Handbook of Compassion in Healthcare

Published online by Cambridge University Press

'The last 20 years have seen considerable developments in research on biopsychosocial medicine. We now understand that states of mind and states of relationships play fundamental roles in multiple physiological functions that impact vulnerabilities to diseases and competencies for recovery. Compassion is the most profound mental state and motive that can stimulate our immune, cardiovascular and digestive systems, along with crucial neuro-circuits that facilitate ways of paying attention and thinking and emotion regulation. This cutting-edge book is in two parts. Part I highlights that compassion is not about just being kind and empathic but is a precise motivational process with multiple competencies that can be cultivated. The editors highlight that, while technological medicine is profound, contextualising and grounding personal and technical practices of compassionate brain states (which guide attention, thinking, body regulation and behaviour) in its delivery can have multiple effects. Part II brings readers to core communications on how to practise compassion and build our own compassion-focused brain states, how to create compassion-focused integrated relationships, and compassion-sensitive organisation. It is a book of deep scholarship and dedication to promoting science-based compassionate interventions at the centre of all aspects of healthcare delivery – from support for clinicians working within what can be very stressful and personally distressing situations, to administrative staff and their interactions.'

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A Practical Approach

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