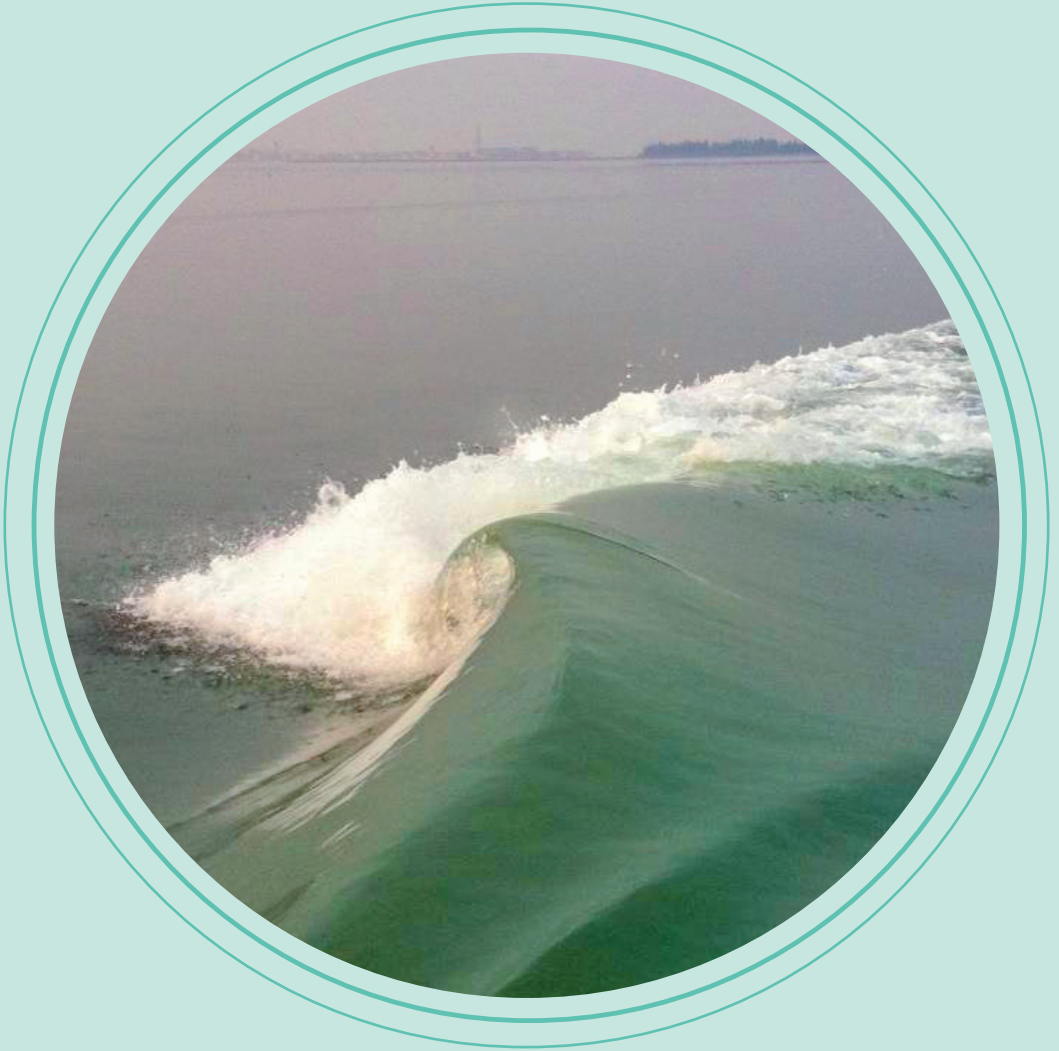


EMORY UNIVERSITY

Cognitively-Based Compassion Training (CBCT®)



Uncover the Compassion Within

TITLE

EMORY UNIVERSITY CBCT® COMPASSION TRAINING

MODALITY

Online - Zoom in English

(If Covid restrictions allowed a group in presence in Venice will be organised)

DATES AND TIMETABLE

Available on request

PRICE

180€ Full course

(20 percent discount for certain organisations and limited scholarships places available).



INTRO

The teachings of CBCT® (Cognitively-Based Compassion Training) is an Emory University program designed in 2004 by Dr. Geshe Lobsang Tenzin Negi, PhD, Director of the Emory Center for Contemplative Science and Compassion-Based Ethics, under the patronage of its Professor Emeritus H.S. the Dalai Lama, and is based on the Lo Jong, Tibetan Buddhist technique designed for the “transformation of the mind”, in a contemporary way.

It is a secular evidence based training to foster resilience and a feeling of compassion and respect for oneself and others. It is open to all people interested without discrimination.



At a basic and fundamental level, compassion is the warm-hearted desire to alleviate the suffering of another. Compassion is recognized as a desirable and beneficial trait not only in major contemplative traditions and in most secular contexts, but also the latest scientific research in the fields of psychology, medicine, and neuroscience is providing revealing data on its tangible benefits. The latest research suggests that humans have a natural capacity for compassion that can be trained.

Scientific interest in contemplative practices has increased in recent years. Several scientific studies published in high-impact journals have studied the effects of CBCT® training on adults and young people. Some results are:



- Development of well-being and decrease of anxious and depressive symptoms.
- Improved emotional regulation and stress management.
- Increased sensitivity, empathy and compassion for oneself and others
- Decreased activity of the amygdala.
- Improvement of the immune system by reducing inflammatory biomarkers (C-reactive protein).
- Less reactivity of the immune system in stressful situations.
- Increased hope.

OBJECTIVES

- Know what compassion is, its benefits and the latest scientific evidence in this regard.



- Develop strategies to improve social skills (affection and empathy), while reducing stress.
- Increase behavioral flexibility, bringing thoughts and actions to the conscious plane where we can exert control.
- Pay attention to our own needs and those of others, learning to apply compassion to oneself and others.
- Practice strategies that strengthen our social connections, under the principle that attending to our own needs is beneficial for others and attending to the needs of others, beneficial for ourselves.
- Connect with gratitude and its relationship with happiness.
- Learn to love and accept ourselves as we are, diminishing the voice of our inner critic.
- Develop empathic concern and committed compassion in practical situations.



AUDIENCES

- All people who have an interest in improving their personal satisfaction and interpersonal relationships.
- Especially suitable for professionals in stress-generating activities, such as health professionals, education professionals, activists, teachers and parents, among others.

MATERIALS:

Students will be provided with support materials, a pdf guide with content and videos so that the continuation with practices is possible after the end of the course.

REGISTRATIONS AT:

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