



## What is Compassion Cultivation Training?

Compassion Cultivation Training (CCT) was developed at the Stanford University School of Medicine as an eight-week program designed to develop the qualities of compassion, empathy, and kindness for oneself and others.

Each weekly class is two hours. Please refer to the accompanying document "What Can You Expect in Compassion Cultivation Training (CCT) Classes".

- CCT is designed to enable research-based methods to be accessible and practical for virtually anyone. CCT is secular and generic so it can be effective with any faith tradition or belief system.
- CCT engages a person in training their own mind to develop specific skills in relating to themselves and others; which can lead to improving the quality of personal relationships, and a wide range of other benefits.
- The CCT program uses instruction on the science of compassion and mindfulness, in-class interactions and exercises, daily meditation, supplemental materials, and "real world" homework practices to strengthen a participant's innate qualities of compassion, empathy, and mindfulness.
- Compassion training can develop a person's ability to be balanced and effective in responding to the suffering of another person; or themselves.
- Self-compassion training can increase resilience, reduce "burnout", and can grow the ability to reduce damage from the inevitable difficulties of life.

The CCT program is designed to support anyone who wants to cultivate compassion for others, or themselves, including individuals who are facing a major personal challenge.

CCT has been well received and effective with healthcare professionals, family caregivers, executives, educators, parents, therapists, public servants, and people in a wide range of professional and life circumstances.

No previous meditation experience is necessary.