

Interested in more meaningful connections with family, friends, co-workers?

Enhancing resilience while decreasing worry?

Jumpstarting a sustainable meditation practice?

Compassion Cultivation Training (CCT) is an 8-week course that provides answers to these questions. In a world whose story is often told through text messages and poor substitutes for true human interaction, the skills of listening, compassion, and empathy are often lost in the fray. CCT was developed at [Stanford University's Center for Compassion and Altruism Research and Education](#) (CCARE) to support adults who want to live a more grounded and meaningful life. CCT integrates traditional contemplative practices with contemporary psychology and scientific research on mindfulness, empathy, compassion, and happiness. No previous meditation experience is required.



Research indicates that CCT increases compassion for others, from others, and for self. It also:

- Increases Mindfulness skills, self-efficacy, care for self and others, and mind wandering toward pleasant topics.
- Decreases worry and mind wandering onto unpleasant topics.

CCT has been offered at Stanford University, UC Berkeley, Google, the Cancer Support Community, Sharp Healthcare in San Diego, VA hospitals and others.

The guided meditations offered in this protocol are derived from practices found in the Tibetan Buddhist tradition yet they have been adapted to an urban, modern life and are non denominational and secular.

The CCT program is offered in 8 weekly sessions, 2 hours each, and consists of six steps

Step 1, Session 1, involves settling the mind and neutrally observing one's own thoughts and emotions

Step 2, Session 2, teaches participants how to cultivate loving-kindness and compassion for a loved one

Step 3, Session 3 and 4, helps the participant develop loving-kindness and compassion for oneself

Step 4, Session 5, establishes our shared common humanity, recognizing the interdependence of all living creatures and our fragile blue planet

Step 5, Session 6, deepens the ability to cultivate compassion toward all others, including those we perceive as difficult

Step 6, Session 7, involves visualizing transforming others' pain and suffering and offering them one's own happiness and joy

Session 8: The course culminates with an integrated daily compassion meditation practice



Please contact Maya Nader at manader@hotmail.com if you are interested in setting up a CCT class. Maya is a certified CCT instructor by CCARE, Stanford University.

A native of Beirut, Lebanon, Maya earned her B.A. in Political Science from the American University of Beirut. She moved to the US in 1989, at the height of the Lebanese war. As she continued her quest for peace in her country and region, Maya obtained a Master's degree in Communication and Marketing from Boston University. She speaks French, Arabic, and English and is grateful for the cultural richness these languages encompass. Through this lens, Maya views compassion as a bridge between cultures and religions and as the cornerstone of a more peaceful world. In her teaching CCT, Maya continues to practice self-help and assist others in broadening compassion, which ultimately creates opportunities for peace. More on Maya at mayanader.com