

# Why Would CCT Have Value in the Recovery Process?

My experience and training lead me to believe the following elements of the CCT Program may be of particular value to individuals in the recovery process, their families, and the professionals who serve them.

## The science.

- More than 3,000 studies have been published on mindfulness training with populations ranging from physicians to prisoners. About two hundred studies have been published on compassion.
- Many studies have shown that an eight-week course can provide a wide range of substantial and sustainable positive benefits that include an increase in general health, happiness, and well-being; as well as significant reductions in stress, anxiety, and depression.
- Preliminary research suggests that CCT and similar programs can increase self-compassion, self-care, and connections with others. One study has been completed on the recently developed CCT program. Three others are in process. This preliminary research indicates the CCT course is effective.

## CCT is cost effective.

- The cost of the CCT program is insignificant; in the scale of the financial, administrative, and human investments made in the process of recovery.
- It is realistic to project that CCT can provide substantial and verifiable benefits that increase human value and reduce costs; with a small risk factor.

## Compassion Fatigue.

- Family members, professionals and staff, and persons in recovery may all benefit from the ability of compassion training to reduce compassion fatigue.
- A better-balanced relationship with the suffering of persons in recovery may enable improvements in care and a reduction in staff turnover due to empathetic distress or "burnout".
- The value of this benefit may be very significant to all parties.

## Self-compassion.

- Self-compassion can reduce the pain and suffering that can often be a primary driver of addiction.
- Science based skills can grow a person's natural abilities to settle their mind, body, and emotions. Habitual reaction patterns can evolve into well-considered responses.
- Growing the skills to recognize when one is suffering, and becoming willing and able to reliably comfort oneself, may be useful in reducing the desire to use substances to insulate oneself from fear, anxiety, depression, and other forms of suffering.

- Many people are fearful of being compassionate and kind. CCT normalizes this common perspective; and can enable individuals to accept the value and legitimacy of balanced kindness and compassionate self-care.

### Sustainability.

- The skills, perspectives, motivations, and ongoing practices learned in CCT can become an inner resource that may support a higher rate of sustainability for persons in recovery.
- The human and economic value of an evidence-based increase in sustainability is substantial.

### Common Humanity.

- The CCT program deepens and embodies a sense of our “common humanity”; which can reduce feelings of isolation and increase a sense of honest and heartfelt connection with others.
- Deepening the realization that all other people want to be happy and free of suffering “just like me”; and that we are all interconnected and interdependent beyond our ability to comprehend, can become a powerful source of comfort and strength for many people.
- Increasing mindful awareness, empathy, and compassion for others supports more abundant, closer, trust based, and enjoyable relationships.
- Judgmentalism and its many consequences may be reduced.

### Self-empowerment.

- Among other things, CCT is a method of self-empowerment.
- A person gains skills and perspectives that enable them to reliably make choices that can more accurately reflect their core values, their aspirations, and to more effectively grow healthy relationships.
- The strong scientific evidence may support a person believing that they can gain useful skills, in a sensible time frame, which can reduce their suffering and provide a meaningful improvement in their quality of life.
- That strong evidence-based belief may enable the sustainable motivation, and resulting sufficient personal investment in the process, that can create transformative positive change that lasts.

This *partial* list of possible benefits the CCT program may provide for persons in recovery, their families, and the professionals that serve them, was produced to enable productive interactions with informed professionals who may choose to be helpful in identifying how best to introduce CCT to the recovery community.

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