

# Human Kindness Objectives

## Session 1:

- Differentiate among sympathy, compassion, empathy, and kindness.
- Enumerate the four aspects of an advanced directive.
- Integrate the eight questions of end-of-life understanding into interviewing technique.
- Identify the differences among the three physician personalities: paternalistic, informative, and interpretive.
- Appreciate features of kindness, and contrast this virtue with its opposing vices especially as it applies to the history of bedside manner and physician patient interaction on a socioeconomic level
- Review perspectives on kindness & related virtues in philosophical traditions, particularly the virtue ethics of Aristotle
- Review perspectives on kindness in the world's major religious and spiritual traditions
- Understand how kindness has been examined in modern philosophy and modern psychology
- Review findings from modern research on kindness in positive psychology & developmental psychology

## Session 2:

- Apply improvisational acting skills to mitigate stressful circumstances
- Express a clear consciousness of others
- Create an acute sense of self-awareness
- Integrate listening skills into daily encounters
- Strengthen one's ability to receive and respond appropriately to emotional cues

## Session 3:

- Enumerate which types of neurons are essential for the ability to imitate facial expressions of others.
- Apply "loving kindness" meditation to patient care.
- Differentiate the neural pathways for empathy and compassion.
- Classify the various functional brain imaging modalities used in the science of neurobiology.
- Associate the "default mode" of the brain with the ability to listen.
- Employ the concept of "self-kindness" in order to provide patient empathy.
- Demonstrate breathing exercises necessary for creating a kindness meditation in order to relieve personal anxiety.

## Session 4:

- Students will learn to develop a verbatim report to cultivate the importance of narrative in the work of meaning-making and healing.

- Students will be able to identify a variety of strategies for self-awareness and self-reflection, especially as they pertain to clinical interactions.
- Students will be able to state the benefits of being aware of one's autobiography in clinical care.
- Students will develop specific skills in eliciting and respecting patients' autopathographies (their stories of illness).