

CCPA 2018

Masking our emotions
and the Art of Compassion



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Color Breathing Exercise

- Notice your breathing - Thich Nhat Hanh

- *"In, out
Deep, slow
Calm, ease
Smile, release*

Present moment, wonderful moment.

- Imagine a color that when your inhaling it bring you a calming energy
- Imagine a color when you exhaling, it help release any tension you might have

Self-Compassion



- 1. **Awareness/mindfulness**
- 2. **Normalising/*Common Humanity***
- 3. ***Kindness to self***
- 4. **Alleviation v**

From Center for clinical Intervention Module 1 -
Understanding self-compassion

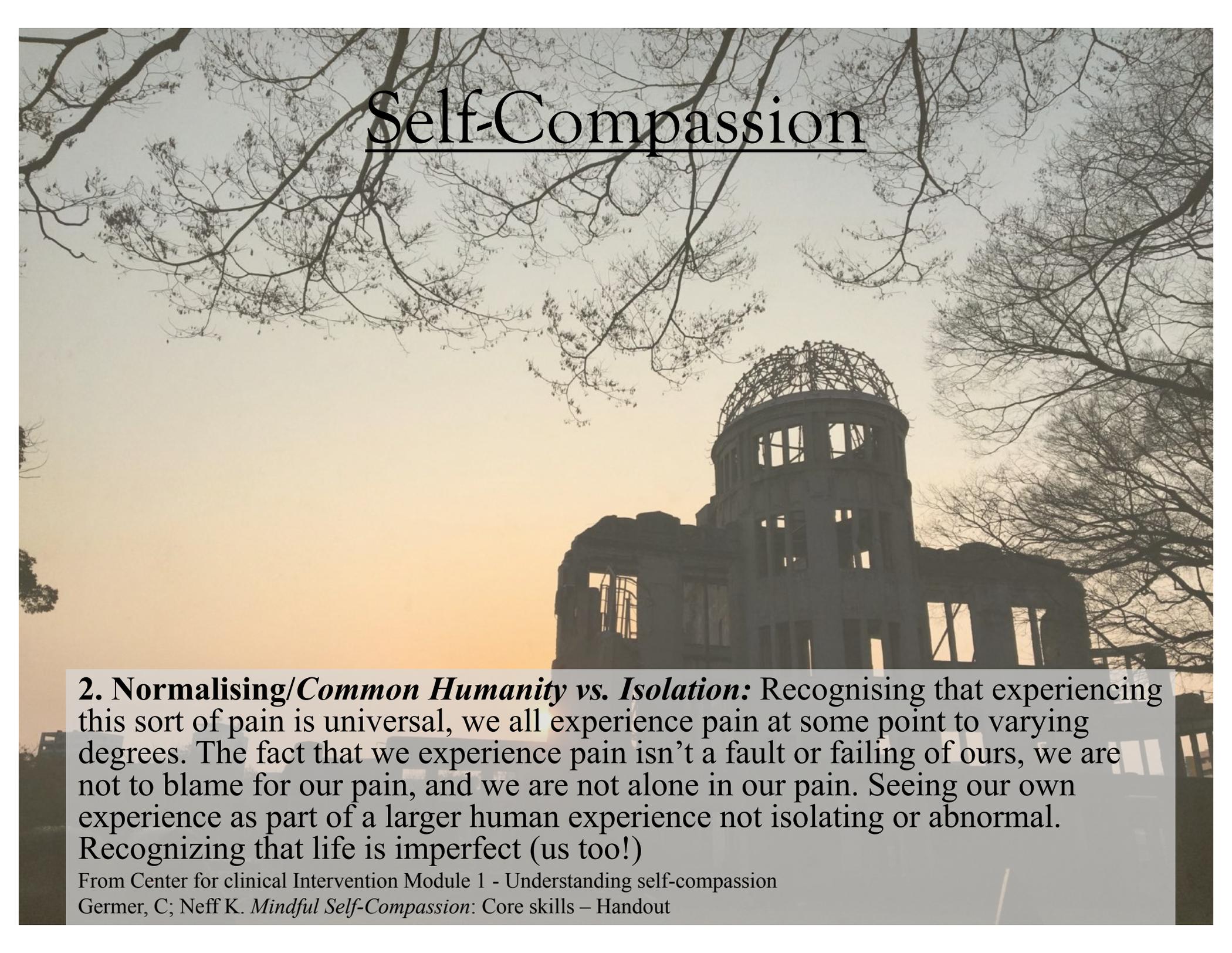
Germer, C; Neff K. *Mindful Self-Compassion: Core skills* – Handout

Self-Compassion

- 1. **Awareness/mindfulness vs. *over-identification***: Being attentive or sensitive to the fact that some sort of ‘suffering’ is occurring. Now suffering could mean some distressing struggle with emotional pain, mental pain, physical pain, or all of the above. Allows us to “be” with the painful feelings as they are. Avoid extremes of suppressing or running away with painful feelings.



Self-Compassion



2. Normalising/*Common Humanity vs. Isolation*: Recognising that experiencing this sort of pain is universal, we all experience pain at some point to varying degrees. The fact that we experience pain isn't a fault or failing of ours, we are not to blame for our pain, and we are not alone in our pain. Seeing our own experience as part of a larger human experience not isolating or abnormal. Recognizing that life is imperfect (us too!)

From Center for clinical Intervention Module 1 - Understanding self-compassion
Germer, C; Neff K. *Mindful Self-Compassion*: Core skills – Handout

Self-Compassion

3. **Kindness to self vs. Self-judgment.** Not shying away from or ignoring the pain, but meeting this pain with feelings of kindness, care, warmth and concern. Treating self with care and understanding rather than harsh judgment. Actively soothing and comforting oneself.

From Center for clinical Intervention Module 1 - Understanding self-compassion
Germer, C; Neff K. *Mindful Self-Compassion: Core skills – Handout*



Self-Compassion



- 4. **Alleviation vs. *Denial or overreaction***. Focusing our energy on ways to alleviate the pain, which may be via providing further comfort and caring actions, providing a helpful perspective regarding whatever the trouble is, or having the strength and courage to take other necessary actions to address the problem being faced.

Self-compassion break

This is a moment of suffering

Suffering is part of life

May I be kind to myself

May I give myself what I need



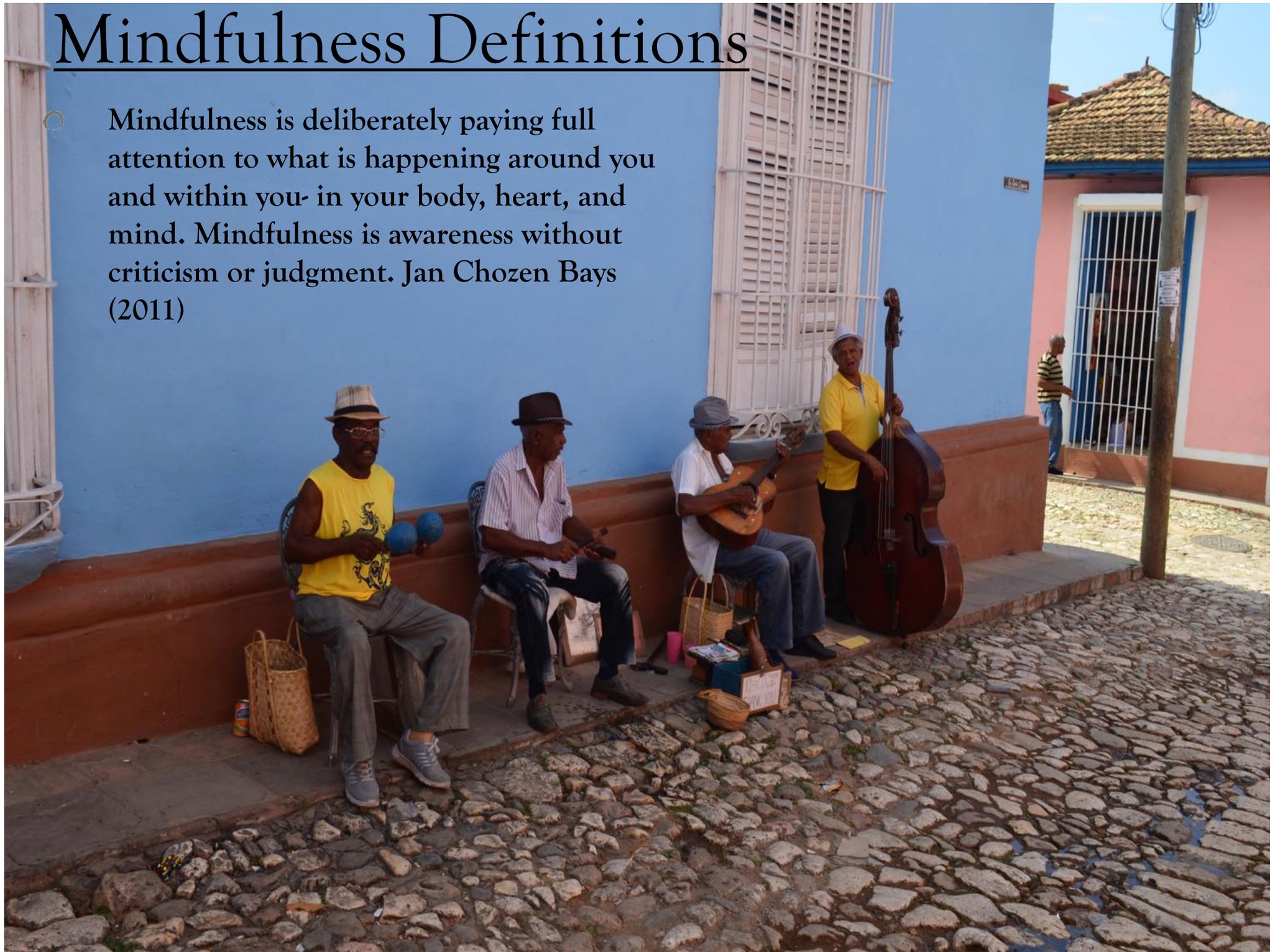
Mindfulness Definitions

Mindfulness is our ability to be present to our painful feelings and thoughts instead of ignoring them or being overwhelmed by them.



Mindfulness Definitions

- Mindfulness is deliberately paying full attention to what is happening around you and within you- in your body, heart, and mind. Mindfulness is awareness without criticism or judgment. Jan Chozen Bays (2011)



Mindfulness Definitions

Mindfulness awareness – instead of being on automatic and mindless, mindfulness helps us awaken, and by reflecting on the mind we are enabled to make choices and thus change become possible. (p. 5) – the mindful brain D. Siegel



Mindfulness Definitions

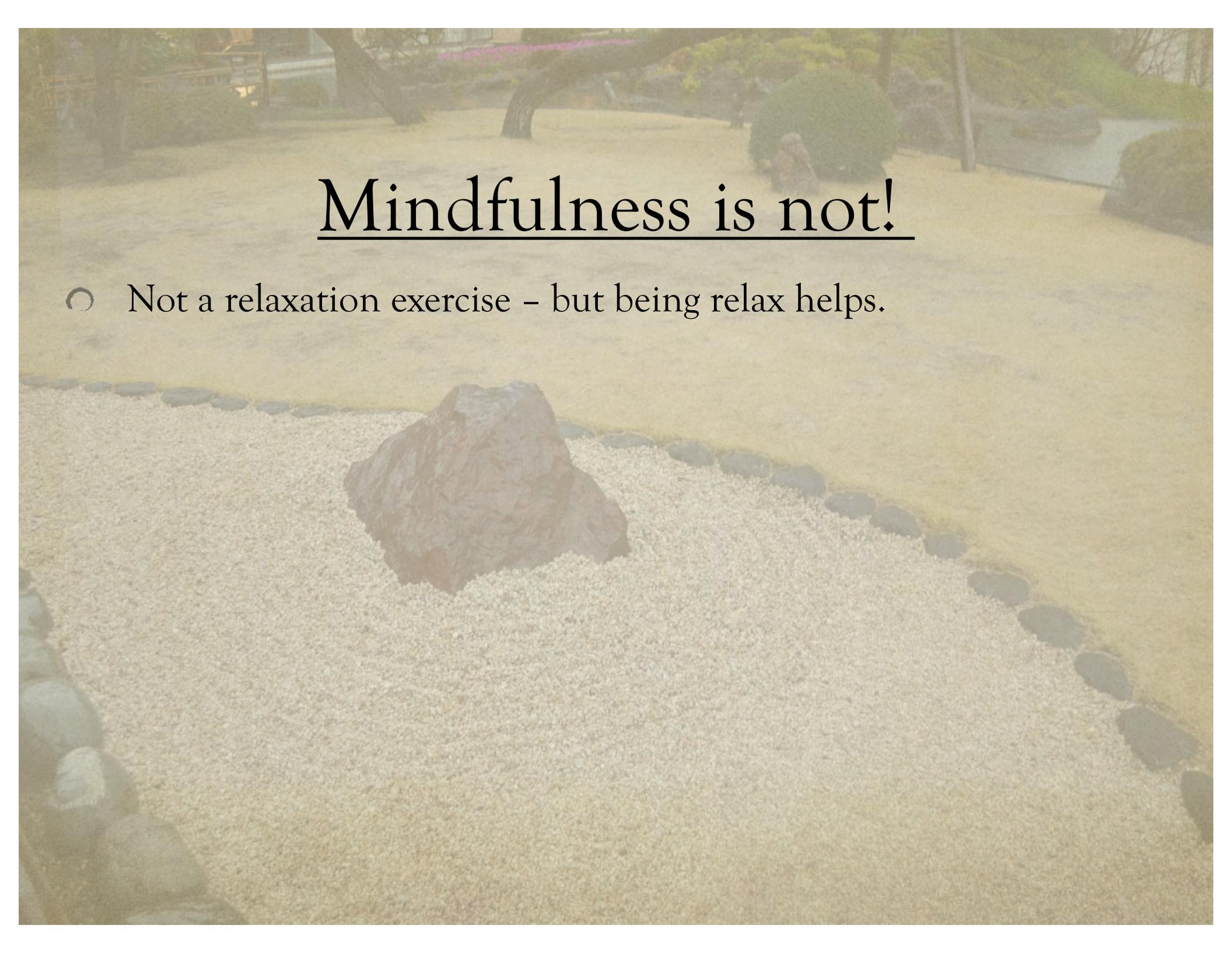
Mindfulness includes an affectionate, compassionate quality within the attending, a sense of openhearted, friendly presence and interest. (Kabat-Zinn, 2003, pp. 145-146)



Mindfulness Definitions

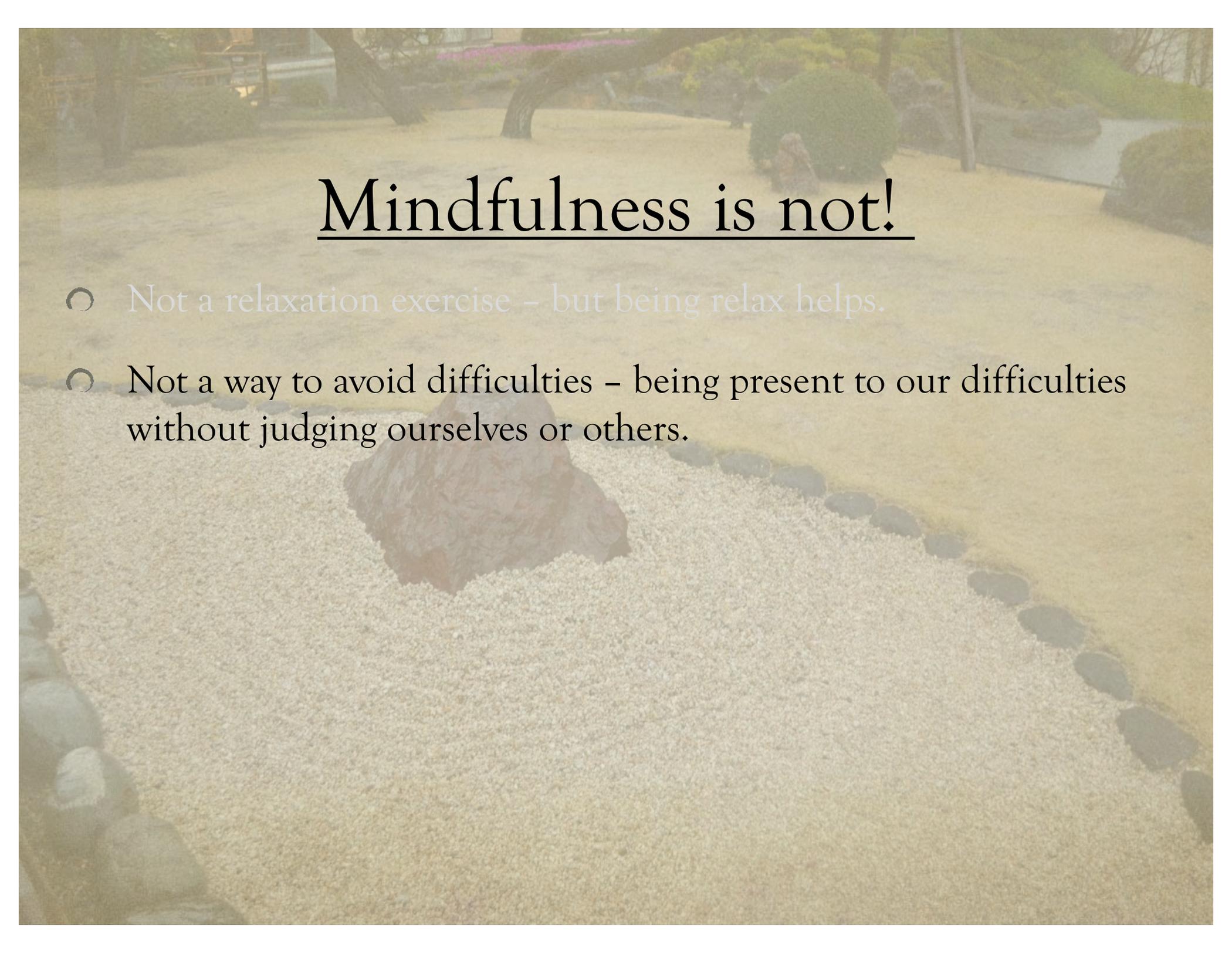
An operational working definition of mindfulness is: awareness that emerges through paying attention on purpose, in the present moment, and non judgementally to the unfolding of the experience moment by moment. (Kabat-Zinn, 2003, pp. 145-146)



A photograph of a Japanese-style garden. In the foreground, a large, reddish-brown rock sits in a bed of light-colored gravel. The gravel bed is bordered by dark, rounded stones. In the background, there is a sandy area, a large tree, and some greenery. The text "Mindfulness is not!" is overlaid in the center of the image.

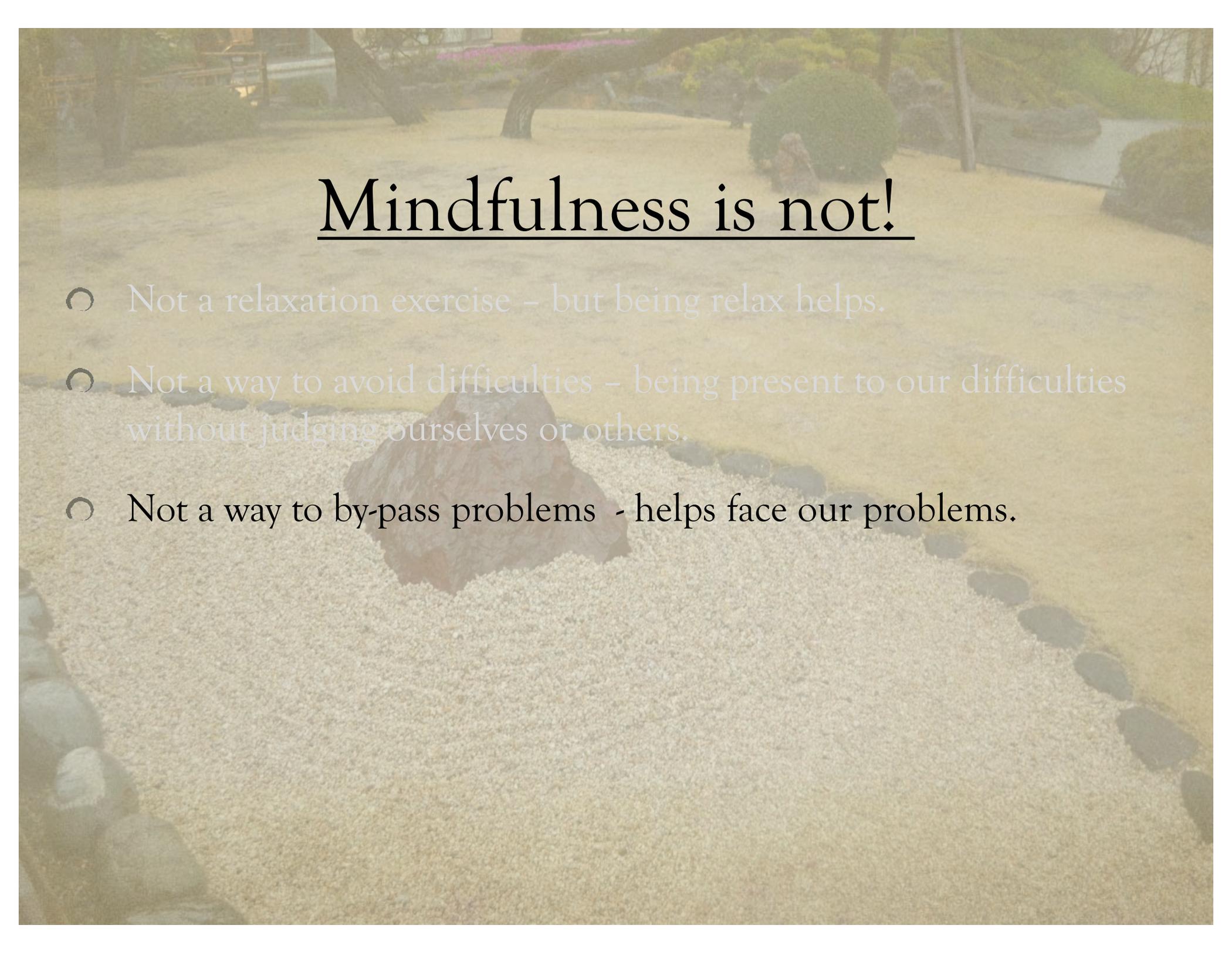
Mindfulness is not!

- Not a relaxation exercise – but being relax helps.

A Zen garden with a large rock and a path of stones. The garden features a large, reddish-brown rock in the center, surrounded by a path of dark, rounded stones. The ground is covered in light-colored gravel. In the background, there are trees and a building.

Mindfulness is not!

- Not a relaxation exercise – but being relax helps.
- Not a way to avoid difficulties – being present to our difficulties without judging ourselves or others.

A Zen garden with a large rock in the foreground and a path leading to a building in the background.

Mindfulness is not!

- Not a relaxation exercise – but being relax helps.
- Not a way to avoid difficulties – being present to our difficulties without judging ourselves or others.
- Not a way to by-pass problems - helps face our problems.

Mindfulness is not!

- Not a relaxation exercise – but being relax helps.
- Not a way to avoid difficulties – being present to our difficulties without judging ourselves or others.
- Not a way to by-pass problems - helps face our problems.
- Not about achieving a different state of mind – accepting our present state of mind and acknowledging it.

Shauna Shapiro

- What we practice grows stronger
- What do you want to grow? What do you want to practice?
- Mindfulness works! It's good for us!
- Self judgement and shame does not work! Our brains shut down and we do not learn!
- Kind attention is looking at the part of ourselves we might dislike and accept with self-compassion
- Paying attention with kindness to others
- Transformation is possible with kind attention

All emotional experience are important

Whelton (2004) found mounting evidence of the benefits of facilitating the acceptance of all of the client's emotional experiences, including unpleasant ones...



All emotional experiences are important

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All emotional experience are important



Embodied appraisal theory (Prinz, 2004) explains that it is made of both our :

appraisal of our social self when emoting and...

how we feel when experiencing a particular emotion.

Art expression of 2 perspective

Visual symbolic presentation of our emotions to express how we feel about our challenging emotion.



Masks to explore how we appraise ourselves having a challenging emotion



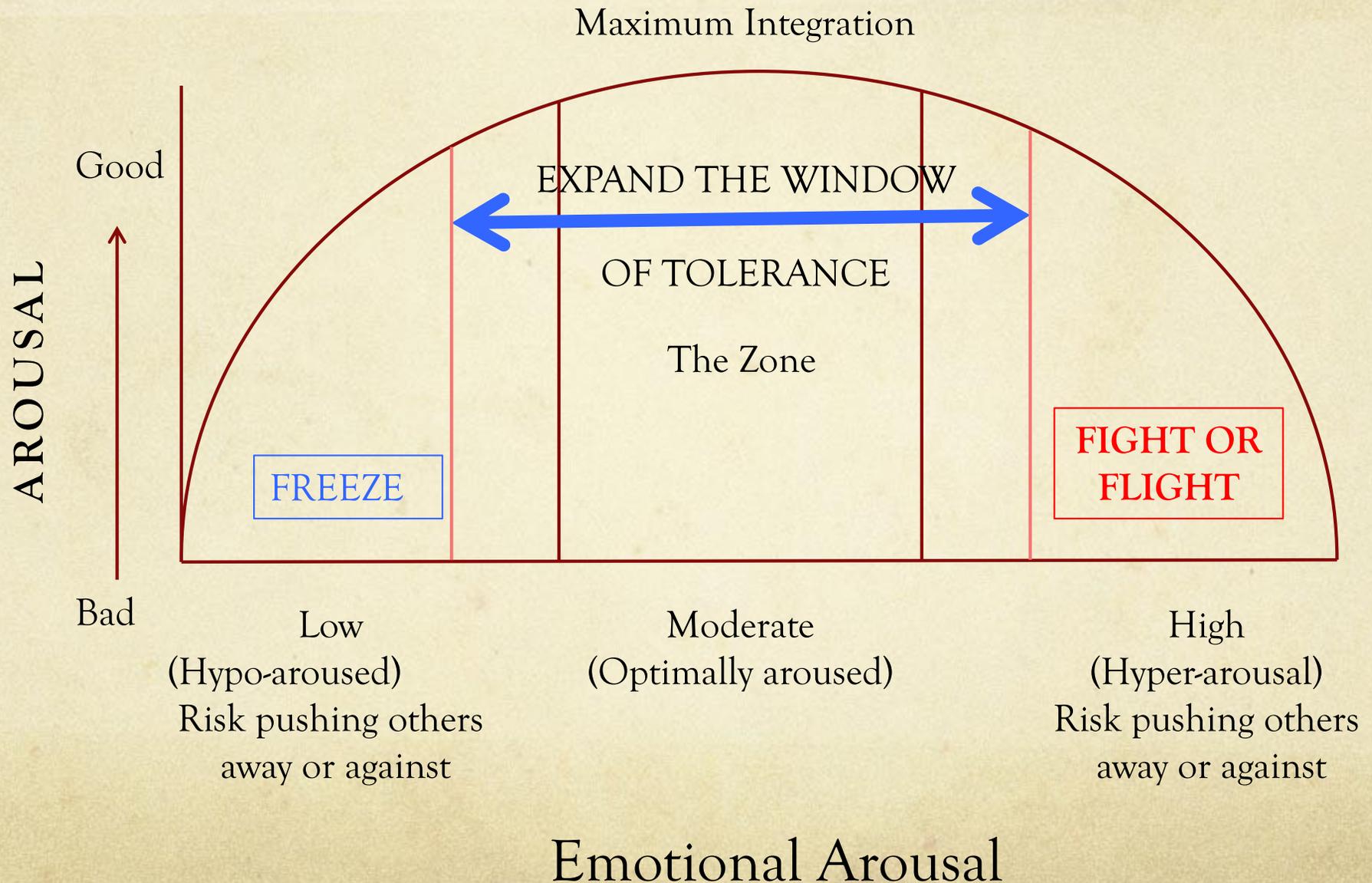
Fear of Anger

Art expression of 2 perspective



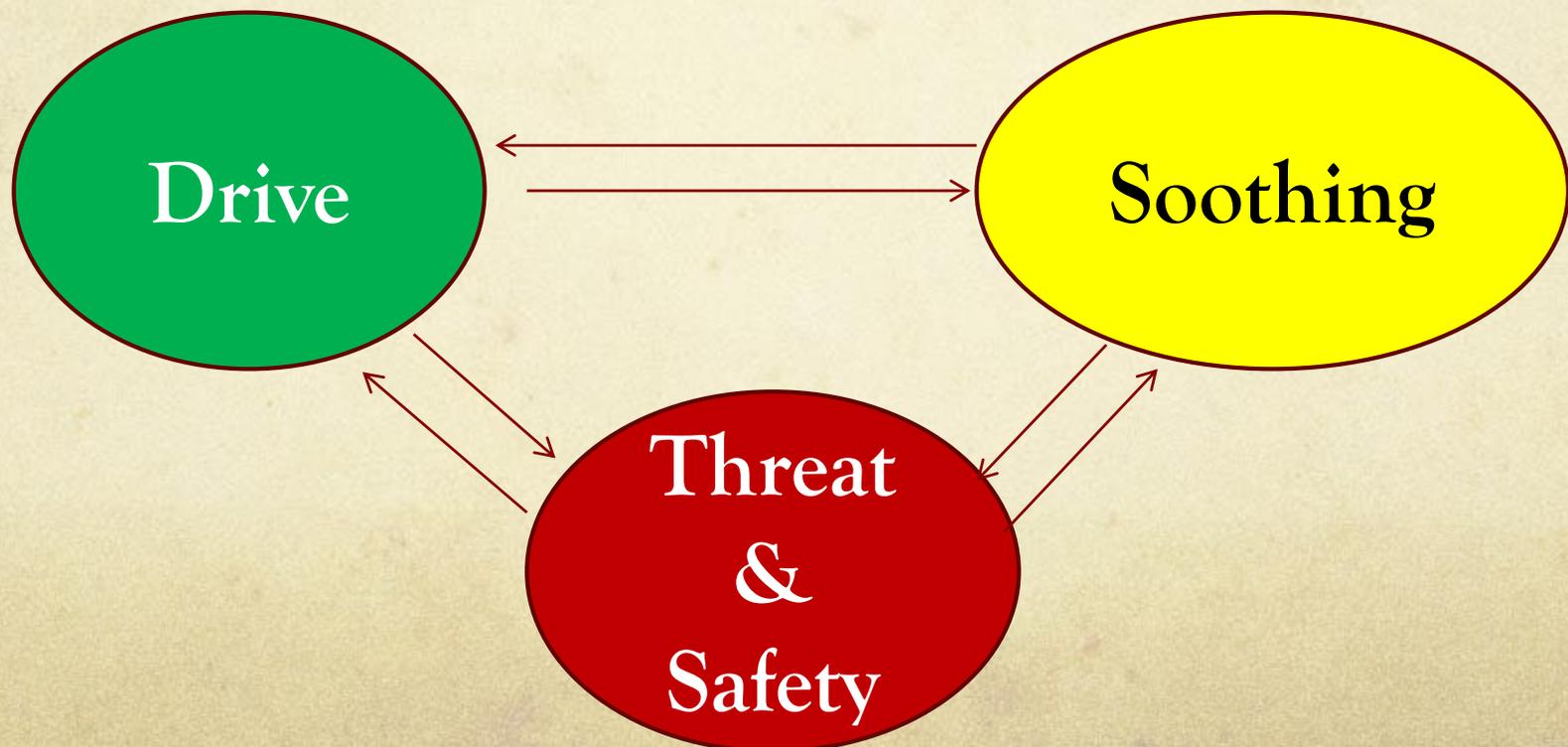
Prinz's (2004) embodied appraisal theory of emotions combines Damasio's (2010) somatic theory of feeling emotions with Lazarus' (2006, 2007) appraisal theory of emotion to ultimately explain why it is important to understand how we can at times feel our emotions before expressing them, and at times express them without realizing it.

Daniel Siegel- Window of affect tolerance



Three types of affect regulating systems (Gilbert, 2009)

1. the drive system,
2. Contentment & soothing system -
3. Threat & safety system - detection and protection



Capacity to have a compassionate tolerance of our emotions

1 - Rate your capacity to tolerate your emotions in a compassionate way

(10) Is the highest confidence that you can be compassionate toward yourself when experiencing an basic emotion:

(1) is the opposite. Please notice what context you are choosing to emote and if it make a difference changing the context or not?

1. <u>Trust</u>	10	9	8	7	6	5	4	3	2	1
2. <u>Surprise</u>	10	9	8	7	6	5	4	3	2	1
3. <u>Sadness</u>	10	9	8	7	6	5	4	3	2	1
4. <u>Joy</u>	10	9	8	7	6	5	4	3	2	1
5. <u>Fear</u>	10	9	8	7	6	5	4	3	2	1
6. <u>Disgust</u>	10	9	8	7	6	5	4	3	2	1
7. <u>Anticipation</u>	10	9	8	7	6	5	4	3	2	1
8. <u>Anger</u>	10	9	8	7	6	5	4	3	2	1



2 - Please identify which emotion is the most stressful for you to experience and which one is more calming?

3- Please start reflecting on how would you draw a mask for the identifying most calming emotion and one of your stressful emotion.

Image-icide

Image-icide is the killing off of the image through destructive psychological labeling and interpretation of artworks. (Moon, 2012, p.54)



The Art of Compassion: Exploring and Integrating Counter-Emotions

Charles Chenard St-Stephen's College

ABSTRACT

Through arts-based research, interviews and facilitated discussions, this research explored how six volunteer participants were able to detect and integrate their counter-emotions; those emotions that represent a conflict between how we internally feel and experience an emotion, and our actual presentation of ourselves to others because of social conditioning. Participants explored the eight basic emotions (joy, trust, fear, surprise, sadness, disgust, anger and anticipation) and through the creation of art, self-reflection, and discussion, became present to their experience of having a counter-emotion. By exploring and unlearning previous negative beliefs about themselves, when experiencing a counter-emotion, they found a more compassionate view of self-emoting. Through this process, five central components surfaced for uncovering and integrating counter-emotions: lack of self-compassion; lack of congruency or a divided-self; a search for our true-self; a more compassionate self; and an emotional-spiritual experience. Learning self-compassion was another benefit of this artistic exploration of counter-emotions. Through self-acceptance and emotional honesty, participants came closer to a truer self; more accepting of their counter-emotion and of others.

GLOSSARY OF TERMS

Affect: Our thoughts, mood, and attitudes that influence how we interact, react or chose not to interact/react with others.

Affect consciousness: Our ability to be consciously aware of our mood, feelings and attitudes that influence how we interact with others.

Basic Emotions: Plutchik's (2003) basic emotions are: joy, trust, fear, surprise, sadness, disgust, anger, anticipation.

Counter-emotion: The conflict between how we internally feel and experience an emotion, with our actual presentation of ourselves to others because of social conditioning.

Emotion: An important natural human way to experience life. It is made of both our appraisal of our social self when emoting and how we feel when experiencing a particular emotion.

Emotional Honesty: Being able to feel our emotion(s), handle the possible distress – overwhelming/stressful feelings, and share our experience with others as an opportunity to bring us closer.

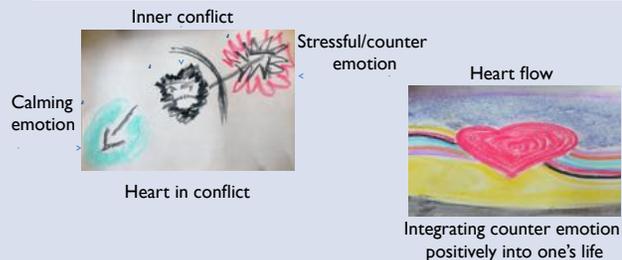
Feelings: How our body is made aware of our experiences, physically and mentally.

Feeling Emotions: The ability to become aware of what happens in our body and mind when we emote.

Stress-emotion: An emotional experience that is considered stressful.

Three affect regulating systems: Inter-influencing systems that are made of: a drive system; soothing system; and threat/safety system (Gilbert, 2009).

OBSERVATION:



THREE STAGES OF RESEARCH

Stage 1	Stage 2	Stage 3
10 emotional culture questions	Exploring artistically eight basic emotions	Participants chose the most stressful/counter-emotion and the best calming emotion.
Primary objective to understand what participants say about what they think and feel about emotions prior to exploring them with art.	Artwork/mask per emotion 1. Anger 2. Anticipation 3. Disgust 4. Fear 5. Joy 6. Sadness 7. Surprise 8. Trust	Directed the artistically integrating of their counter-emotion with their calming emotion. How participants express and feel about new art.
	How participants express and feel about their emotions when exploring them, remembering a time they last felt the emotion. Open questions on how emotions affect body, mind, heart and spirit.	Naming the new artwork and mask. Open questions on how it affects body, mind, heart and spirit. Any last remarks or questions about the process.

EXPLORING PARTICIPANTS' UNIQUE EMOTIONAL CULTURE

1. Can you tell about any emotions **that you feel more comfortable** in expressing? If so, what emotions?
2. Can you tell about any emotions that **you feel are more difficult** to express? If so, what emotions?
3. Can you tell about any particular emotion that you have **that seems easy to let go**? If so, what emotion?
4. Can you tell about any particular emotion that you have observed that **seems harder** for you to let go? If so, what emotion?
5. Can you tell me about any emotions in your family that seemed to be **more encouraged** than others? If so, what emotions?
6. Can you tell me about any emotions in your family that seemed to be **more discouraged** than others? If so, what emotions?
7. Can you tell me about any **faith or spiritual beliefs** that you feel have a tendency to influence your view about emotions? If so, what beliefs and emotions?
8. Can you tell me about any emotions that seem to be more **encouraged in your work/school** place than others? If so, what emotions?
9. Can you tell me about any emotions that seem **less encouraged in your work/school** place than others? If so, what emotions?
10. Can you tell me about how emotions **are treated differently at work/school than in your home**? If so, how and what emotions?

FIVE CENTRAL COMPONENTS

1. Lack of self-compassion;
2. Lack of congruency or a divided-self;
3. Search for our true-self;
4. More compassionate self;
5. Emotional-spiritual experience: learning to be emotionally honest.



Finding Hope by dispersing Fear with Joy



Calming emotion: Joy

Counter-emotion: Fear

Hope

Gaining Time-out by adding anger to trust



Calming emotion: Joy

Counter-emotion: Anger

Time-out

Clarity: Rooting anger and Bearing fruits in trust tree



Calming emotion: Trust

Counter-emotion: Anger

Clarity

New Growth: Facing the darkness of anger with Joy



Calming emotion: Joy

Counter-emotion: Anger

New growth

Resiliency: more dimension to sadness by adding joy



Calming emotion: Joy

Counter-emotion: Sadness

Resiliency

Healing: adding trust to the sadness



Calming emotion: Joy

Counter-emotion: Sadness

Healing

Acknowledgements

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References

Gilbert, Paul. (2009). *The compassionate mind: A new approach to life's challenges*. Oakland: New Harbinger Publications, Inc.
Plutchik, R. (2003). *Emotions and life: Perspectives from psychology, biology, and evolution*. Washington: American Psychological Association.



Art-based research

- According to Barone and Eisner (2012), art-based research has “the capacity to disrupt our comfortable assumptions” (p. 19).

Art-based research



- Learn to doubt, unlearn, question our rigid views...

Observation



Heart in conflict

Observation:

Stressful emotion



Heart in conflict

Observation:

Stressful emotion



Calming emotion

Heart in conflict

Observation:

Inner conflict

Stressful emotion

Calming emotion

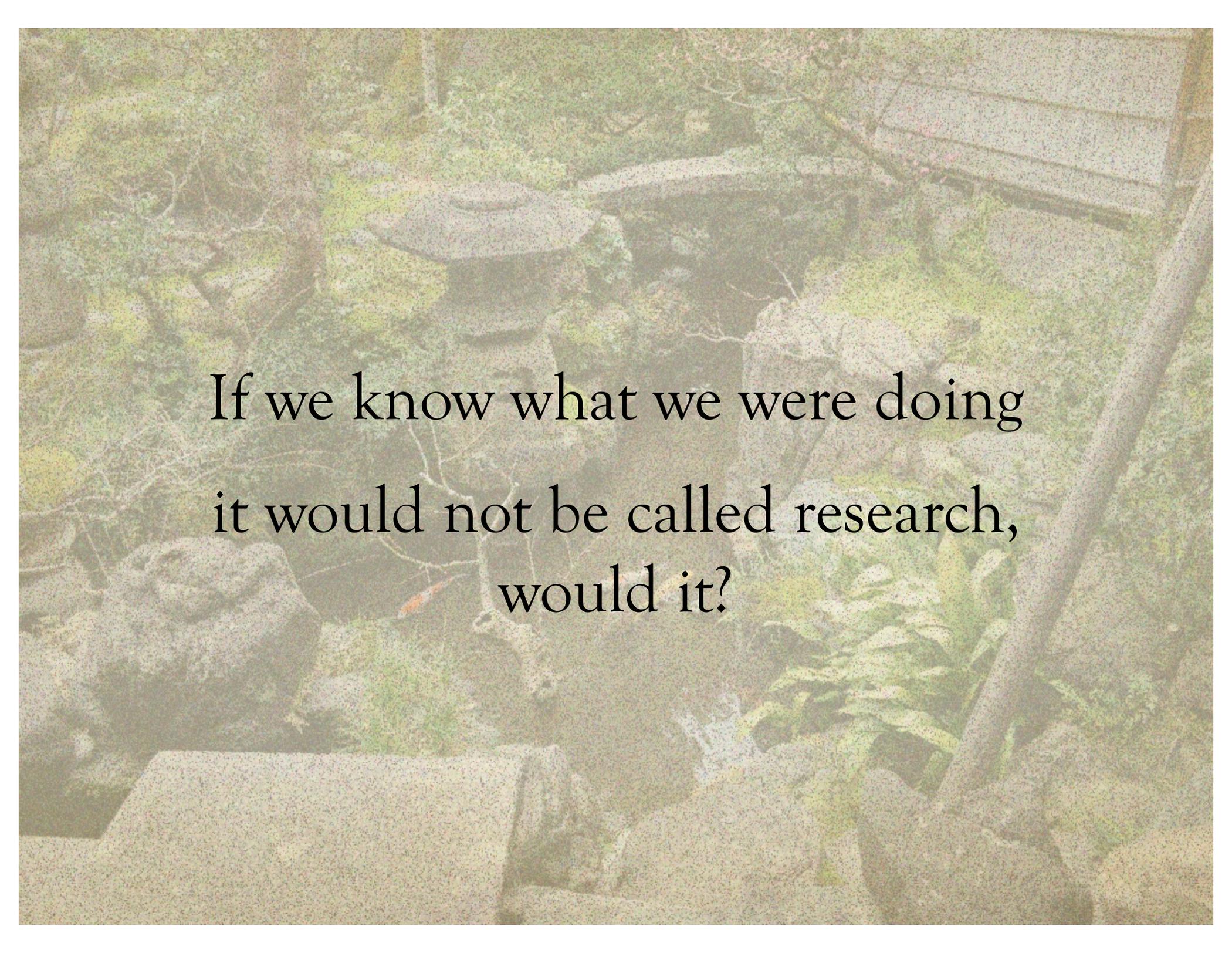


Heart in conflict

Integrating
artistically
calming and
stressful
emotions



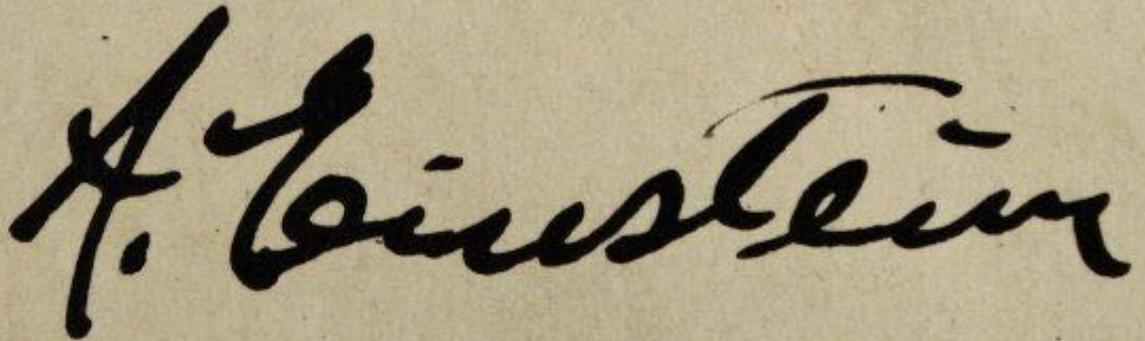
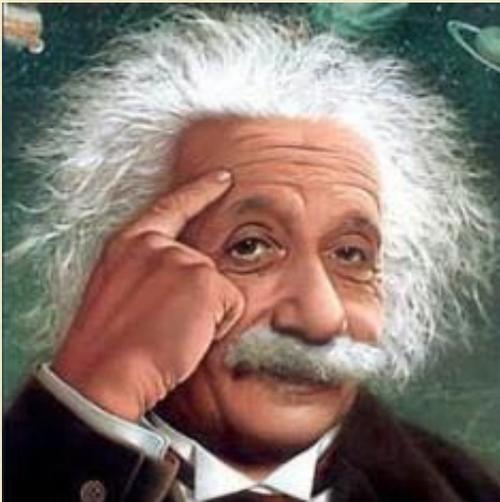
Heart flow

A photograph of a traditional Japanese garden. In the foreground, there is a large, dark, textured rock. To the right, a wooden fence runs diagonally. In the background, a stone lantern is visible, partially obscured by a large, leafy plant. The overall scene is lush and green, with various plants and trees. The text is overlaid on the center of the image.

If we know what we were doing
it would not be called research,
would it?

Albert Einstein

If we know what we were doing it would not be called research, would it?

A handwritten signature of Albert Einstein in black ink on a light-colored background. The signature is written in a cursive style and reads "A. Einstein".



Emotions

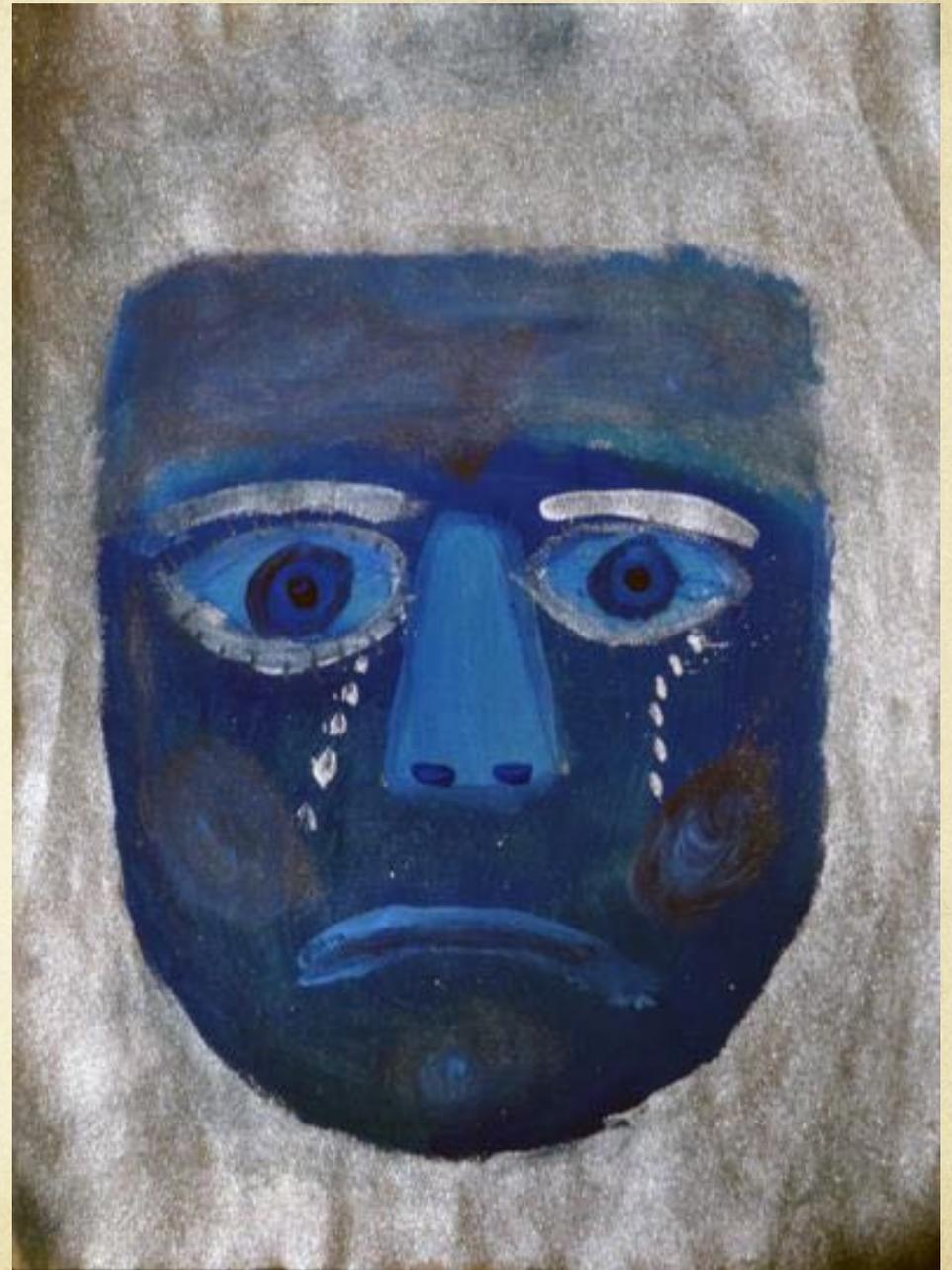
- An important natural human way to experience life.
- Embodied appraisal theory (Prinz, 2004) explains that it is made of both our appraisal of our social self when emoting and how we feel when experiencing a particular emotion.

Self-compassion

Kristin Neff (2009) explains that there are three parts to self-compassion:

1. self-kindness,
2. common humanity and
3. mindfulness (p.864).

Pema Chödrön (2011) *Staying with ourselves - opening our heart and mind, even when facing pain - training our heart muscle*
Tonglen: Dissolving the barriers between self and others.





Mindfulness

Mindfulness is our ability to be present to our painful feelings and thoughts instead of ignoring them or being overwhelmed by them.

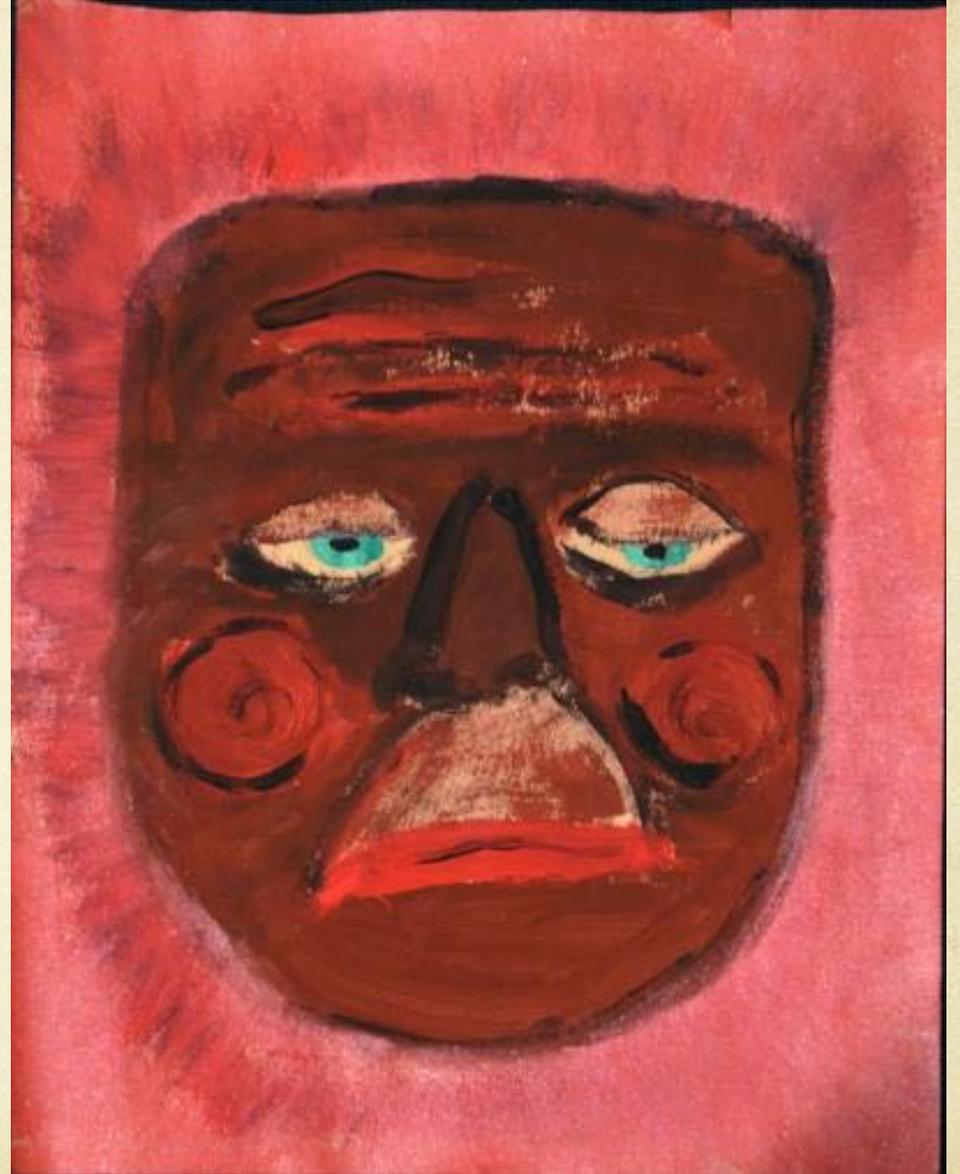
Emotional Honesty

- Being able to feel our emotion(s), handle the possible distress – overwhelming/stressful feelings, and share our experience with others as an opportunity to bring us closer.

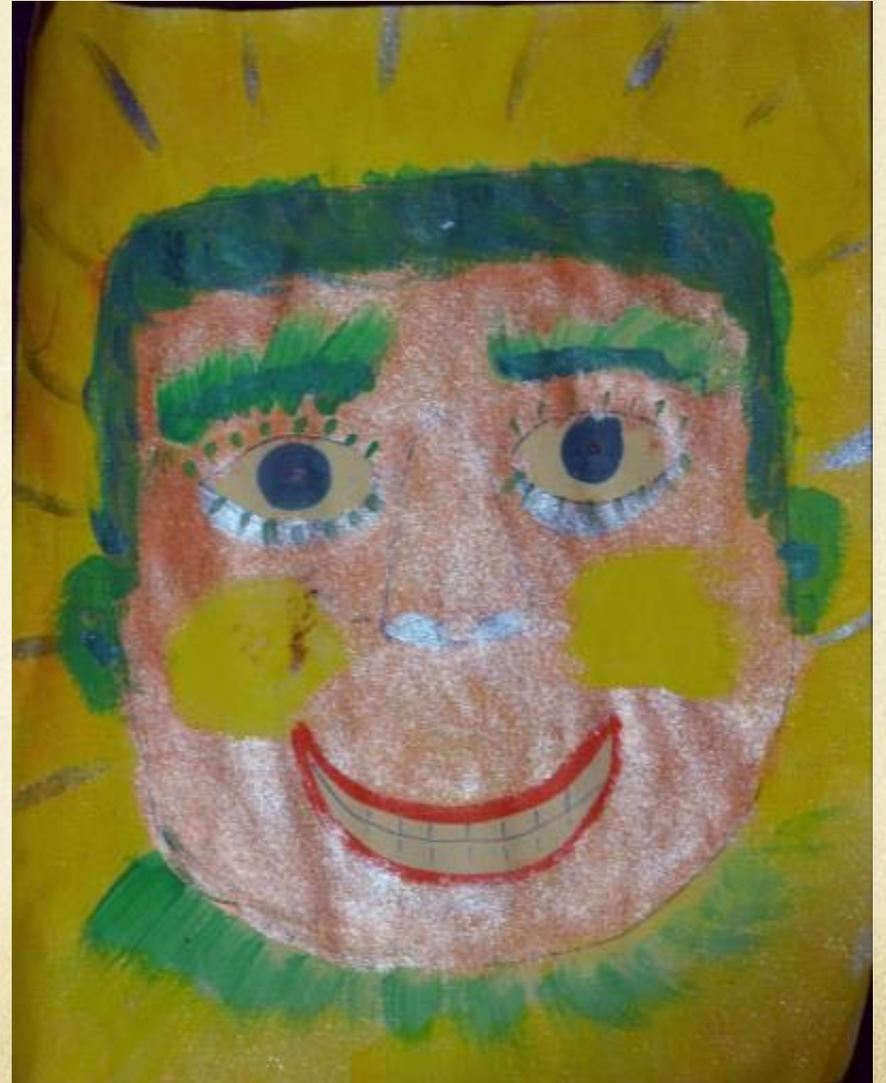
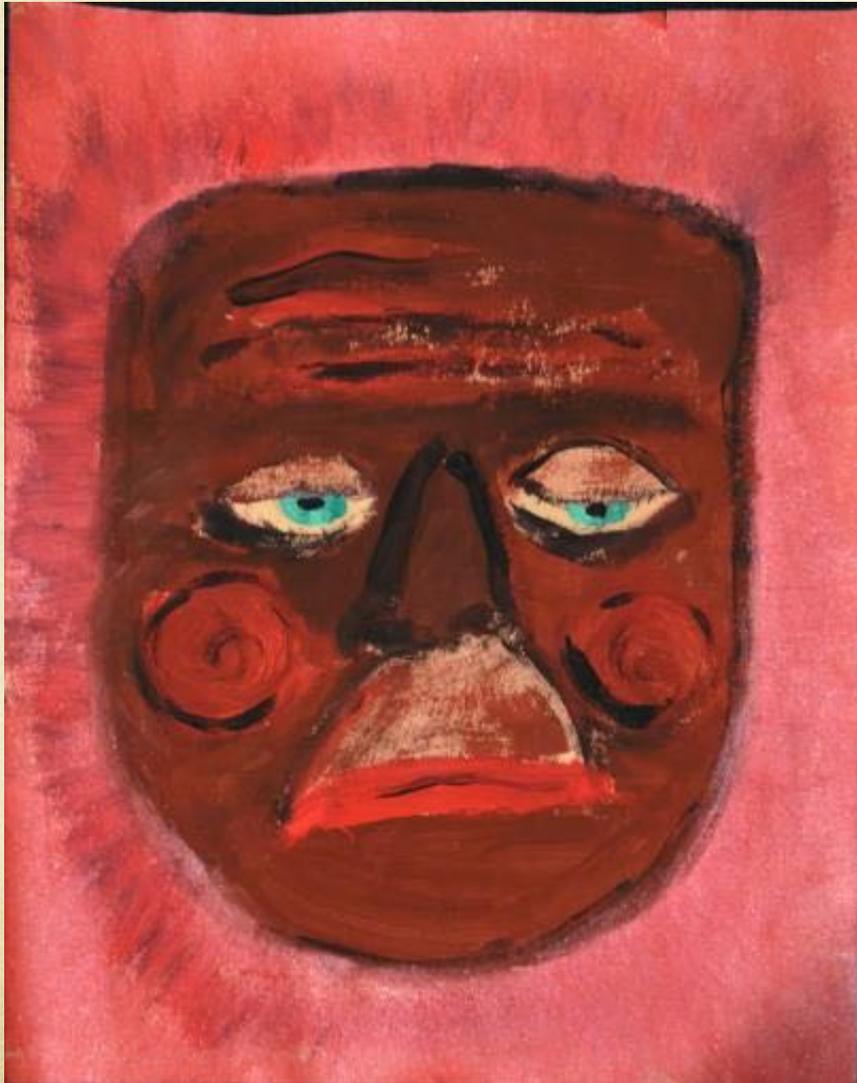


Emotional Honesty

- Being able to feel our emotion(s), handle the possible distress – overwhelming/stressful feelings, and share our experience with others as an opportunity to bring us closer.



Building resources:
Pendulation between activation and calm body



Exposing our masks

- Deleuze (1994) said that the “mask is the true subject of repetition” (p. 18). The danger of doing art without reflection can make us repeat and repress the same unhealthy habits, missing an opportunity to grow from our experiences.



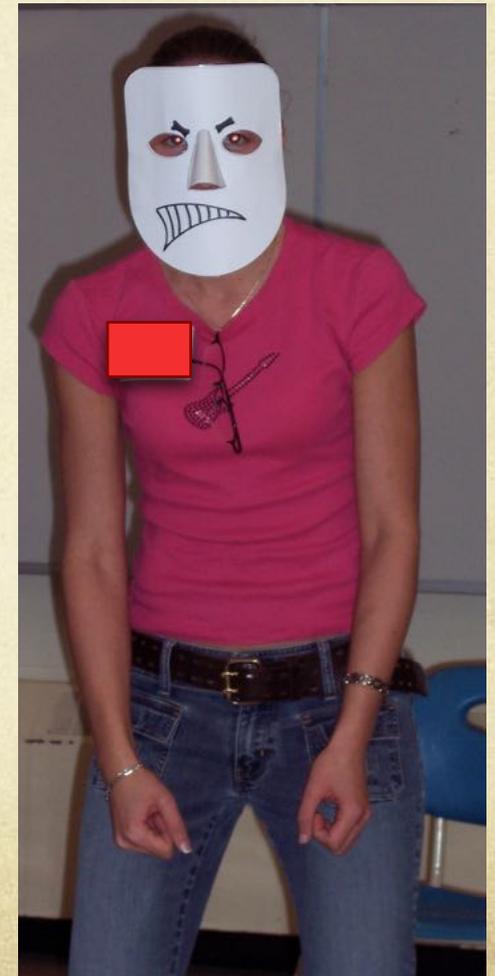
Exposing our masks

- This study sought to expose the calming and stressful emotional masks; more importantly, the ones we do not want to wear since we are trying to hide from them by hiding behind a mask that we deem socially more acceptable.



Exposing our masks

In revealing our masks, we can at the same time uncover ourselves
(Landy, 1986).



Exploring my emotions



Love



Anger



Sadness



Fear



Happy

Understanding My Counter-Emotion

Stressful emotion



Fear of Anger

Understanding My Counter-Emotion

Stressful emotion



Fear of Anger

Calming emotion



Happiness

Understanding My Counter-Emotion

Stressful emotion



Fear of Anger

Calming emotion



Happiness



Fear of My Anger

Understanding My Counter-Emotion

Stressful emotion



Fear of Anger

Calming emotion



Happiness



Fear of My Anger



Colourful Me

Understanding My Counter-Emotion

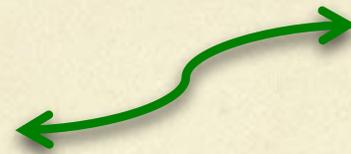
Stressful emotion

Calming emotion



Fear of Anger

Happiness

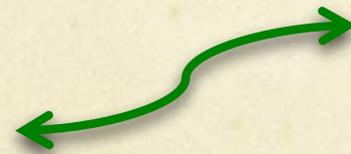


Tension:
Dualistic view of
myself



Fear of My Anger

Colourful Me



Fear of anger

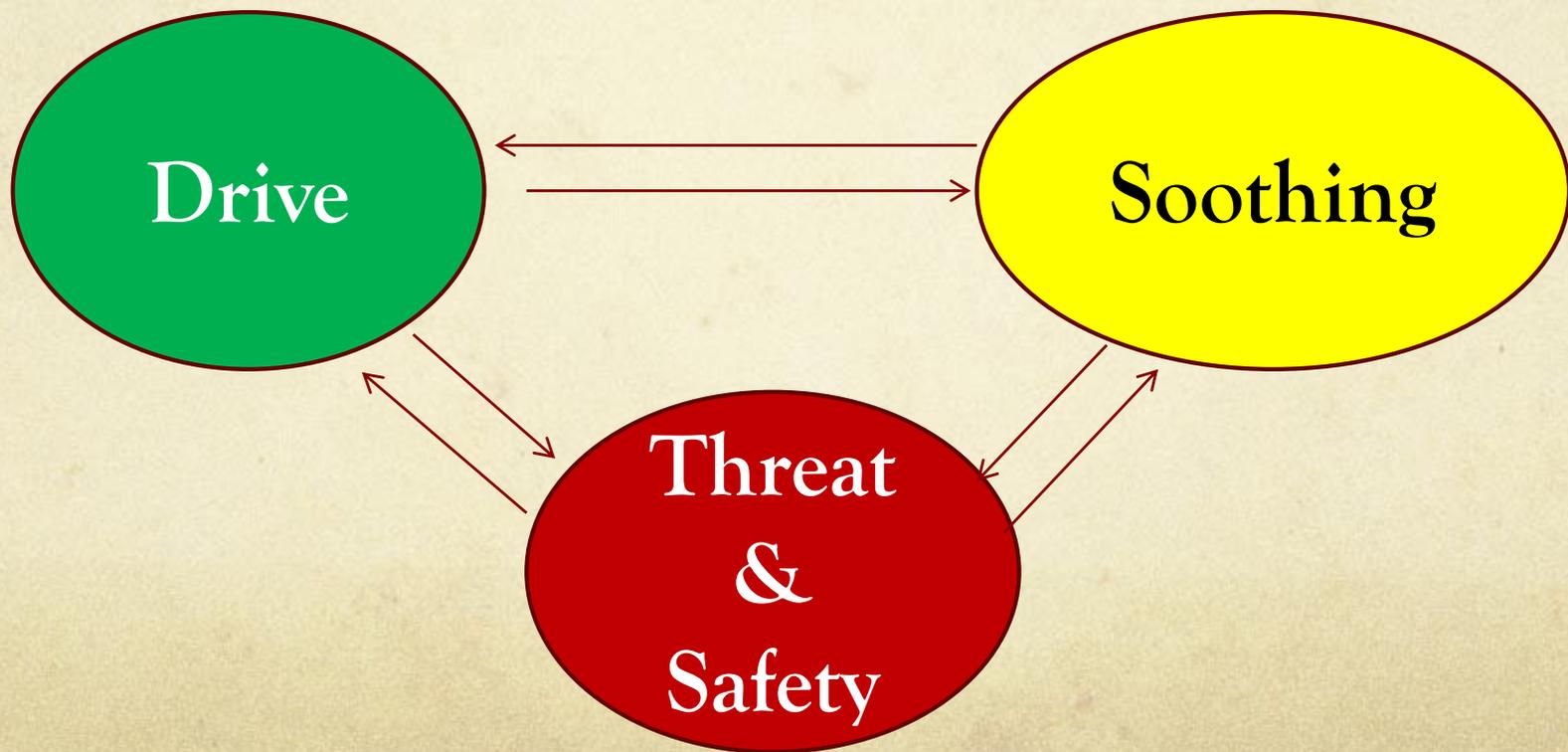


Divided-Self



Three affect regulating systems (Gilbert, 2009)

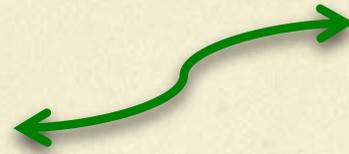
1. the drive system,
2. Contentment & soothing system -
3. Threat & safety system - detection and protection



Tension



Fear of Anger



Tension:
Dualistic view of
myself



Happiness

Integration



Fear of Anger



Happiness

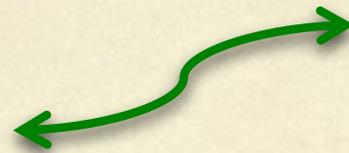


The Mountain

Tension



Fear of My Anger



Tension:
Dualistic view of
myself



Colourful Me

Integration



Fear of My Anger



Truer-Self

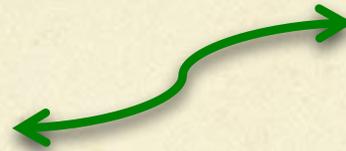


Colourful Me

Unbalanced affect regulating systems



Threat



Tension:
Dualistic view of
myself
incongruent

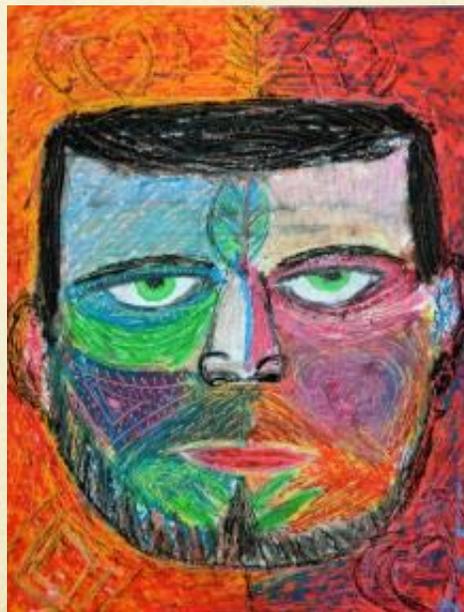


Soothing

“Balanced” and “congruent”



Threat



Drive

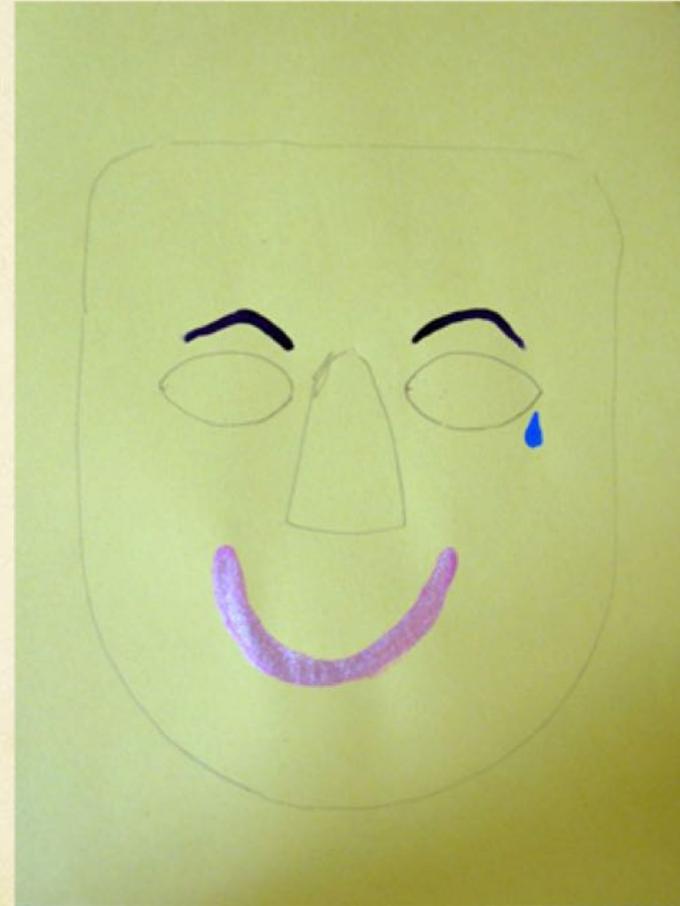


Soothing

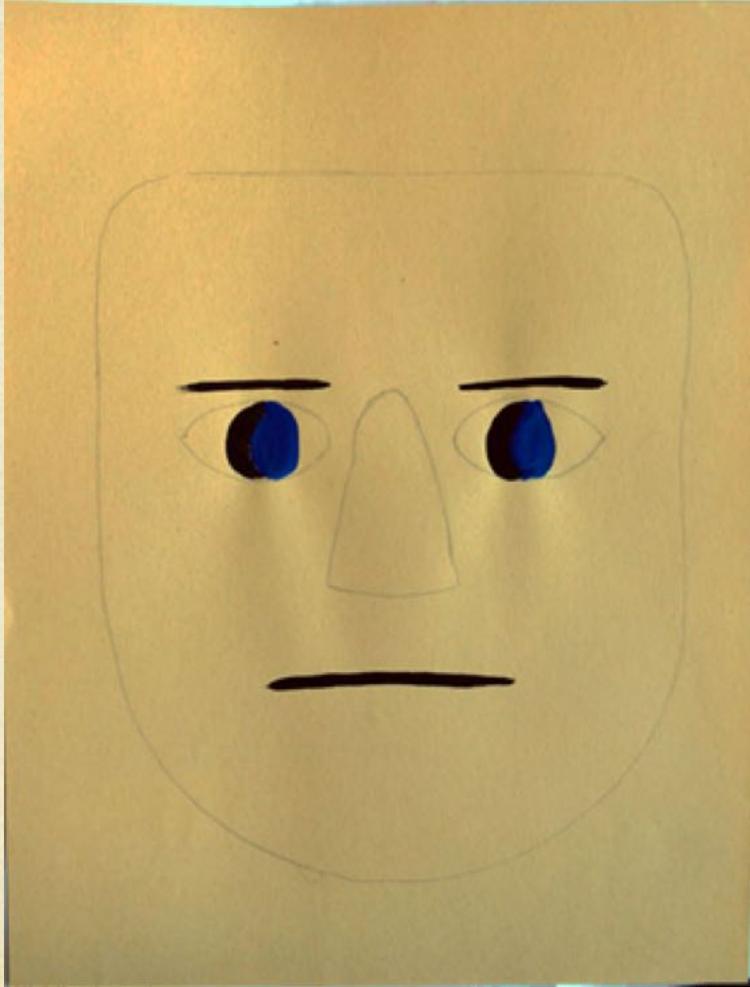
Kris' – eight basic emotions



Kris' - calming emotion -Joy



Kris' – Fear



Kris's

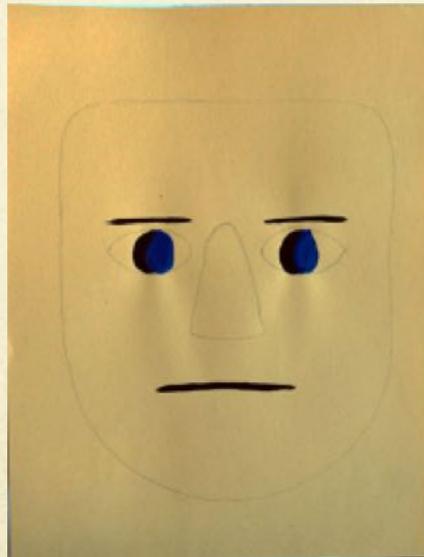
Perception of the counter-emotion: Fear.

- Kris acknowledged that the negative aspect of fear was unproductive and unhelpful.
- You have to be up for a challenge. You cannot be fearful of putting yourself out there. I am ..., so you can't be afraid to stand up and talk to people or challenge their beliefs and ideals.

Lack of Compassion

Kris had a few ways of expressing a lack of compassion when describing the experience of having a counter-emotion.

- Trying to hide the emotion, Kris said: *“So fear, for me, it's lack of showing emotions so it can't be used against you...”*



Lack of Compassion

Kris had a few ways of expressing a lack of compassion when describing the experience of having a counter-emotion.

- Trying to hide the emotion, Kris said: *“So fear, for me, it's lack of showing emotions so it can be used against you...”*
- Describing the overwhelming difficulty of dealing with the fear, Kris said: “It’s very solid. There is not, it seems all encompassing. There is no escape.”

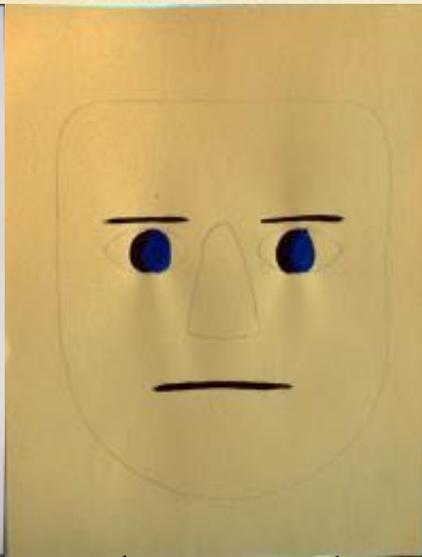


Lack of Compassion

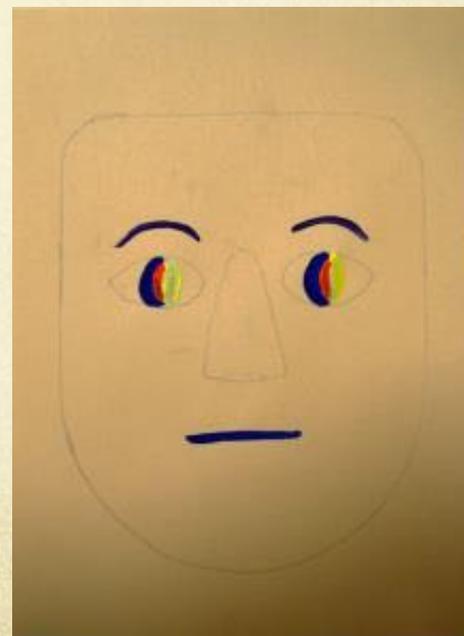
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- Describing the overwhelming difficulty of dealing with the fear, Kris said: *“It's very solid. There is not, it seems all encompassing. There is no escape.”*
- Shutting down, Kris indicated: *“You are trying to hide within yourself. You are trying not to feel anything. It, it's, it's like you are shutting down.”*

Integrating artistically counter-emotion with their calming emotion



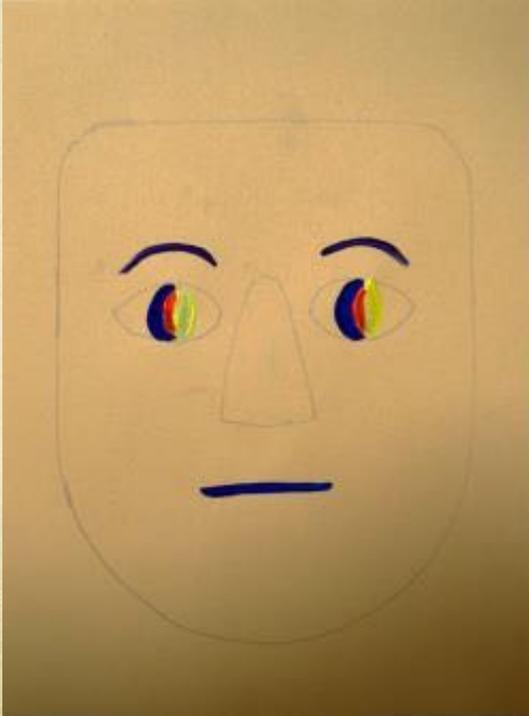
Finding Hope by Dispersing Fear with Joy



• Participant 1- Hope

Artistic integration

Finding Hope by Dispersing Fear with Joy



...Almost disperse the fear. So it's not as strong, not as strong, not as dark. It's kind of (pause) in between. There is hope. It's not stuck. There is movement. Well it's different cause it's almost free cause you, it's like you can actually feel anger and see what it looks like or feel. You know fear again and fear you usually hide it because if you show fear it can be used (against you).

Kris's counter-emotion was fear, and the calming emotion was joy.

Broadly speaking:

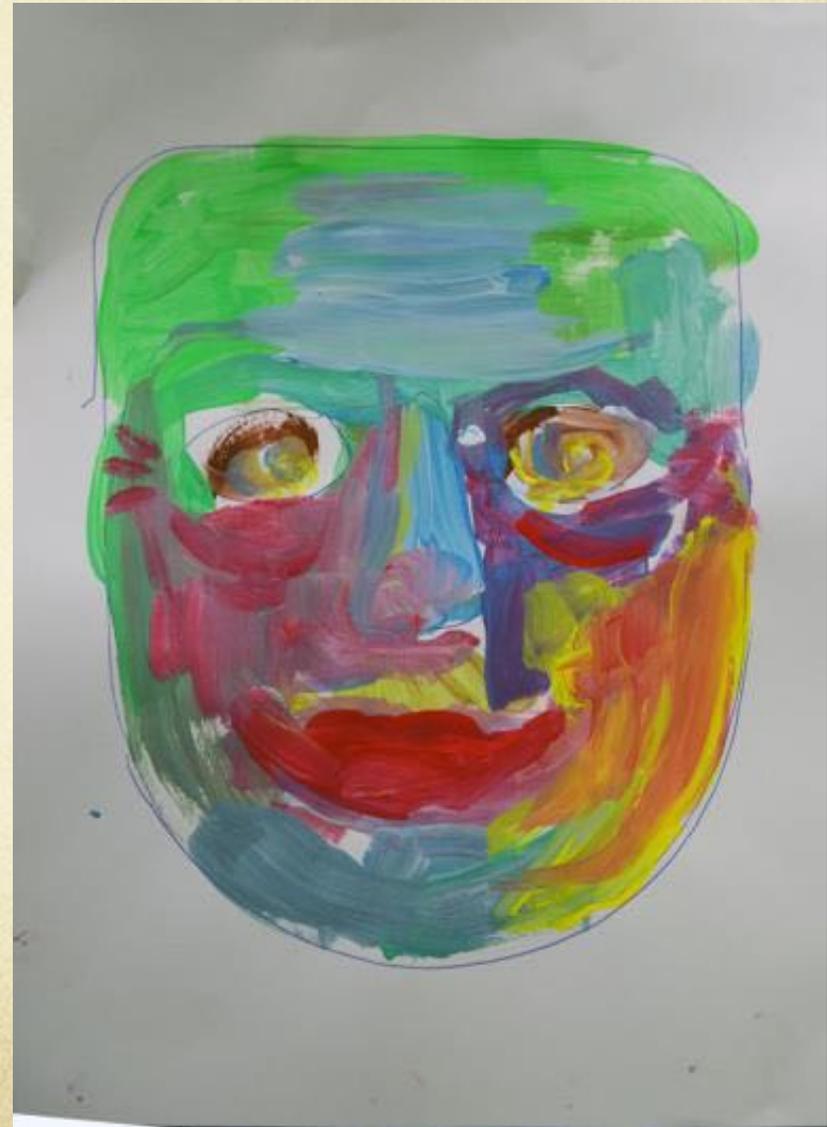
- Kris's fear was as an unacceptable emotion,
- the experience of fear preventing Kris from responding to social situations.
- joy was able to pull apart the fear and bring Kris hope.
- It seemed to have done so by allowing Kris to: accept that fear is a part of life; resolving the divided-self; and finding a truer self that permitted the acceptance of the fear instead of avoiding it. This acceptance also made it possible for Kris to be more compassionate despite experiencing fear.

Five central components

1. Lack of self-compassion;
2. Lack of congruency or a divided-self;
3. A search for a truer-self;
4. A more compassionate self;
5. An emotional-spiritual experience: learning to be emotionally honest – compassionate tolerance.



Erin's- Calming emotion - Trust



Erin's- Counter-emotion Anger



Erin - Gaining Time-out by adding anger to trust

Hmm. Timeout. I think this is positive because it's, um, it's learning to own the anger. Sort of trying to neutralize the anger of it. So it's okay to feel the anger.



Jo- Calming emotion Trust



Jo's Counter-emotion: Anger



Clarity: Rooting anger and Bearing fruits

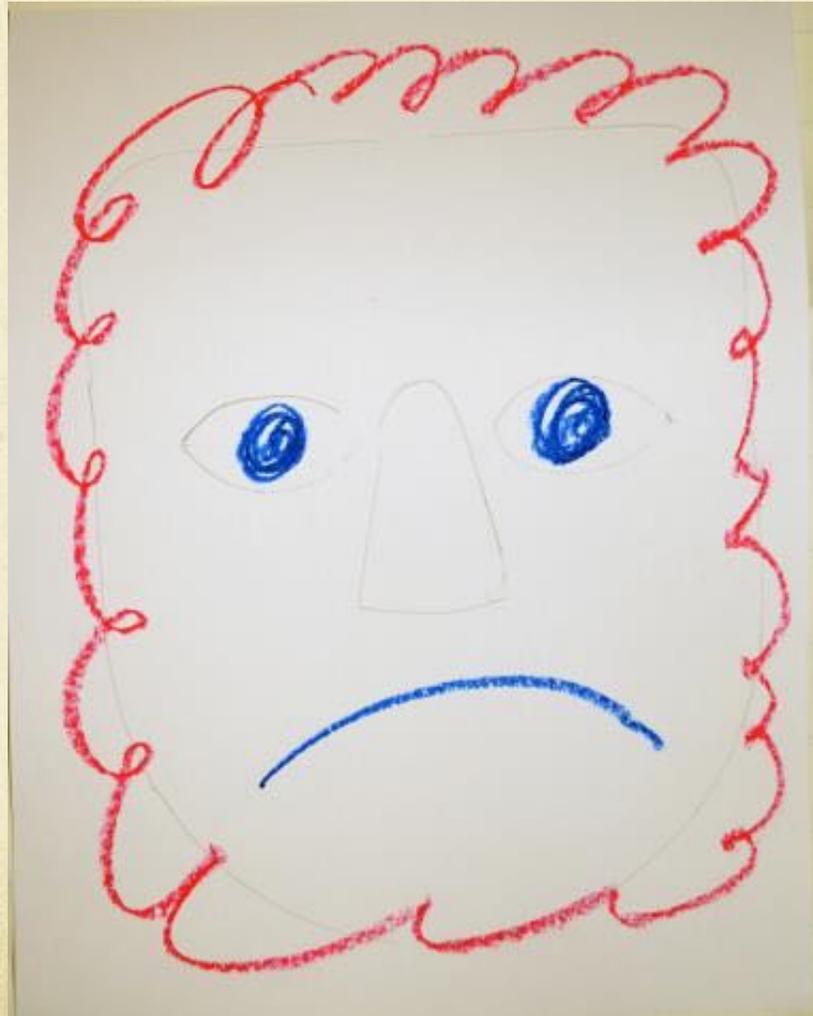


I mean, it's more, it's a tree right now with fruits in it. So, it's a different type of tree that's got more complete experience out of it. It's the kind of tree that the roots are not nice. But it's a tree that's more rooted in, into, um, where it could be.

Dawn – Joy calming emotion



Dawn's Counter-emotion - Anger

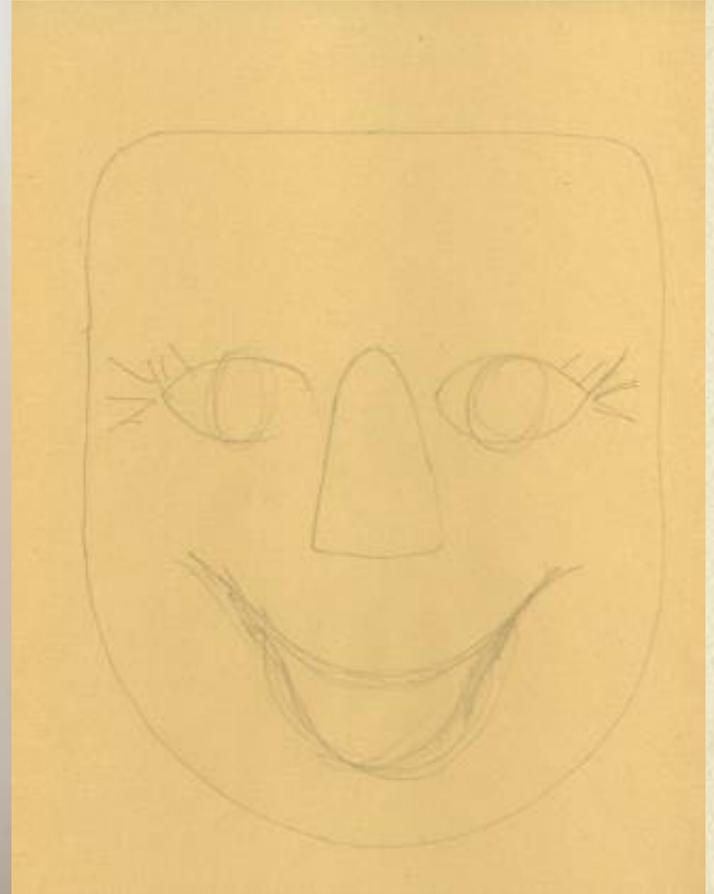


Dawn's New Growth: Facing the darkness of anger with Joy

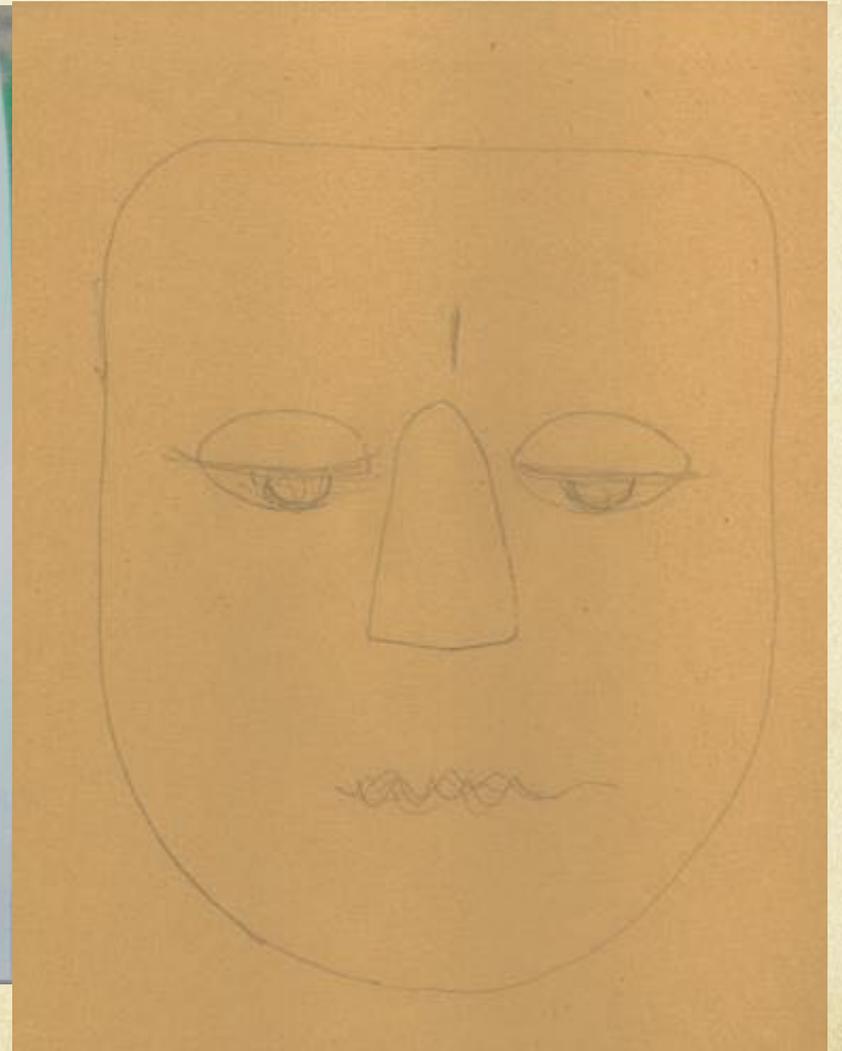
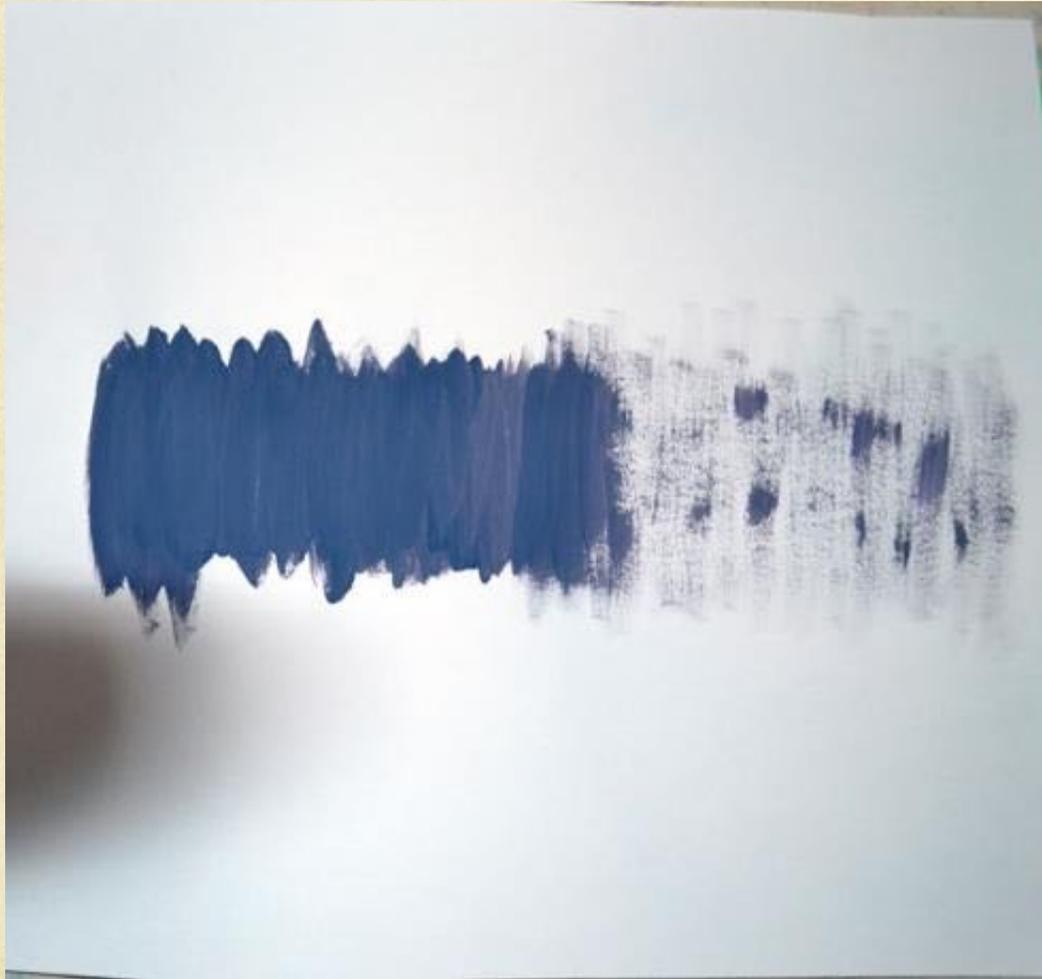


I would say it's positive because we're always trying to get out of the dark, and grow. And, like, to try to make things better. I would say that, hmm, for me it, it, a lot of it goes back to when my mom was really sick after my dad had died. So I was always trying to get from this darker place to, to grow. To make things better, to, does that make sense?

Robbin's - calming emotion Joy

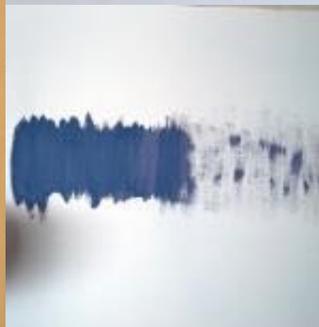
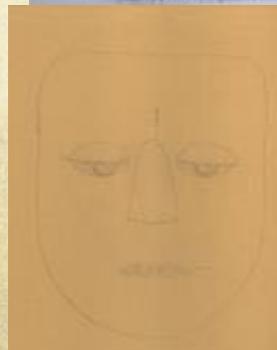


Robbin's Counter-emotion - Sadness



Resiliency : more dimension to sadness by adding joy

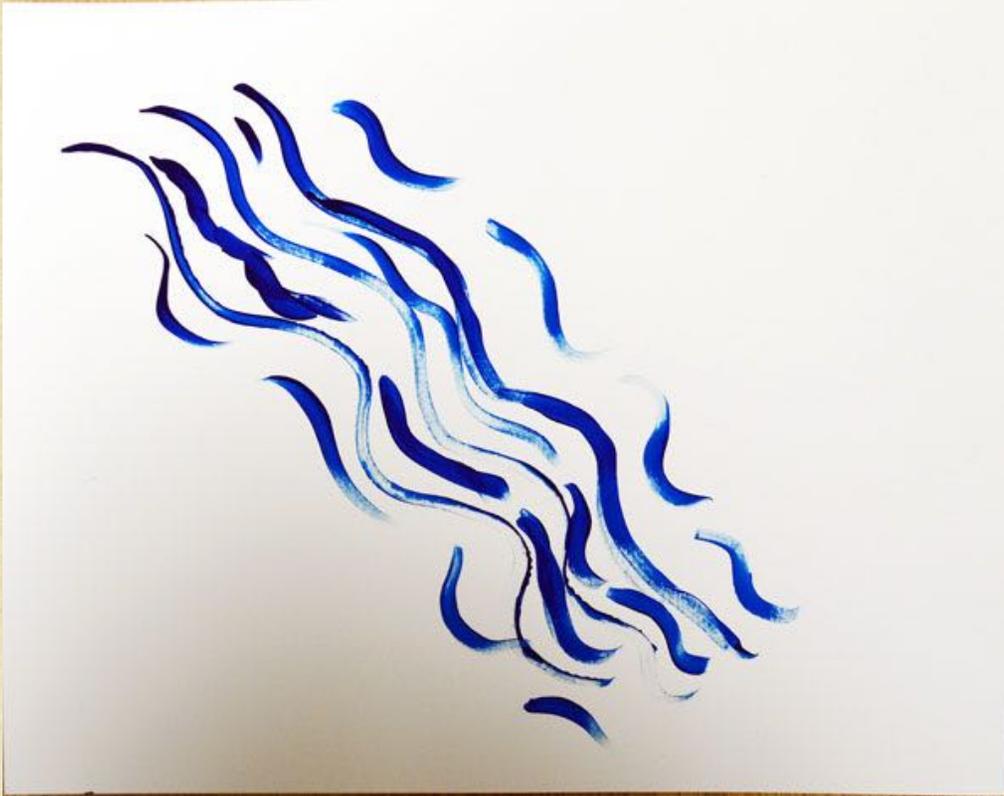
*Um, joy concurs
sadness. Um, because
it's definitely
dominating, although,
um, well, I like the
purple. ... Well, it
makes the sadness less
one dimensional. If
you're sad, you want to,
um, value that I guess
and experience it
because it is intense.
But you want to move
away from that, no one
wants to live in
sadness, so you want to
get to the other place.*



Ali- Calming emotion Trust



Ali's Counter-emotion: Sadness



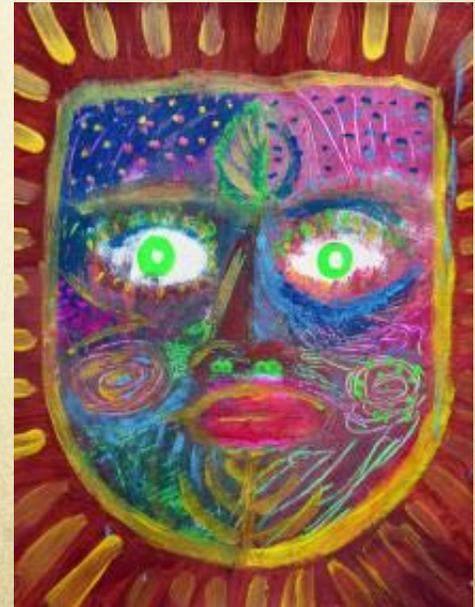
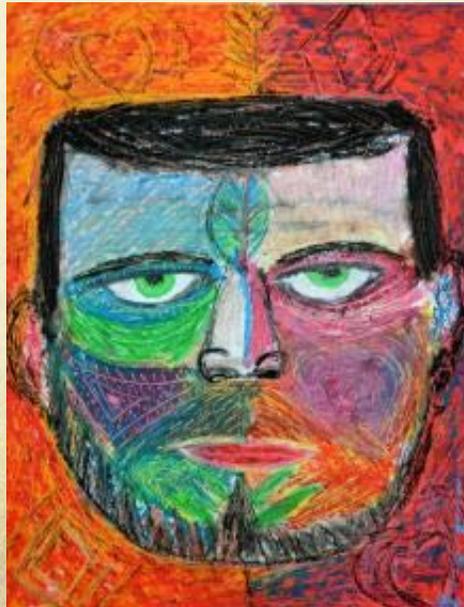
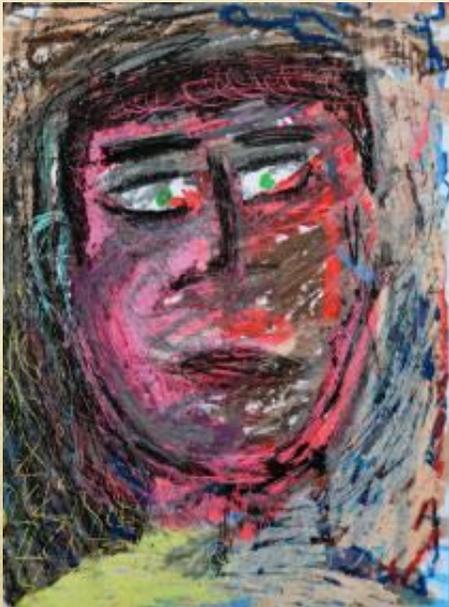
Ali's Healing: by adding trust to the sadness

So I see, um, a wave of emotions, like, just a whirlwind. But with the light in the middle. Just. A healing. Positive. It, uh, spiritually, spiritually gives a sense of peace.



Masking your emotions

- From the scaling questions chose one emotions you feel is the most calming and the most stressful
- Do a mask for the calming and stressful emotion
- Find a way to bring components of both into a new artwork...



Take away message

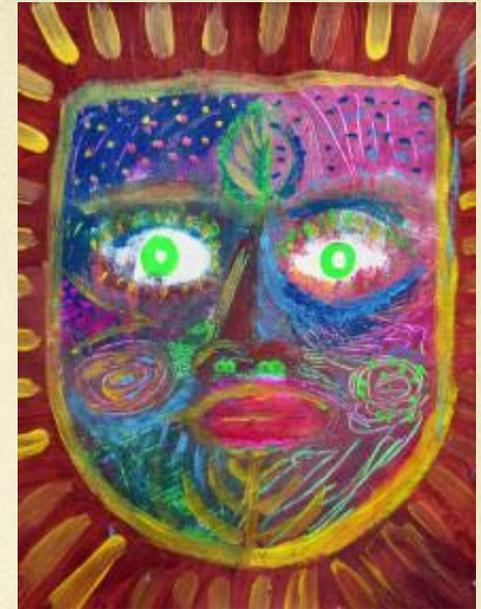
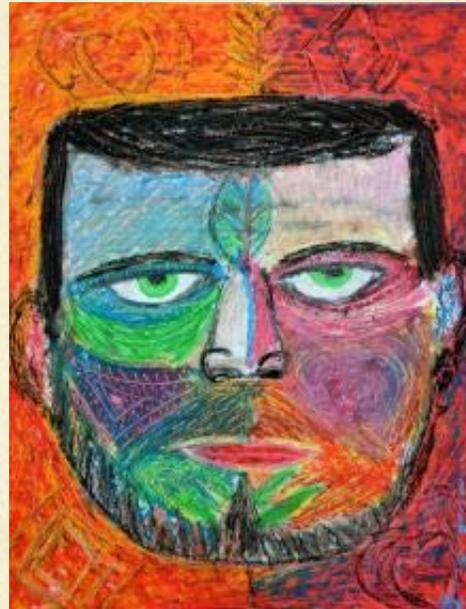
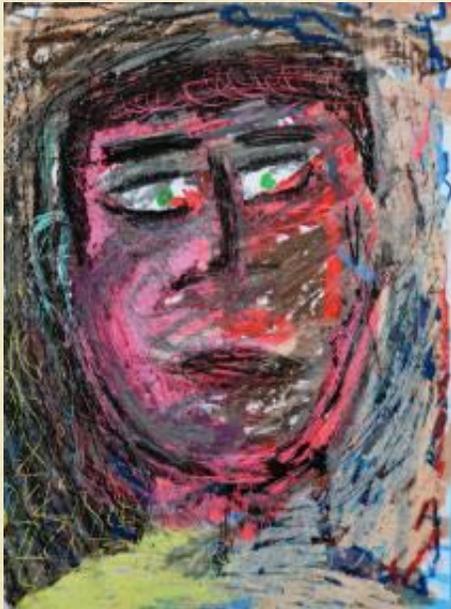
Emotions are not negative or positive, but our experience with them can be.

Exploring and integrating counter-emotions can encourage:

1. self-compassion.
2. congruency;
3. Facilitate emotionally honest.



Questions?



Masking our emotions and
the art of compassion

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