


Compassion Meditation for Meaning Making and Posttraumatic Growth

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Compassion Meditation
 For Meaning Making & Posttraumatic Growth

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What is your experience with meditation?
 Pick One:

- I have never tried it
- I tried it a few times
- I do it off and on
- I have a regular practice

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Let's Get
FOCUSED

Breathing In, I Know That I Am Breathing In.
Breathing Out, I Know That I Am Breathing Out.

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How do you feel after that brief practice? Pick One:

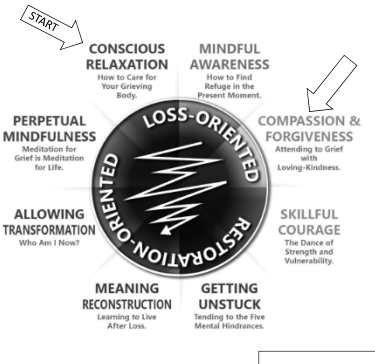
- Pleasurable
- Neutral
- Unpleasurable



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The Mindfulness & Grief System

8 Module Mindfulness & Grief System Overlayed with the Dual Process Model of Bereavement (Strube & Schut).



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**Since Your Loss,
How Are You
Relating to:**

- Yourself
- Your Friends
- Your Family
- Strangers

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“With self-compassion, we give ourselves the same kindness and care we'd give to a good friend.”
-Kristen Neff, SelfCompassion.org

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**Compassion For
Yourself
& Others**

- Metta Meditation
- Affectionate Breathing
- Heart Center Meditation
- *Informal Practice: Wake Up With Self-Compassion*
- *Informal Practice: Well Wishes on the Spot*

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Benefits of Self-Compassion

- Less Anxious & Depressed (Neff, 2009)
- Fewer Negative Emotions (Neff, Rude, Kirkpatrick, 2007)
- Higher Emotional Intelligence (Leary, Tate, et al., 2003)
- Emotional Coping Skills (Rockliff, Gilbert, et al. 2008)
- Reduces Avoidance In PTSD (Thompson, Waltz, 2008)
- Less Resistance to Suffering (Neff, 2003)

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Compassion Meditation for Self-Care & Connection to Others

1. Visualize the Image of a Specific "Person"
2. Feel Warmth and Kindness in Your Body
3. Silently Offer Words of Compassion

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How was this meditation experience? Pick One:

- I fell asleep/zoned out
- The practice was easy to do and relaxing/calming/helpful
- The practice was challenging, but I feel more relaxed/calm/peaceful
- The practice was challenging and I do not feel at ease
- The practice was agitating, so I stopped doing it



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5 Domains of Posttraumatic Growth

- Increased Appreciation of Personal Strength
- Sense of New Opportunities & Possibilities
- Deepened Sense of Connection & Compassion
- Appreciation of Life in General
- Spiritual or Religious Growth or Change

Calhoun & Tedeschi (2006)

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Right Timing....

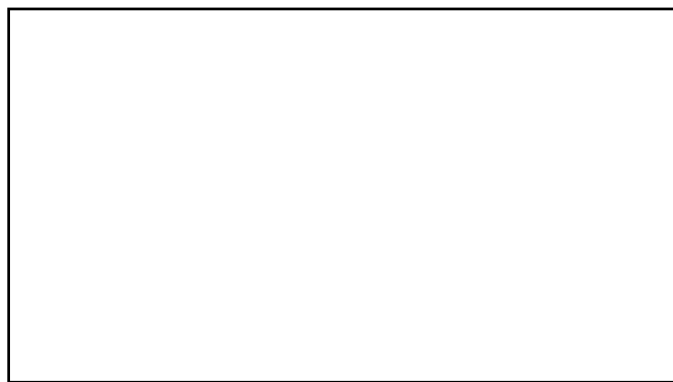
First We Learn How To Cope...
meditation can help with that.

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Right Timing....

Then We See Our Growth...
meditation can help with that, too.

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References & Resources

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About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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Upcoming TAPS Institute Programs

- January 17— *Meditation for Coping with Difficult Emotions*
 Presenter: **Heather Stang**, MA, C-IAYT
- January 30— *Loss, Grief, and the Quest for Meaning*
 Presenter: **Robert Neimeyer**, PhD
- February 5— *Grief to Growth: A Roadmap to a Healthy Grief Journey*
 Presenter: **Kim Ruocco**, MSW
 Moderator: **Shauna Springer**, PhD


Visit taps.org/institute to learn more and RSVP!

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Additional TAPS Resources

- TAPS National Military Survivor Helpline— Phone number: 1-800-959-8277
- Survivor Care Team— <https://www.taps.org/survivorcareteam>
- Grief Counseling— <https://www.taps.org/griefcounseling>
- Casework— <https://www.taps.org/casework>
- Education Assistance— <https://www.taps.org/edu>
- Suicide Loss— <https://www.taps.org/suicide>
- TAPS Magazine— <https://www.taps.org/magazine>
- TAPS Publications— <https://www.taps.org/publications>
- Grief and Loss Education— <https://www.taps.org/institute>
- For Grief Professionals— <https://www.taps.org/professionals>
- Additional Resources— <https://www.taps.org/additionalresources>

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