

Objectives:

- Enumerate which types of neurons are essential for the ability to imitate facial expressions of others.
- Differentiate the neural pathways for empathy and compassions.
- 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.
- Use of meditation (i.e. loving kindness) to improve one’s own kindness to others
- Teaching a meditation technique (i.e. loving kindness) to patients to improve their own mental health