



## Associates of the Compassionate Mind Foundation

### Canada

Mark Baldwin, PhD, is an associate professor of social psychology at McGill University. His major research interests involve the cognitive representation and activation of interpersonal information. He has explored the use of priming methodologies (e.g., guided visualizations, subliminal presentations) to activate specific kinds of relationship representations, leading to shifts in self-construal and the experience of others: For example, subliminally priming people to think of a critical significant other leads them to become more self-critical, whereas priming an accepting significant other produces increased self-acceptance. He has also used reaction-time methods to examine spreading activation patterns within associative networks of social information. For example, momentarily priming avoidantly attached individuals with the concept of “trust” leads them to be quicker to recognize stimuli relating to being “hurt.” Most recently he has drawn on conditioning paradigms to develop software aimed at modifying social cognitive responding in a positive, self-accepting direction. In one paradigm, people seeing their own name repeatedly paired with smiling, warm faces become more self-accepting and less anxious. In another paradigm, people given the attentional training task of finding one smiling face among a matrix of 15 scowling faces show less hypervigilance for rejection (on reaction time tasks), less stress, and lower levels of cortisol during the workday. Major publications include a review of work on relational cognition (Baldwin, 1992, *Psychological Bulletin*, 112, 461-484) and an edited volume on *Interpersonal Cognition* (Baldwin, 2005, Guilford Press) which brought together leaders in the field to review their work and chart a course for future research. He previously served as associate editor of the *Personality and Social Psychology Bulletin*, and he is currently on the editorial board of the *Journal of Personality and Social Psychology* and *Self and Identity*. He is also President of the spin-off psychology software company MindHabits, Inc. ([www.Mindhabsits.com](http://www.Mindhabsits.com)).

His interest in compassion stems from his research into how signals of affiliation and friendliness have powerful impacts on self-evaluation. Work on compassionate imagery may operate through these systems.

He can be reached at [mbaldwin@ego.psych.mcgill.ca](mailto:mbaldwin@ego.psych.mcgill.ca), and his research website is [www.selfesteemgames.mcgill.ca](http://www.selfesteemgames.mcgill.ca).

**Leslie Greenberg**, Ph.D. is Professor of Psychology at York University in Toronto, Ontario. He is the Director of the York University Psychotherapy Research Clinic and has focused on working with emotions in psychotherapy and has developed an emotion-focused approach to therapy. He has authored the major texts on Emotion-focused approaches to treatment of individuals and couples including most recently *Emotion-focused therapy of Depression and Emotion-Focused Therapy: Coaching Clients to Work Through Emotion*, as well as *Working with Emotion, Facilitating Emotional Change and Emotionally Focused Couples Therapy*. Dr Greenberg has published extensively on research on the process of change. He received the 2004 Distinguished Research Career award of the Society for Psychotherapy Research: An International interdisciplinary society. Dr. Greenberg is a founding member of the Society of the Exploration of Psychotherapy Integration (SEPI) and a past President of the Society for Psychotherapy Research (SPR). He conducts a private practice for individuals and couples and trains people in emotion-focused approaches.

His interest in compassion stems from the observation of the importance of softening into self-compassion as a key part of the process of resolution of self critical conflict and its importance in marital harmony. More recently its role in forgiveness in both individual and couple therapy has become a central interest. In a task analysis of the process of forgiveness in individual therapy the capacity to imagine that the injurer feels compassion for the injury caused appears important in forgiveness. In couples compassion for the harm done appears important in improvement although expression of shame by the injurer seems even more important in promoting forgiveness by the partner.

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**Allison Kelly**, B.A. is a fourth year Ph.D. student in Clinical Psychology at McGill University. Working under the supervision of Professor David Zuroff, she conducts applied research that tests both the theoretical ideas behind, and the therapeutic value of, Gilbert's (2005, 2007) compassion-focused approach to psychopathology. Allison is particularly interested in studying the role of self-compassion in well-being and self-regulation. She recently submitted a manuscript to *Cognitive Therapy and Research* on the effects of two self-help interventions – one aimed at building self-compassion (based on Gilbert and Irons' (2005) compassionate mind training) and one aimed at building resistance to self-attacks – on the depression, shame, and skin complaints of acne sufferers (Kelly, Zuroff, & Shapira, submitted). She plans to follow-up on this study and to extend its research questions to other health populations. Allison is also interested in applying Gilbert and Irons' (2005) compassionate mind training (CMT) to devise and empirically test self-help interventions for

individuals trying to make difficult behavioural changes (e.g., healthier diet, less internet surfing), changes they might be inclined to effect with self-bullying inner dialogue.

Allison tries to incorporate a compassion-focused approach in her supervised clinical work. Thus far, she has worked with individuals who have eating disorders and with adolescents with various mental health problems (e.g., borderline personality, depression). In the following academic year, she will be working with individuals struggling with sex and/or couple difficulties.

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**Graham Saayman, Ph.D.**, Adjunct Professor of Psychology, University of Victoria, British Columbia, Canada was one of the first behavioural scientists to relate the Jungian notion of archetype to ethology in university-based research. Interested in the evolution of the family system, in his early career he studied the socioecology of long-lived, large-brained animals as diverse as free-ranging baboons and free-swimming dolphins. He was elected an Honorary Member of the International Association for Analytical Psychology in 2001.

As Professor of Psychology at the University of Cape Town (1974-1989), his research group used a metatheoretical synthesis of analytical psychology and astanga yoga (1) to develop and evaluate psychotherapeutic modalities appropriate to a world beset by much doubt, alienation, conflict, anxiety and trauma. These included a Jungian approach to family therapy (2), a process of desensitisation using dream appreciation in a group context (3) and the role of wilderness in the therapeutic endeavour (4).

His interests in spiritual emergence and vision quest are reflected in his recent book (5). Generosity, a central ethic, has survival value and promotes a sustainable ecological balance between the human community and Nature. Following Richard Atleo's interpretation of the origin stories of the *Nuu-chah-nulth* people on the west coast of Vancouver Island (6), spiritual generosity is central to the shamanic process of *oosumich*, or vision quest, an experiential method of acquiring knowledge from the metaphysical realms. In this worldview, all life forms, tangibly related and connected in a unified "web of life," are to be equally respected and honoured. The practice of vision quest, requiring a systematic, step-by-step consciousness altering discipline, enables the community to access guidance in making positive ethical choices at archetypal moments, based upon the feeling-toned values of human relatedness. Spiritual generosity captures the essence of a therapeutic paradigm with Nature at its core and connects the health of earth's ecosystems to the art and science of healing.

## References:

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- (3) Shuttleworth-Jordan, A. B. & Saayman, G. S. (1989) Differential effects of alternative strategies on psychotherapeutic process in group dream work. *Psychotherapy: Theory/Research/Practice/Training*, 26, 514-519.
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- (5) Saayman, G. S. *Hunting with the Heart: A Vision Quest to Spiritual Emergence*. (2007) Cape Town: Kima Global Publishers.
- (6) Atleo, E. R. (Umeek). (2004) *Tsawalk: A Nuu-chah-nulth Worldview*. Vancouver: University of British Columbia Press.

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