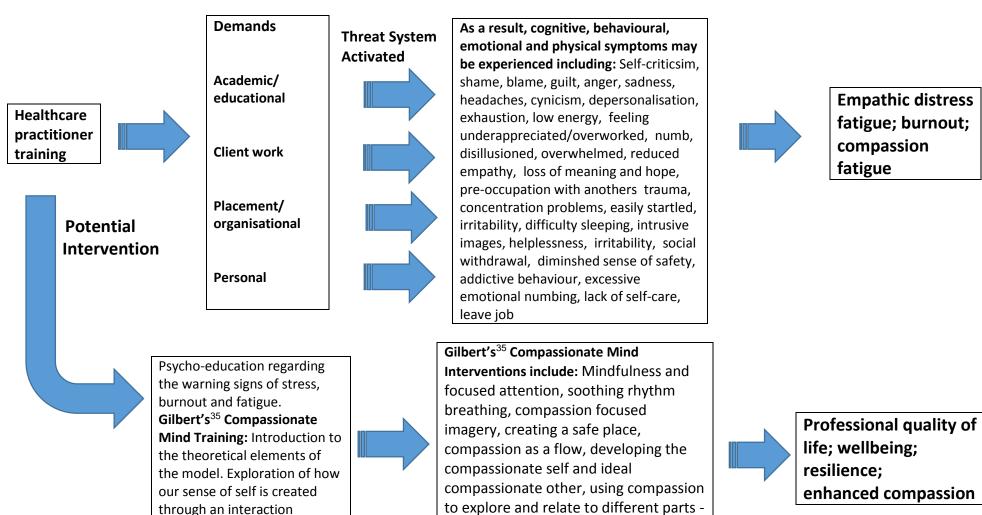
Figure 1: Compassionate mind training model for healthcare practitioners and educators

between our genes, social

regulation systems

experiences and our emotion



writing

multi-self, using compassion to engage

with self-criticism, compassionate letter