

# Health Sector Overview

In this time of increasing levels of burnout in health, and recognition of the essential need for social justice in all areas of society, we more than ever need the skills to engage in inner inquiry and cultivate sustainable inner resources.

In this context, the skills to deal with stress, calm the nervous system, and process emotions such as anxiety, fear, anger, and grief while cultivating strength and prosocial qualities such as self-awareness, empathy, and compassion are all the more important. This inner work is not only necessary for self and collective care, but also to co-create more equitable and sustainable health systems.

As global experts in compassion-based interventions, our goal is to serve those who serve us.



## About Compassion Institute

The Compassion Institute (CI) is a global advocate for compassion education, programs, and research. Our work was initiated at Stanford University School of Medicine Neurosciences Institute in 2009 to support human health, well-being, and interpersonal relationships within organizations and communities. Programs are developed by thought leaders and industry experts in compassion science and education, contemplative science, psychology, and social sciences. Research has shown CI's flagship 8-week program – Compassion Cultivation Training (CCT) – can lead to:

### Increased

- Happiness
- Calmness
- Acceptance of emotions
- Self-acceptance
- Job satisfaction
- Self-caring behavior
- Compassion for self and others
- Openness to receiving compassion from others

### Decreased

- Worry
- Anxiety
- Anger
- Mind wandering
- Emotional suppression
- Reports of chronic pain severity

Since 2017, CI has directed its efforts to support critical sectors serving the public, with a high priority on healthcare, public health, and medical education. Our facilitators are experts in program content, but also importantly, are themselves members of the health sector and / or caring professions.

Continuing Medical Education units (CMEs) may be available for physicians, physician assistants, nurses, nurse practitioners, physical therapists, psychologists, social workers, and case managers.

## Health Sector Services

On the following pages, you will find information about several standard trainings and customizable services including:

- [Caring From the Inside Out: Foundations of Self and Collective Care](#)
- [Compassion Cultivation Training Workshop](#)
- [Compassion Cultivation Training](#)
- [Alumni Drop-In Sessions](#)
- [Custom workshops, presentations, and organizational transformation services](#)
- [On-Site service options](#)

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<https://www.compassioninstitute.com>

# Caring From the Inside Out (CFIO)

## Foundations of Self and Collective Care

Live Online • 6.25 CMEs available

5 modules. Each weekly module includes:

1-hour Live Online session and 10-25 min on demand videos

### Course Format

5 modules, 1 module / week. Each module includes on demand videos + 1 live online session.

- **On demand videos:** 10-25 min in length, educational content. To be watched ahead of each module's live session.
- **1-hour live online sessions:** Video content is translated into practical skills and application. An opportunity for participants to connect and learn with peers and an expert facilitator.
- **Additional resources** complement each module, available in the course classroom.
- Participants have indefinite **access to all course materials.**

*"The virtual facilitated sessions led by the Compassion Institute with El Rio clinicians, has had profound healing effects on our Community Health Center staff, one healer's heart at a time."*

Doug Spegman, MD, MSPH, FACP  
Chief Clinical Officer  
El Rio Health

## Learning Objectives

Participants will:

1. Gain a deeper understanding of the stressors that contribute to stress and burnout
2. Shift from overwhelm and helplessness to a greater sense of agency in caring for one's well-being.
3. Acquire tools to regulate the nervous system to de-stress and weave self-care into one's routine.
4. Acquire and apply practical skills and tools for self and collective care to support the well-being of oneself and that of colleagues. Tools are designed to be accessible for participants with full schedules, and can be practiced with colleagues and within teams

### **Module 1: Stress, Burnout, Regulating the Nervous System**

The first module lays out foundational concepts including stress, burnout, and nervous system regulation. Participants will start to track their daily experience of stress and incorporate practical self-care strategies and skills into their daily routine.

### **Module 2: Emotion Regulation and Meaning**

Module two broadens participants' awareness of their daily experience of stress and well-being, and connects with their deeply held values as a compass. Emotions are explored – how they manifest and how to regulate them throughout the day.

### Module 3: Self-Care

This module inquires into the role of systems and culture in shaping how we work and rest, as well as the topic of self-care. Skills in time management and boundary setting are explored, as well as the practice of self-compassion.

### Module 4: Collective Care

Module four examines the role of “love” and “power” in the workplace, and the difference between empathy and compassion – an important distinction when protecting oneself from overwhelm in caregiving professions.

### Module 5: Integration

The final session will focus on integrating the learnings and practices from previous weeks, to support participants to sustain the benefits of the course moving forward.

*“I recommend the course to anyone working in the healthcare field, especially during the pandemic. The facilitator creates a safe space for professionals who have experienced burnout, stress, anxiety... and we were able to share our experiences without judgement. I’ve acquired skills that will help me grow professionally and that will translate will into my personal life.”*

Blanca Guterrez, Program Manager Community  
Clinic Consortium

# Compassion Cultivation Training Workshop (CCTW)

**Live online • 8 CMEs available**

**Four 2-hour sessions -OR- Two 4-hour sessions**

This workshop is an online modification of our day-long intensive, which distills the essence of CI's flagship 8- week Compassion Cultivation Training (CCT) into an 8- hour format. Drawing from contemplative science, neuroscience, and psychology, the content is supported by research on the efficacy of CCT and compassion training.

## Course Format

4 modules, each 2 hours in length. Modules can be offered over the course of two or four sessions.

- **Live online sessions:** Content is translated into practical skills and application. An opportunity for participants to connect and learn with peers and an expert facilitator.
- **Additional resources** complement each module, available in the course classroom.
- Participants have indefinite **access to all course materials.**

*"I've been participating in a lot of trauma, resilience, and compassion seminars lately, but this particular one really did help me grasp concepts about self-compassion that I've struggled with for years."*

Leevi Camus, Clinic  
Director APLA Health

## Learning Objectives

Participants will:

1. Describe the basic components of mindful awareness
2. Describe the key components of compassion
3. Apply the practice of setting intentions
4. Describe the dimensions of loving-kindness
5. Explain the value of self-compassion
6. Apply learned compassion skills in everyday and professional life
7. Apply learned self-compassion skills in everyday and professional life
8. Differentiate between empathy, compassion, and empathic distress
9. Describe the key components of common humanity
10. Describe how to establish a daily practice

### **Session 1: Settling the Mind & Intention Setting**

The first session sets the stage with two foundational practices for compassion cultivation: settling the mind and intention setting. Compassion is defined and explored in the healthcare space, both as the giver and recipient.

### **Session 2: Loving-Kindness and Self-Appreciation**

Session two examines the quality of loving-kindness (genuine wish for others to be well) – what it does and does not entail. Self-appreciation is practiced as a steppingstone toward greater self-care and self-compassion.





**Session 3: Empathy, Compassion, & Self-Compassion**

Session three explores the difference between empathy and compassion, and how to accompany those who are suffering without moving into empathic distress or emotional suppression. Self-compassion and self-care are introduced, as well as practices to resource oneself for greater resilience.

**Session 4: Common Humanity & Active Compassion**

In this final week, the concept and practice of common humanity sets the stage to broaden our circle of empathy and compassion to include even those we find challenging. The session culminates with Active Compassion practice – a technique which helps us to metabolize pain and suffering while maintaining a sense of strength, stability, and compassion.



# Compassion Cultivation Training (CCT™)

**Live online • 16 CMEs available • 8 weeks, 2 hour / week**

This course is designed to cultivate the inherent quality of compassion that we as humans all have, so that it becomes the default stance from which we live and respond in daily life. Compassion for oneself and others is strengthened. Each class includes didactic, pair / group exercises, and contemplative practice.

## Course Format

8 modules, each 2 hours in length. One module each week with short suggested daily practices incorporating the weekly themes.

- **Live online sessions:** Content is translated into practical skills and application. An opportunity for participants to connect and learn with peers and an expert facilitator.
- **Additional resources** complement each module, available in the course classroom.
- Participants have indefinite access to all course materials.

## Learning Objectives

Participants will:

1. Describe the basic components of mindful awareness
2. Describe the key components of compassion
3. Apply the practice of setting intentions
4. Describe the dimensions of loving-kindness
5. Explain the value of self-compassion
6. Apply learned compassion skills in everyday and professional life
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8. Differentiate between empathy, compassion, and empathic distress
9. Describe the key components of common humanity
10. Describe how to establish a daily practice



## Session 1: Settling and Focusing the Mind

### ***Theme: Settling the mind and becoming more aware***

The first class introduces participants to the course content, facilitator, and fellow students. In-class discussions include: what interests and motivates you to practice cultivating compassion, what is meditation, and what is compassion. In-class practices will include an intention setting practice and a few different breath-focused mindfulness practices. An in-class discussion – questions, experiences, and observations regarding the practice – follow each exercise.

- ❖ Meditation Practice – Settling and Focusing the Mind

## Session 2: Loving-kindness and Compassion for a Loved One

### ***Theme: Becoming aware of your natural capacity to connect and care***

Week two helps participants to remember the felt experience of caring, compassion, and kindness when they naturally occur. The meditation and accompanying practical exercises are designed to help participants recognize the physical and psychological feelings of compassion.

- ❖ Meditation Practice – Lovingkindness and Compassion for a Loved One

## Session 3: Compassion for Oneself (Part 1)

### ***Theme: Self-acceptance and being kinder to yourself***

This week applies feelings that characterize compassionate care – such as warmth, concern, and acceptance – toward oneself. Being able to recognize and connect to one's own feelings and needs and nurture one's capacity to respond compassionately to oneself is a basis for cultivating sustainable compassion for others. Participants are also introduced to the concept of common humanity – a recognition that our struggles do not isolate us from others but are part of the human experience.

- ❖ Meditation Practice – Compassion for Oneself



#### **Session 4: Loving-Kindness for Oneself (Part 2)**

***Theme: Being a friend to yourself, embracing your natural aspiration for happiness, and practicing gratitude***

Week four involves cultivating loving-kindness for oneself and focuses on experiencing qualities such as heartfelt affection, warmth, and appreciation for ourselves and our lives, acknowledging our own aspirations for genuine happiness and well-being.

- ❖ Meditation Practice – Loving-Kindness for Oneself

#### **Session 5: Embracing Shared Common Humanity and Developing Appreciation of Others**

***Theme: Cultivating a feeling of connection with others; appreciating the contribution of others to our lives***

Generating genuine compassion for others involves two key elements:

1. Recognizing a worldview of common humanity.
2. Developing appreciation for others.

The first step is the recognition of the basic sameness of oneself and others with respect to our shared fundamental aspiration to be happy and to be free from suffering. The willingness to imagine oneself in another person's shoes and identify with their suffering is an essential element of empathy, one component of compassion. The second element of this week is developing an appreciation for the deep interconnectedness of oneself and others, in turn cultivating an attitude of gratitude.

- ❖ Meditation Practice – Embracing Shared Common Humanity



## Session 6: Cultivating Compassion for Others

### ***Theme: Broadening the circle of our compassion***

This week builds on the worldview of shared common humanity by inviting participants to progressively expand the field of compassion from individuals in one's inner circle to all beings. Relating to others at a basic level of humanity is explored, recognizing that we all equally shun suffering and wish for happiness, and that each of us deserves to fulfill this natural aspiration.

- ❖ Meditation Practice – Cultivating Compassion for Others

## Session 7: Active Compassion Practice

### ***Theme: Making your compassion more embodied and active***

In this session “Giving and Receiving” (Tonglen) meditation is introduced, a powerful technique for cultivating an altruistic intention and making compassion more embodied and active. Participants learn it is simply one's willingness to show up and practice active compassion that can be transformative for oneself and others.

- ❖ Meditation Practice – Active Compassion Practice

## Session 8: Integrated Daily Practice

### ***Theme: Integrating compassion into one's life; merging all the previous steps into a single meditation practice***

The final class focuses on an in-class guided meditation that brings together all key elements of the CCT protocol. Integration of practice into daily life and continuing to cultivate compassion is explored. Previous meditation steps are reviewed along with examples of when it may be helpful to revisit a specific step. Resources to support and sustain practice and habits cultivated over the eight weeks is also discussed.

- ❖ Meditation Practice – Integrated Daily Practice



# Alumni Drop-In Sessions

Live online • 1 hour per session

After completing Compassion Institute trainings, many health sector professionals express a desire to continue focusing on compassion cultivation, strengthening their resiliency, and building a supportive community with their peers. Alumni drop-in sessions provide space for peers to join together and refocus on resiliency and wellbeing with a Compassion Institute facilitator.

## Session Format

Alumni Drop-In sessions work well when offered on a recurring monthly basis. The one-hour format is informal and responsive to the interests and needs of that session's attendees.

- **Live online sessions:** An opportunity for participants to connect and learn with peers and an expert facilitator in an informal setting responsive to the interests of attendees.

## Custom Workshops, Presentations, and Organizational Transformation Services

We can develop custom offerings to meet your organization's needs, such as one-time compassion workshops or keynote addresses.

In addition, we can work with you to integrate compassion throughout your organization's operations and processes. This systemic transformation supports your work to implement compassionate leadership that will benefit patients and clients as well as employees and teams.



# On-Site Trainings and Services

Offering of in-person services at your location may be considered for custom activities or Compassion Cultivation Training Workshops on a case-by-case basis and will include updated capacity and rates based upon the contracted services, venue, and travel requirements.

For more information, please contact:

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<https://www.compassioninstitute.com>

