



COMPASSION CULTIVATION TRAINING©

**An 8-week course to build strength and resilience
through compassion and self-compassion training**

What is Compassion Cultivation Training©?

Compassion Cultivation Training© - CCT™ is an eight-week course developed at the [Center for Compassion and Altruism Research and Education \(CCARE\)](#) at **Stanford University School of Medicine** by a team of contemplative scholars, clinical psychologists, and researchers. The program is designed to develop the qualities of compassion, empathy, and kindness for oneself and for others. CCT™ integrates traditional contemplative practices with contemporary psychology and scientific research on compassion.

All of us have a natural capacity for compassion. However, everyday stress, social pressures, and strong emotions can make it difficult for us to fully express our compassion. When we can't access our compassion, our relationships suffer, and we often feel we are not living in alignment with our deepest values. That makes us unhappy.

Why Cultivate Compassion?

Cultivating compassion goes beyond feeling more empathy and concern for others. It develops the strength to be with suffering, the courage to take compassionate action, and the resilience to recover from or prevent burn-out.

These qualities support a wide range of goals, from improving personal relationships to making a positive difference in the world. Compassion cultivation can also support one's own health, happiness, and well-being. Preliminary [research](#) suggests that CCT can increase self-compassion and self-care; reduce stress, anxiety, and depression; and enhance connection with others. In CCT™ you will cultivate new ways to be with stress and to show up in difficult or distressing circumstances. You can cultivate strength and resilience through this training and the practices we will do together.

[Scientific studies](#) suggest that a kind and compassionate attitude can greatly reduce the distress we feel in difficult situations and become a profound personal resource in times of stress. Through instruction and the interactive nature of the processes incorporated in this course, you will have opportunities to cultivate new ways in which to access, recognize, and strengthen compassion and empathy – as a *default response* to the ever-present challenges that characterize our human experience.

In this course, individuals will learn how to:

- Increase kindness and compassion for yourself and others
- Decrease symptoms of burn-out and distress in response to suffering
- Develop skills that build personal resilience in response to stress
- Develop an increased ability to focus and sustain attention
- Do something to help even when you feel like you can't do anything
- Build closer connections with others to build and repair relationships

In CCT™, the training process includes:

- Daily meditation practices to develop loving-kindness, empathy, and compassion.
- A two-hour weekly class that includes lecture, discussion, meditation, and in-class exercises.
- Real-world "homework" assignments to practice compassionate thoughts and actions.

Who Participates in Compassion Cultivation Training©?

CCT™ is designed to support anyone who wants to cultivate compassion for themselves and others. This includes parents, caregivers, health and mental health practitioners, educators, students, executives, police officers, public servants, attorneys and people in a wide range of professions and life contexts.

Course Details

- **Date:** July 2nd - August 20th, 2024
- **Time:** Tuesdays, 5:00 pm — 7:00 pm PT
- **Location:** Virtual video meetings (hosted over Zoom)
- **Registration:** <https://saraowenswoodard.com/offerings-2>
- **Course Fee:** \$395. Sliding scale fees available when you register.
- No one turned away for lack of ability to pay. Email Sara for more information.
- **Contact:** sara@saraowenswoodard.com



Sara Owens Woodard, Ph.D., is a psychologist, consultant, and teacher. She spent twenty years doing therapy with young children with trauma histories and their caregivers. Sara's area of focus was the clinical application of attachment theory. These days, she teaches and consults in the areas of burn-out prevention, building resilience, developing emotion regulation, and compassion and self-compassion balance. She brings a trauma informed perspective to everything she teaches. CCT has changed her life for the better! Read her story [here](#).