



# Why Compassion? Why Now?

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TRAUMA





# Systemic Trauma

- “[Housing instability [was] . . . positively associated with maternal stress, and, through that pathway, in increases of both abuse and neglect risk as well.” (Warren et al, 2015)
- Statistically significant correlation between “increases in child health care coverage rates, including both private coverage and Medicaid coverage, and decreases in child physical abuse.” (McCray, 2018)
- Neighborhood poverty was “a risk factor for children and that it [was] associated with all types of child maltreatment.” (Drake and Pandey, 1996)
- Children who attended Early Head Start programs “had significantly fewer child welfare encounters between the ages of five and nine years than did children in the control group.” (Cohen et al, 2015)
- Poverty and neighborhood disadvantage are “**the most consistent and strongest**” predictors of CPS involvement (Cameron and Freymond, 2006)

We see this pain manifest itself in so many ways

Abuse

Neglect

Anger

Frustration

Indifference

Fatigue

Isolation

Self-harm

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# Crisis of Connection

“Nothing was personalized”

“Scared to share information about their past.”

“Lacked a voice in the process”

“Felt talked over and judged.”

“Getting to know the family was a very important piece that seems to be missing.”

“No one was in their corner and there was no one to explain what just happened.”



# BURNOUT









“If we have no peace, it is because we have forgotten that we belong to each other.” Mother Theresa





“All cruelty points to the wound in need of healing. We make progress when we walk each other home to this wholeness.”

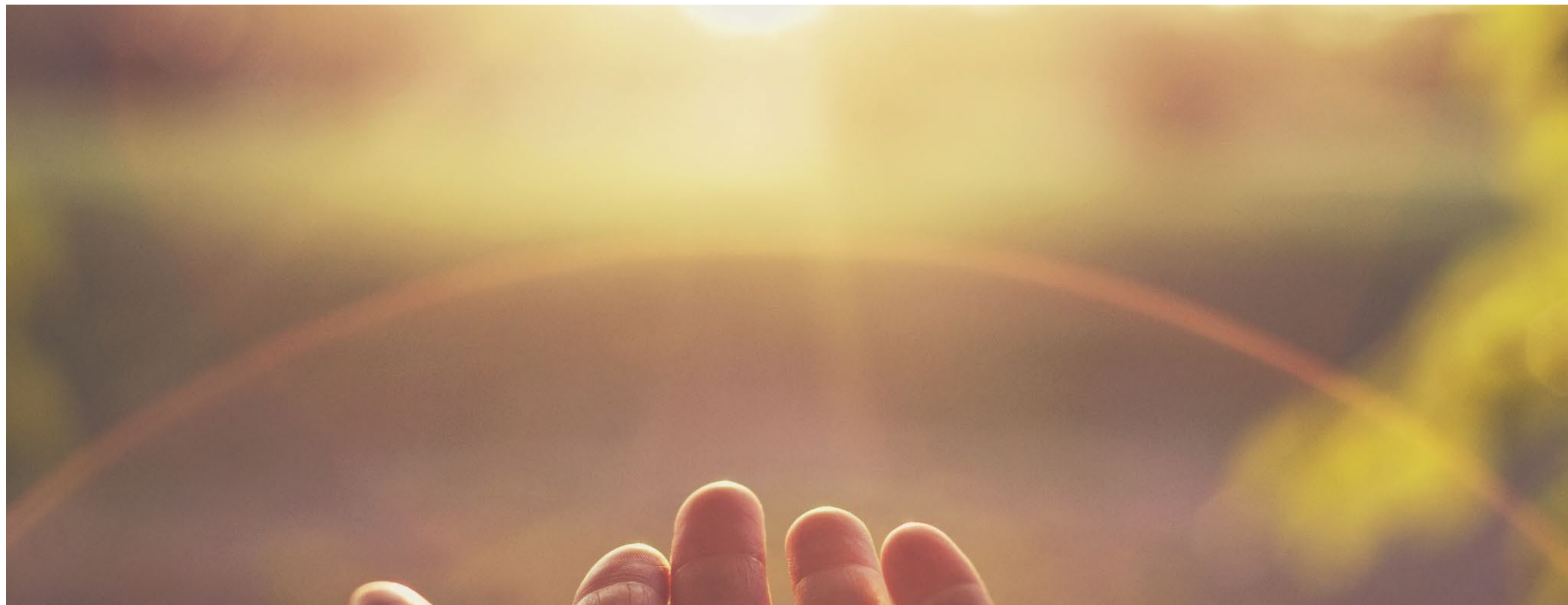
Father Greg Boyle



**Shift from "What's wrong with you?"  
to asking "What happened to you?"**

**Dr. Bruce Perry**

# Compassion starts with noticing





# Noticing is hard

Power imbalance

Selective attention

Triggers

Distractions

Cognitive overload

Time constraints

Impatience

They saw "something"  
on her mammogram.





What suffering are we failing to  
notice every single day?

The Closer We Get To People, The Easier It Is  
To Notice



# Proximate

“If you are willing to get closer to people who are suffering, you will find the power to change the world.” Bryan Stevenson







Compassion leads to curiosity. Curiosity leads to solutions.

“A bad diagnosis can’t ever lead to a good treatment plan.” Father Greg Boyle

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# The Science: Compassion Motivates!

Encourages engagement in treatment

Improves well-being outcomes

Lowers stress and anxiety

Doesn't take much time and increases  
feelings of time affluence

Positive impact on compassion-giver

We are hard-wired for this!

It can be an antidote to fatigue and  
helplessness.





“We have a chance sometimes, to create a new jurisdiction, a place of astonishing mutuality, whenever we close both eyes of judgment and open the other eye to pay attention . . . Suddenly we find ourselves in the same room with each other and the walls are gone.”

Father Greg Boyle

**“We are all just walking each other home.” - Ram Dass**





Thank You

