

2 The Facilitator's Guide to Module 4

Session I: Finding compassion

Aims

- To gain an understanding of compassion as a quality in healthcare
- To experience an inner compassion
- To practise compassionate listening

Process

This session looks at the quality of 'compassion' in depth, and at how we recognise compassion in others and ourselves. It begins with describing the qualities of a compassionate person, followed by a playful word exercise to help to understand compassion and how people relate to it. This understanding is deepened through a breathing and movement exercise and a meditation. After the break, time is spent practising and exploring the key skill of compassionate listening.

Session II: Compassion in practice

Aims

- To explore personal expressions of anger and its effect on feelings
- To release anger and reconnect with compassion
- To understand personal responses to making mistakes and to practise forgiveness
- To find ways of changing difficult situations through bringing compassion into practice

Process

This session explores some of the challenges of putting compassion into practice, in particular dealing with negative feelings of anger and guilt. In the first part of the session, participants explore their own anger and experience a meditation to release anger and connect with compassion. A useful breathing and movement exercise leads into a sharing of the feelings around making a mistake, followed by a powerful meditation on self-forgiveness. A final group exercise encourages participants to look at ways of transforming difficult situations, by changing their personal responses and bringing compassion into practice.