



In Solidarity and Compassion

Tuesday, June 9, 2020

We at Northwest Spine and Pain Medicine are deeply saddened by the deaths of George Floyd, Breonna Taylor and countless others by the racial injustice that has long plagued our communities. We stand in solidarity with the Black community to take action and affirm that Black Lives Matter. We believe we can do better.

We denounce hatred and violence in all its forms including police brutality. We seek to understand and recognize the history of systemic racism and prejudice but also encourage identifying how we can be part of facilitating a future where people do not have to fear for their lives simply because of the color of their skin. We lament the loss of lives and painful polarization of our society and must reflect on our own individual and collective complicity.

We must begin by individually examining ourselves and our implicit biases. We must educate ourselves to the intricacies of racism, its actions and language. We commit to ask difficult questions of ourselves and one another. We promise to support one another – and to support our employees and patients – in the face of such discomfort.

We at Northwest Spine and Pain Medicine believe in treating all of our patients and employees with compassion and respect. We do not tolerate acts of racism and injustice. We commit to continue to listen, pause and improve upon what we learn, taking the time to respect that these are stressful times that require thoughtful introspection on our accountability to the people and communities we serve.

We believe that empathy can be strengthened, compassion can be exercised and perspective taking can be practiced. Research shows that if we practice self-compassion for 10 minutes a day over a few months, we are able to attend to

ourselves and others with greater tolerance. If we engage in perspective taking and listen to another as well for 10 minutes a day, with curiosity of looking for something to learn rather than enter as if we have all the right answers, we all grow personally and professionally.

By supporting the message that Black Lives Matter, we can move into a state of greater compassion and connectivity. We are made for connection and to feel safe with each other. Engage tenderly community. We believe that together we rise.

In solidarity,

Northwest Spine and Pain Family