

Samuel R. Carriba



Compassion Training as a way to reduce disparities in the Ecosystem of Care for Autism

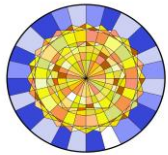
Samuel Fernandez-Carriba, Ph.D.

Licensed Psychologist, CBCT® Senior Instructor

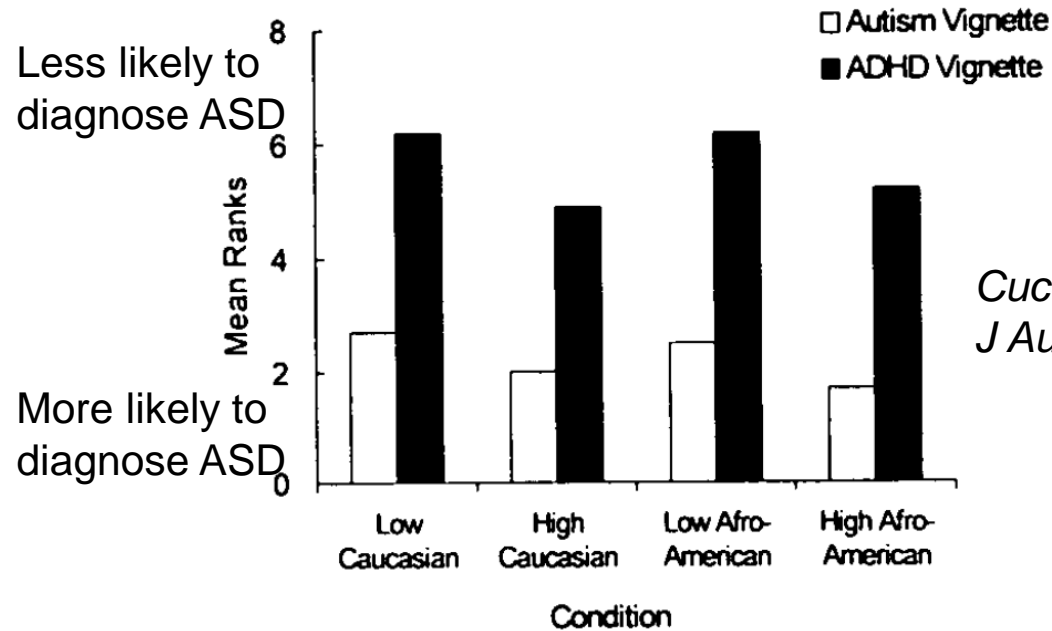
Adjunct Assistant Professor

Emory University School of Medicine

www.samuelfernandezcarriba.com

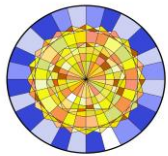


Perceptions



*Cuccaro et al
J Autism Dev Disabil, 1996*

Fig. 1. Mean ranks for Autistic Disorder category as a function of race and SES in both the autism and ADHD vignettes.

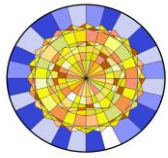


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From Psychotherapy:

Sue and Sue (2002) describe cultural competence as involving

1. Awareness (of own assumptions, values and beliefs)
2. Knowledge (of differences among and within cultures)
3. Skills (different techniques for different clients).

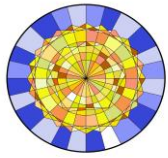


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social
~~Cultural~~ Competence



Race, ethnicity, religion, socioeconomic status, gender,
etc.

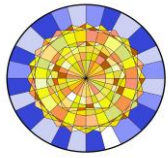


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People fail to get along because they fear each other; they fear each other because they don't know each other...

Martin Luther King



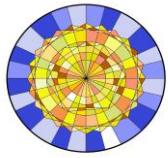
Healthcare professionals are at a higher risk of severe distress, and mental and physical illness than employees of any other industry¹. This adversely affect the quality of patient care.²

The practice of mindfulness meditation is reportedly associated with stress reduction in health professionals.³

¹McVicar. *Journal of Advanced Nursing*, 2003

²Irvin et al. *Complementary Therapies in Clinical Practice*, 2009

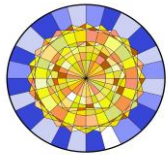
³Goodman & Schorling. *The International Journal of Psychiatry in Medicine*, 2012



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CBCT® (Cognitively-Based Compassion Training) is a mindfulness and compassion protocol for meditation practice, secular and analytical developed at Emory University and empirically validated in other populations.

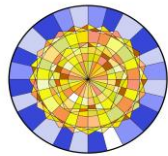


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CBCT® practice on individuals without prior experience showed reduction in immune inflammatory distress, and enhancement of empathy when reading emotions in other faces.

⁵*Pace et al. Psychoneuroendocrinology, 2009*

⁶*Mascaro et al. Social Cognitive Affective Neuroscience, 2013*

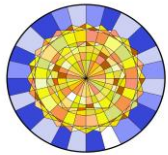


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RESULTS OF CBCT® FOR PROVIDERS

Construct	Measures	Experimental T (P-Value)	Control Group T (P-Value)
Acceptance	AAQ Total	2.47 (0.057)	n.s.
Behavioral Flexibility	BRIEF ¹ – BRI SS	3.48 (0.018) *	n.s.
	BRIEF ¹ – MI SS	3.83 (0.016) *	n.s.
	BRIEF ¹ – GEC SS	3.14 (0.026) *	n.s.
	MAAS Total	n.s.	n.s.
Empathy and Compassion	IRI – Perspective Taking	n.s.	n.s.
	IRI – Fantasy	n.s.	n.s.
	IRI – Empathic Concern	n.s.	n.s.
	IRI – Personal Distress	3.16 (0.025) *	n.s.
Social Competence	CCC Total	2.61 (0.048) *	n.s.
Stress	BSI – Total	3.80 (0.013)) *	n.s.
	BSI – Depression	2.79 (0.038)) *	n.s.
	BSI – Anxiety	3.27 (0.022)) *	n.s.
	BSI – Somatization	n.s.	n.s.
	MBI Total	n.s.	n.s.
	PSS Total	5.33 (0.003) *	n.s.



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CONCLUSIONS

CBCT® may be a feasible training for therapists of children with ASD, as it has been demonstrated for parents of these children, with potential benefits on their stress and social competence.

It could help overcome disparities in the ecosystem of care for Autism at an individual level.