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Joe's core themes and principles

Important not to blame children for their difficult behaviours but to recognise them as a search for meaning, to 'make sense of their lives, their inner worlds' and search for protection and safety

They carry a complex sense of self, textured with shame, guilt and hopelessness that can underpin despair and rage



4


Joe's core themes and principles

We need to identify basic needs which include protection and safety

Plus

a sense of validation, experience of being listened to and understood – empathic connectedness, build social trust

which eventually leads to a sense of belonging to a community that cares about them - which in turn gives a sense of **safeness in self and with others** which is distinct from safety




5

Joe's core themes and principles

Opportunities for children to explore their minds rather than just react, to be able to identify needs that maybe associated with many painful feelings

Helping children to de-shame and let go of hostile self-criticism and at times self and other fear and hatred; to help children and young people recognise that none of what had happened to them nor the way they are reacting is their fault

The centre of this journey is compassion



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What drives you?

The struggle to help people to see, and care about, the suffering of so many children caused by other humans that is entirely avoidable

The turning away from the difficulties of the realities of abuse and the suffering of children - lack of empathic bridging

The defensive refusal to acknowledge that humans are potentially a very nasty, brutal species and without compassion that takes in the care and the well-being of the other, we can become terrorising of our children and abandoning of their needs for love and care

Make abuse - and the absence of compassion care - a core priority for awareness and action



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An official website of the United States government [Here's how you know](#)

NIH National Library of Medicine
National Center for Biotechnology Information

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StatPearls [Internet].
* [Show details](#)
Treasure Island (FL) : StatPearls Publishing; 2025 Jan-
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Child Physical Abuse and Neglect
Casey L. Brown, Musa Yilanci, Angela L. Rabbitt.
* [Author Information and Affiliations](#)
Last Update: May 29, 2023.

Continuing Education Activity [Go to: ☑](#)

Approximately one in four children experience child abuse or neglect in their lifetime. Of maltreated children, 18 percent are abused physically, 78 percent are neglected, and 9 percent are abused sexually. The fatality rate for child maltreatment is 2.2 per 1000 children annually, making homicide the second leading cause of death in children younger than age one. Exposure to violence during childhood can have lifelong health consequences, including poor physical, emotional, and mental health. Prevention, diagnosis, and treatment of physical child abuse is key to the mitigation of adverse health outcomes. This activity examines when child abuse and neglect should be considered on differential diagnosis and the steps that should be taken to help affected children. This activity highlights the role of the interprofessional team in caring for these children that have experienced abuse and neglect.

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Child Physical Abuse and Neglect

Casey L. Brown, Musa Yilanci, Angela L. Rabbitt.
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EMPIRICAL ARTICLE

Childhood Emotional Abuse and Somatic Symptoms: The Mediating Effect of Self-Hate

Pierre Gilbert, Rosalind, & Francesca Gazzillo & David Keady

Department of Clinical and Biological Sciences, University of Turin, Orbassano, Italy | Department of Dynamic and Clinical Psychology, and Health Studies, Sapienza University of Rome, Rome, Italy | Department of Psychiatry, University of British Columbia, Vancouver, British Columbia, Canada

Correspondence: Pierre Gilbert Rosalind (pierre.gilbert@unito.it)

Received: 2 January 2021 | Revised: 7 July 2021 | Accepted: 12 July 2021

Funding: This work was supported by Michael Smith Health Research BC, scholar award #1027 to the last author

Keywords: Central Memory Theory | emotional abuse | self-hate | somatic symptoms

ABSTRACT
Childhood emotional abuse is a recognized factor in the development of mental health problems, including persistent somatic symptoms. Negative self-hate, a core feature of emotional abuse, has been shown to mediate the relationship between childhood emotional abuse and somatic symptoms. The present study was designed to investigate the mediating role of self-hate in the relationship between childhood emotional abuse and somatic symptoms. A cross-sectional study was conducted with 298 help-seeking adults. Childhood emotional abuse was measured using the Childhood Emotional Abuse Scale (CEAS). Self-hate was measured using the Self-Hate Scale (SHS). Somatic symptoms were measured using the Somatic Symptom Scale (SSS). Mediation analyses showed that self-hate significantly mediated the link between childhood emotional abuse and somatic symptoms, even after accounting for general negative affectivity as a covariate (indirect effect $d = 0.07$, 95% CI [0.01, 0.13]). These findings highlight self-hate as a key mechanism linking childhood emotional abuse to somatic symptoms. Even when controlling for broader emotional instability, self-hate remained central. Addressing these negative self-beliefs through targeted interventions may help reduce both emotional suffering and associated physical manifestations.

Why?
Grossly abnormal rearing environments

298 help seeking adult

CEA was significantly associated with

- Self hate
- Somatic symptoms
- and each other

How we exist in the mind of the other becomes a mirror to how we exist for ourselves

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Why?
Entrapped with no rescue

298 help seeking adult

CEA was significantly associated with

- Self hate
- Somatic symptoms
- and each other

How we exist in the mind of the other becomes a mirror to how we exist for ourselves

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Australian Childhood Foundation

Nutrients of the mind

Plenary

Key Note Melbourne 18 August 2025

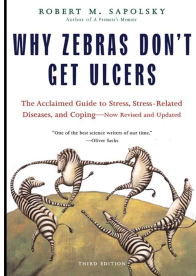
Prof Paul Gilbert, FBPsS, OBE

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Need to recognise the importance of absence of 'emotion nutrients' as well as the presence of harms



As Sapolsky's (1994) observed:

Touch is one of the central experiences of an infant, whether rodent, primate, or human. We readily think of stressors as consisting of various unpleasant things that can be done to an organism. Sometimes a stressor can be the failure to provide something to an organism, and the absence of touch is seemingly one of the most marked of developmental stressors that we can suffer (p. 92).

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Need to recognise the importance of absence of 'emotion nutrients' as well as the presence or harms

Journal of Child Psychology and Psychiatry 55:12 (2014), pp 1211–1220

Paternal and Maternal Warmth and the Development of Prosociality Among Preschoolers

Elia Daniel
Tel Aviv University

Shari Moulton
University of Calgary

Jennifer Jenkins
University of Toronto

Parent-Child-Relationship Quality Predicts Offspring Dispositional Compassion in Adulthood: A Prospective Follow-Up Study Over Three Decades

Michèle Monseaux
University of Utah

Shirley Davidson
University of Houston

Shoshana Kishor
University of California, Berkeley

Natalia-Maria Vlachou
Pedagogical Research Center, Athens, Greece, and University of Athens

Kim Choukoff
University of Delaware and University of Utah

U. Robert Langner
Washington University in St. Louis

Adam Sroufe and Renshaw Weisberg
University of Minnesota

Chris T. Rusbult
University of Texas and Texas University Medical Branch, Houston

Laura Pothol-Bellack
University of Minnesota

Explored 381 families for the development of reciprocal relationships between paternal maternal behaviour and child prosociality assessed to 18, 36 and 54 months of age

Father and mother prosocial behaviour were reciprocally related and predicted increases in child prosocial behaviour over time

After controlling for a range of other processes the main predictor of pro social behaviour in later adulthood was parental warmth

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Psychology and Psychotherapy: Theory, Research and Practice (2009), 82, 171–184
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www.bpsjournals.co.uk

The British Psychological Society

Development of an early memories of warmth and safeness scale and its relationship to psychopathology

A. Richter, P. Gilbert* and K. McEwan
Mental Health Research Unit, Kingsway Hospital, Derby, UK

- I felt cared about
- I felt a sense of warmth with those close to me
- I felt cherished
- I felt safe and secure

Memories of emotional warmth was correlated with memories of parental behaviour but was a better predictor of self criticism and self reassurance, depression and anxiety

Now used in many studies

Implications are that understanding the importance of social warmth and needs to be part of our therapeutic engagement

It is more than safety, empathy validation and understanding - very dependent on the non-verbal communication 'softness'

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Social mentalities have to co-evolve relationships to co-regulate minds and bodies



Parental warmth is carried on multiple channels of verbal and non-verbal communication e.g., facial expressions, voice tones, and touch



Conveyed through both shared **stimulating** positive affect (play, joy in the other) as well as **calming**

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Social mentalities have to co-evolve relationships to co-regulate minds and bodies



These have profound impacts on the maturation of a range of psychophysiological systems that impact the regulation of threat sensitivity and emotions, the sense of self, values and motives, the development of social trust and compassion orientation



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The brain is a social processing system in the pursuit of survival and reproduction and is evolved to be socially regulated



- In multiple domains of functioning, from the development and use of language and cognitive abilities, through to the maturation of motives and emotion regulation, on to self definition and values - we evolved to be regulated and patterned through our relationships - *not self regulated* -- which can come later



- Compassion focused therapy is rooted in this approach

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[illegible]

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[illegible]

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Why the evolution of attachment and caring behaviour was so profound



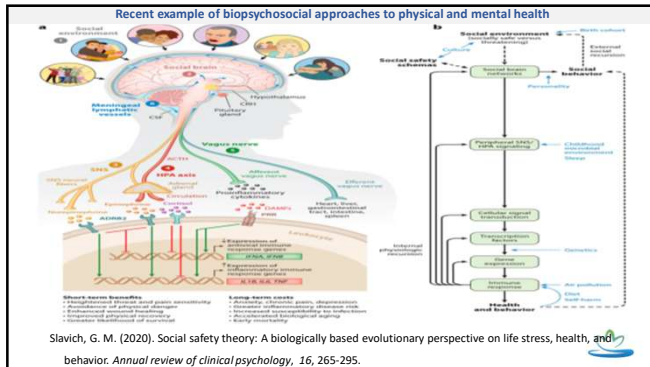
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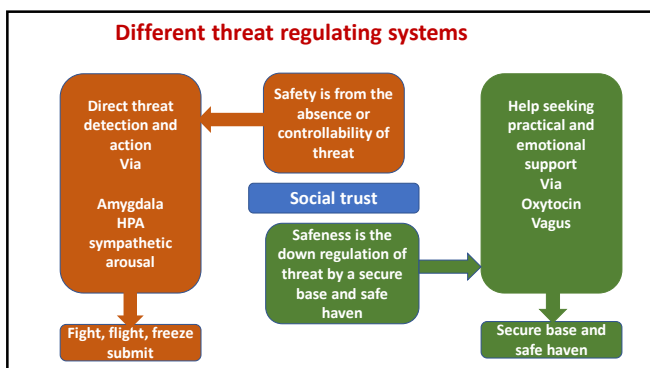
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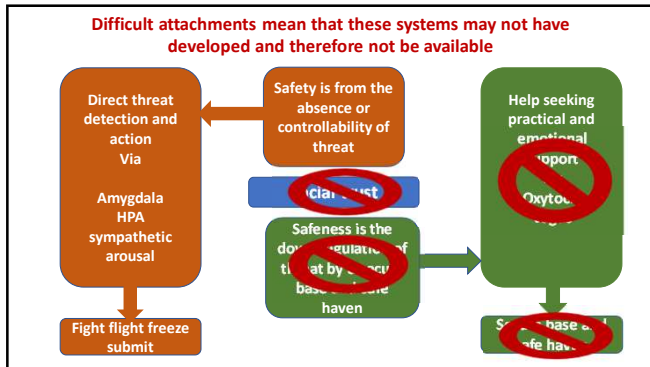
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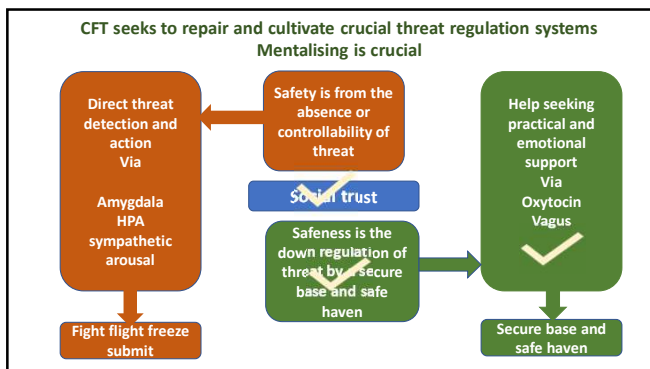
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Tribute to Joe Tucci


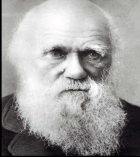
Evolution and compassion

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Mind: Where from and how built?

Charles Robert Darwin,
12 February 1809 – 19 April 1882


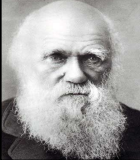
The process of change via natural selection from the challenges of survival and reproduction -

The three challenges of life and the four functions of mind

Protection
Resource acquisition
Rest and digest
Non-social vs social

Motives
Emotions ↔ Competencies
Behaviours

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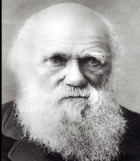
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Motives
Emotions ↔ **Trauma** ↔ Competencies
Behaviours

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Resource acquisition
Rest and digest
Non-social vs social

Motives
Emotions ↔ **compassion** ↔ Competencies
Behaviours

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Compassion Solutions




Ancient wisdom
Compassion is the road to the alleviation and prevention of suffering

Evolution
Evolution has shaped our brains to be highly sensitive and responsive to internal and external stimuli indicative of care and kindness

Neuroscience
Specific brain areas are focused on detecting and responding to kindness and compassion and regulate threat processing

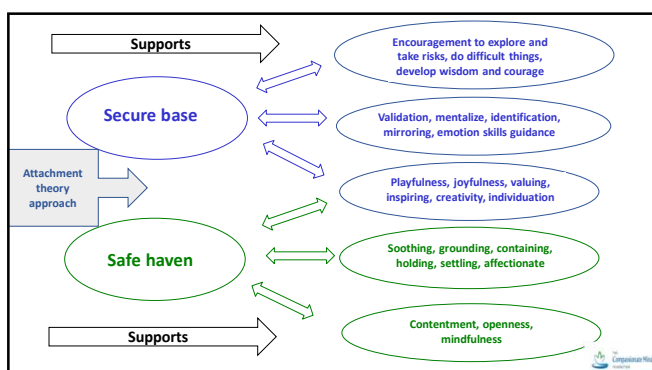
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Compassion Solutions




What are these signal?

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Compassion can be defined in many ways but in CFT the focus is as a **basic social motive** with an S-R algorithm


A sensitivity to the suffering/distress of self and others with a commitment to try to alleviate and prevent it

- **If Stimulus detection then engagement**
 - To approach, understand and (how to) engage with suffering/distress - looking into its causes
- **Then plan and take action**
 - To work to alleviate and prevent suffering/distress – work to acquire wisdom and skills

Each require courage and wisdom
 Courage without wisdom could be reckless
 Wisdom without courage can be ineffective
 Without commitment nothing may happen



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Guided discovery of the nature and causes of suffering

Cultivating appropriate responses and actions with courage and wisdom


35



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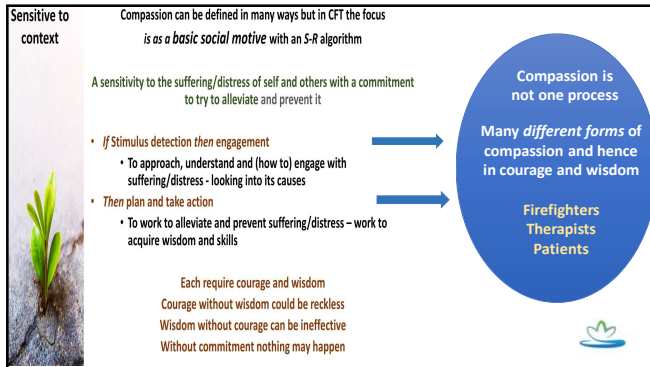


Engagement Competencies
 Motivation
 Attention sensitivity
 Sympathy
 Distress tolerance
 Empathy
 Non judgement

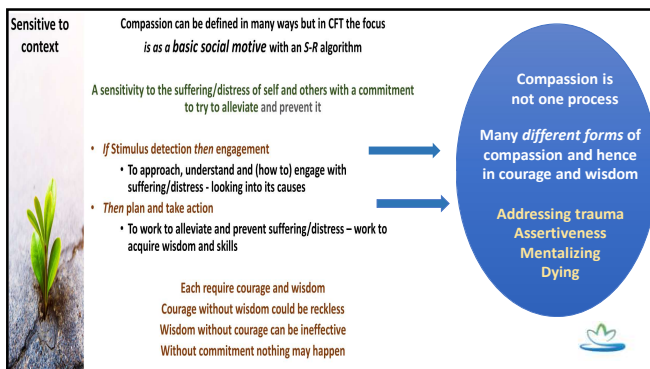
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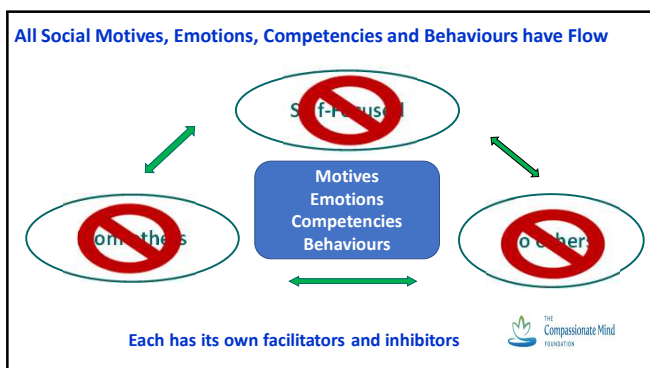
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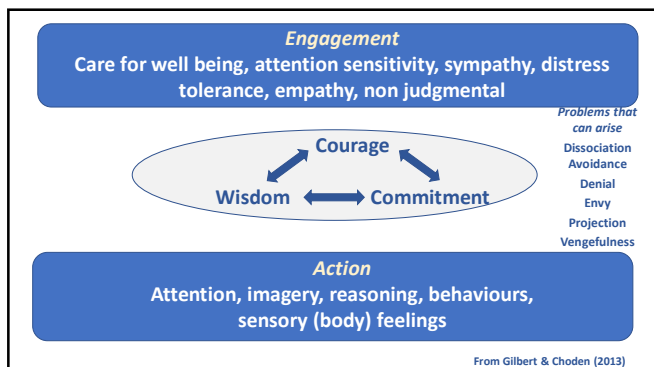
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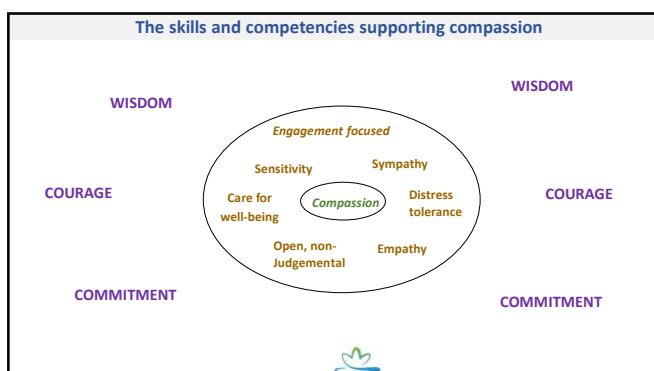
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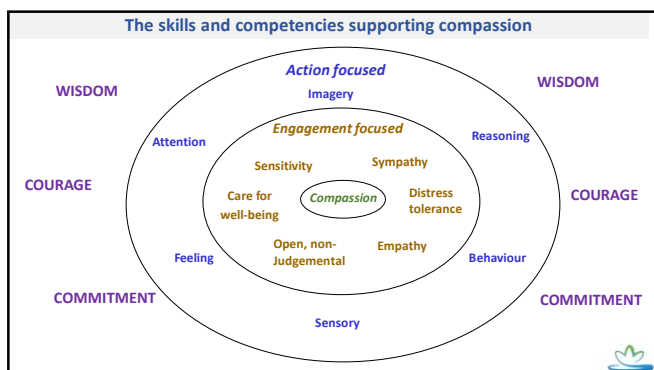
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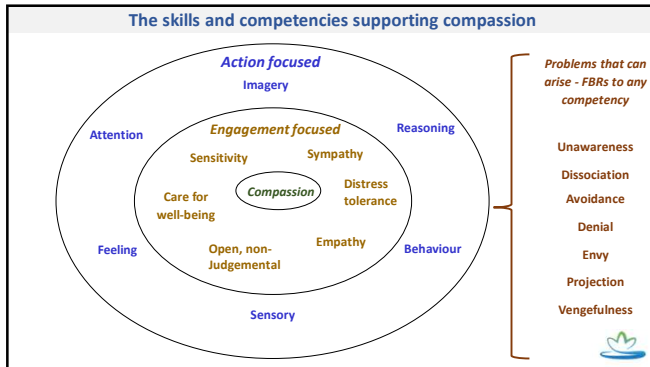
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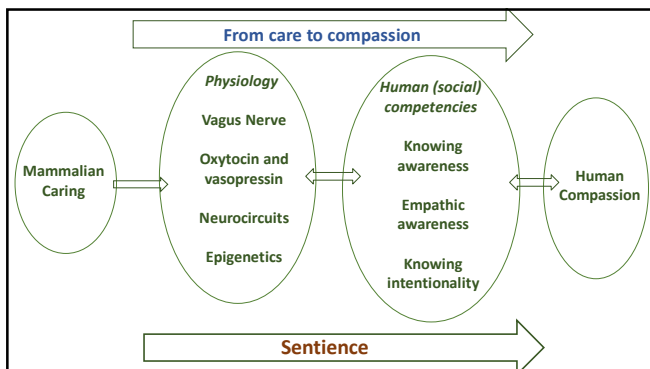
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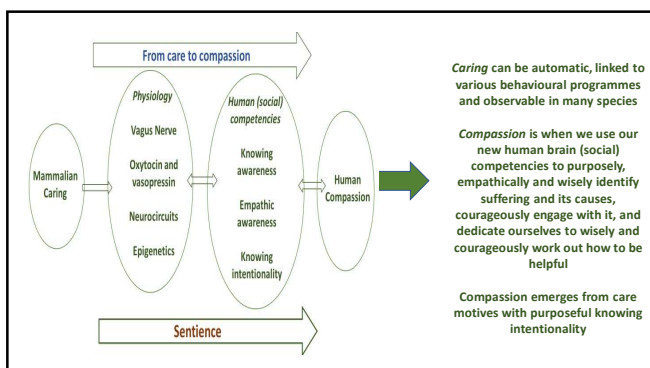
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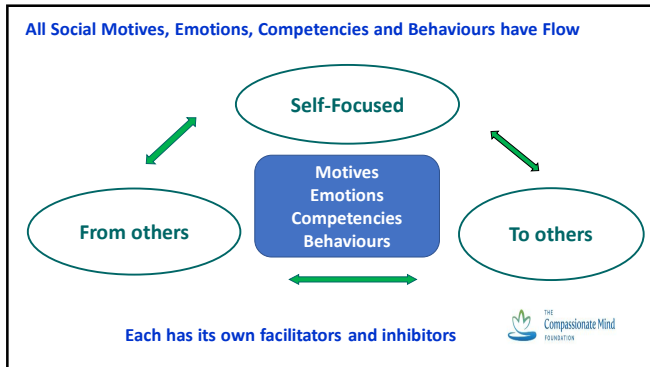
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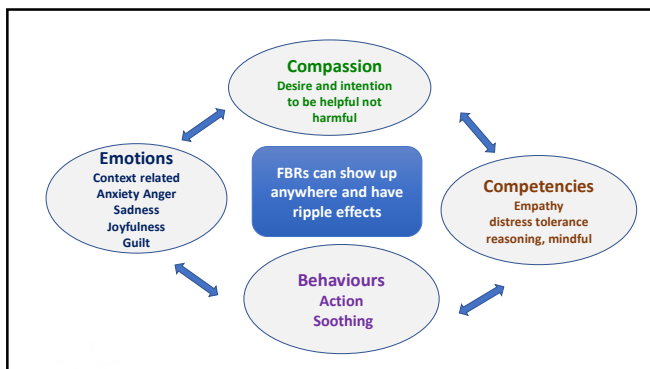
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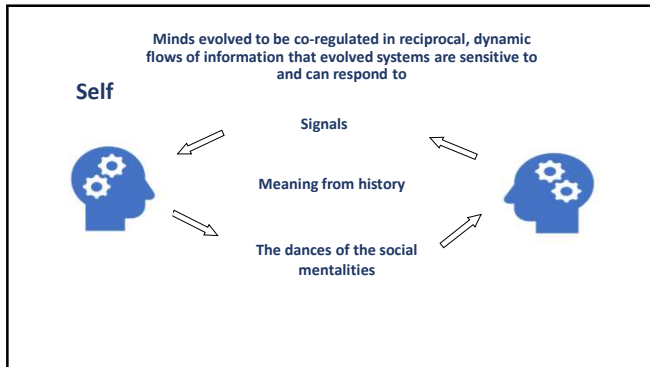
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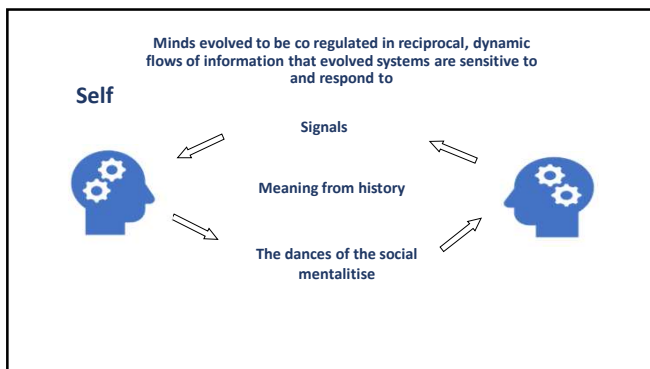
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