

OBJECTIVES NEUROBIOLOGY OF KINDNESS/LOVINGKINDNESS MEDITATION

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.