOR, PROTECTING
AND MOTIVATING

BRAVE EMPOWERED CLARITY

Why Self-Compassion?

- Research in general and connection to Trauma
 - Increased feelings of happiness, optimism, curiosity and connectedness, as well as decreased anxiety, depression, rumination and fear of failure.
 - Healing – growing secure attachment, research with trauma specifically
 - Protective - research with PTSD
- Self compassion is a powerful ally when dealing with self-judgement, shame and self-doubt.

WHEN THINGS ARE HARD and our nervous system

- Activates the Fight, Flight, Freeze -Threat Defense System
 - The Self-critic – Fight
 - Avoid/ Shame/isolation- Flight
 - Ruminations/ over identify- Freeze
- Self Compassion – Activates the Tend and Befriend- Care and Sooth System
 - Releases oxytocin, decreases cortisol, increases heart rate variability

Makes it safe to make and learn from mistakes

KINDNESS AND CURIOSITY TURN ON LEARNING CENTERS IN BRAIN

Self compassion gives us the ability to be with difficulties in a kind and loving way and expands the window of tolerance and resilience.

IT IS A RELIABLE SOURCE OF SUPPORT – NOT DEPENDENT ON ANYTHING....



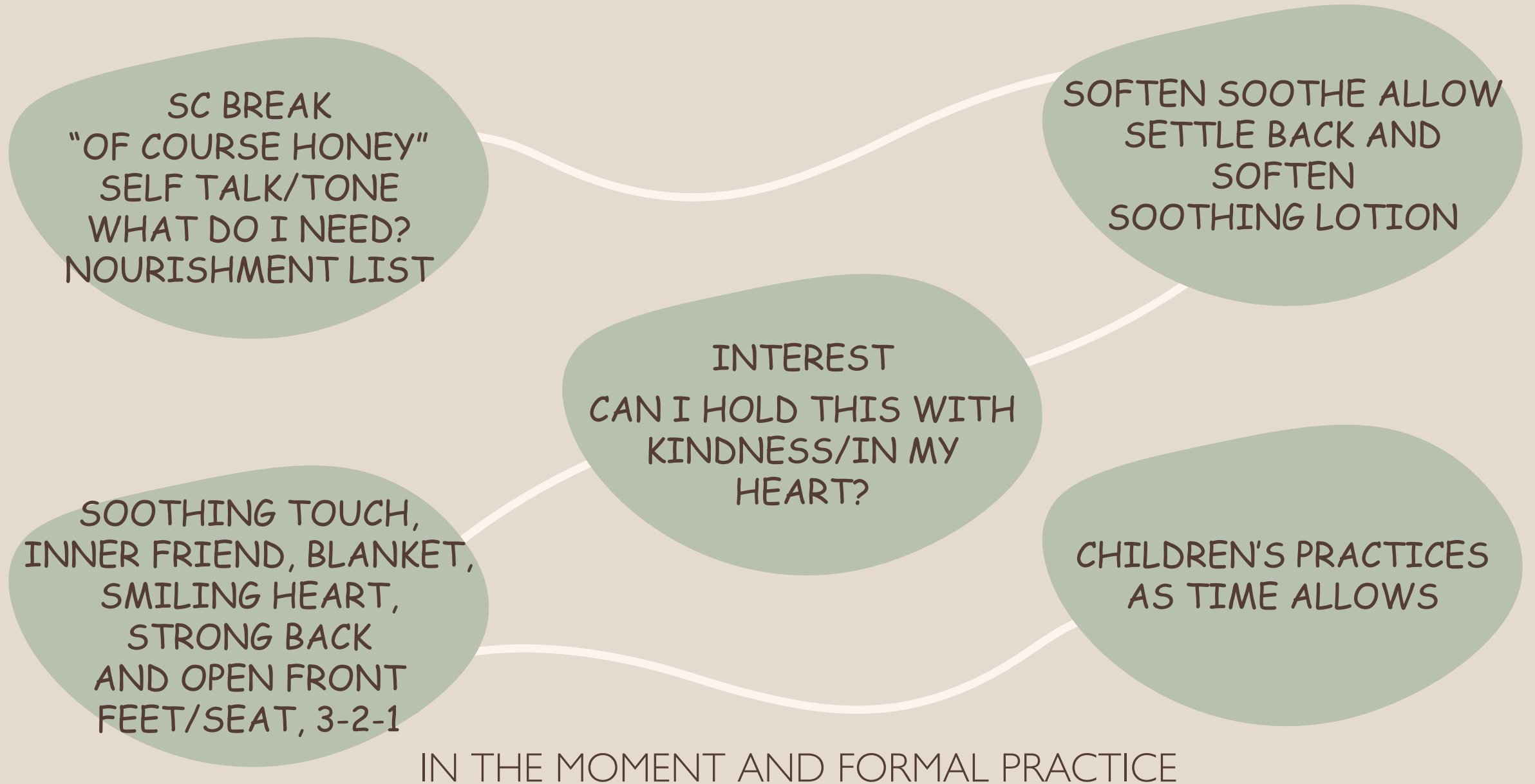
Reminder:

The offering of love and care to ourselves simply because we are struggling, as does everyone sometimes, and deserving of care, as is everyone else.

Message:

I matter, and my suffering matters.
And I can offer myself an embodied, felt sense of loving care.

MORE PRACTICES TO SUPPORT CULTIVATING SELF-COMPASSION





Resources For Further Exploration

Christopher Germer


Kristen Neff

Tara Brach

Shauna Shapiro

Paul Gilbert

Center for Mindful Self-Compassion



Self-compassion is a way of relating to ourselves
and to our experience in the midst of difficulties in life

Just For Me.... Refrain Practice And Questions

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