

A Mindfulness Model for Right Moments and the Psychophysiology of Empathy

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Abstract:

This presentation will introduce a mindfulness model for conceptualizing and achieving optimal attunement between healthcare practitioners and their patients. This mindfulness model may complement the "right periods and shared moments model" currently under research at the Josef Ressel Center. Mindfulness-based coping and mindfulness meditation have been widely embraced by North American healthcare practitioners as effective tools for treatment of a wide range of medical and emotional disorders. The mindfulness approach, which emphasizes optimal awareness of the present moment, without judgment or evaluation, is also useful to guide the doctor-patient encounter. This presentation will introduce the concepts of the mindful practitioner, the mindful treatment encounter, and mindful engagement of the patient.

In addition, the presenter will give a brief overview of the psychophysiology and neurophysiology of empathy, reviewing what current research shows about brain states and physiological states that seem to accompany times of greater attunement and engagement between human beings, especially between healthcare practitioners and patients. Finally, the presenter will highlight a research design from hypnosis research that might serve well for research on "shared moments."