

‘The compassionate mind is the mind that transforms’

(Professor Paul Gilbert)

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The AWP logo, featuring the letters 'AWP' in bold black text inside a white circle with a multi-colored border. The background of the slide is a large, multi-colored circular brushstroke in shades of purple, teal, yellow, and pink.

AWP

Why compassion?

- Experiences of adversity are so prevalent in people who use alcohol & other drugs. Estimates in adult substance users range from 75 – 95%.
- The way our brains develop is shaped by our experiences, an absence of love and kindness hinders our ability to mature and grow
- Why not compassion?

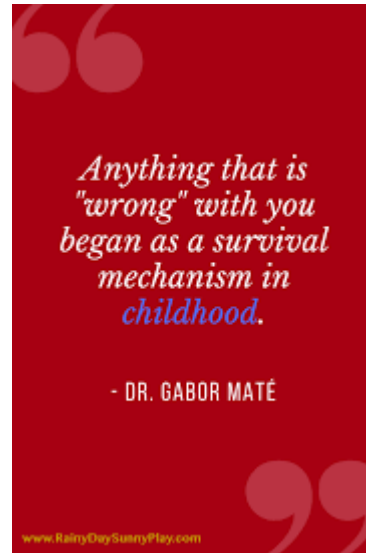


How does compassion help humans to change?

- Changes made on the basis of feeling bad about yourself can be fragile, shame/guilt = threat
- Humans make lasting change when they are supported to accept themselves and the shared struggle
- Experience of kindness, care and gentleness helps humans to feel secure. Security → curiosity, humour, compassion for others



Reflections



In over 20 years working in this field almost everyone I have met struggles to be kind to themselves, to be gently encouraging and to recognise when they have done their best

