

## The Missing Drug for Neuropsychiatric Patients: Radical Compassion

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### Abstract

Radical compassion is the state of mind that propels a human to not only have empathy for someone else, but to have a change deep within oneself to bring forth a mighty force for good for the other person. While empathy (considered a step towards radical compassion) has taken the world by storm and everyone from life coaches to the psychiatrists in the helping profession have reported they understand and sometimes try emulate empathy, the ideas of radical compassion towards a patient or a client seems to be unattainable for most practitioners. Warnings about radical compassion have been spoken and the ideas of how burnout can effect those with radical compassion seem to be shared by some helping professions. What if radical compassion could be the missing drug for neuropsychiatric patients? What if the intense emotion of radical compassion from people who prescribe or recommend medication has a true effect on the progress that neuropsychiatric patients experience because the patient feels understood, validated, and connected to the practitioner? Is radical compassion sustainable for practitioners? What are the prices to be paid?



### Biography:

Terri Nicole Sawyer spent the first 17 years of her career practicing with one of the most vulnerable populations of children, adolescent foster youth. Her passion for helping young people transition from foster care into adulthood pushed her to research why transitions for foster youth are so difficult and sometimes deadly. Sawyer raised her biological children into adulthood and felt like her education needed to be continual. She received her Doctorate in Social Work the same year her youngest child graduated from high school. Sawyer now teaches part-time at Utah Valley University and has a large private practice that specializes in transitions such as divorce

and death of spouses, anxiety, depression, polyamorous and open relationships, and transitions during faith crisis.

### Speaker Publications:

1. "The Effect of Compression Socks on Recovery and Running Performance in Collegiate Distance Runners", *Medicine & Science in Sports & Exercise/ Vol 43*
2. "Whole-Body Computed Tomography-Based Body Mass and Body Fat Quantification: A Comparison to Hydrostatic Weighing and Air Displacement Plethysmography" *Journal of Computer Assisted Tomography/ Vol 41issue 2*
3. "Muscle Energy and Salivary Cytokine Response During a 100 Mile Trail Run: A Case Study: 1257 Board #19 May 30 9:30 AM - 11:00 AM", *Medicine & Science in Sports & Exercise/ Vol 51, (Supplement):327*
4. "The Relationship Between Mountain Bike Seat Tube Angle, Knee-pedal Alignment, And Knee Range Of Motion: 2587 Board #48 May 29 9:30 AM - 11:00 AM", *Medicine & Science in Sports & Exercise/ Vol 52*
5. "Acute Physiological And Cognitive Responses During A 100-mile Ultramarathon: 901 Board #27 May 27 1:30 PM - 3:00 PM", *Medicine & Science in Sports & Exercise/ Vol 52*

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