

Psychology Awareness Week 2022

Issue #1

Cultivating Self-Compassion: The Power of Validation

PHC Psychology research highlights care provider behaviours that help individuals recovering from an eating disorder develop self-compassion

What is self-compassion?

Self-compassion is: a sensitivity to one's suffering and a heartfelt motivation to lessen it.

TRUST

Care providers build patient trust when:

- ❖ Patients feel they are given time and space to talk
- ❖ An open, non-judgmental, compassionate perspective is used

CARED FOR

Patients feel cared for when:

- ❖ Treatment recommendations are made collaboratively and reflect what patients are ready to change
- ❖ Treatment is offered that is matched to their physical and emotional needs

EMPOWERED

Patients feel empowered when:

- ❖ Their strengths and courage are recognized
- ❖ Setbacks are normalized and perseverance is encouraged

INSPIRED

Patients feel inspired when:

- ❖ Care providers model vulnerability
- ❖ Demonstrate how they use self-compassion in their own lives

Did you know?

Having barriers to cultivating self-compassion is associated with benefitting less from inpatient and residential treatment

Self-compassion is associated with reduced impact and increased coping with chronic pain.

Self-compassion is associated with positive physical and emotional health outcomes in a variety of health conditions including diabetes, cardiovascular disease and arthritis.