

# COMPASSION CULTIVATION TRAINING<sup>®</sup> (CCT<sup>™</sup>) FOR HEALTHCARE WORKERS

Compassion Cultivation Training is an 8-week training course developed at Stanford University Center for Compassion and Altruism Research and Education (CCARE) by principal author and Compassion Institute (CI) Co-Founder Thupten Jinpa, PhD, with contributions from CI's Founding Faculty. The course integrates evidence-based meditation techniques, interactive discussions, and lectures. Attendees will use real-world exercises to put learning into practice, and will draw insights and techniques from psychology, neuroscience, and contemplative practice.

The Schwartz Center offers CCT exclusively for healthcare workers, creating a unique opportunity for participants to learn alongside colleagues who understand the demands and complexities of healthcare work. This specialized cohort approach allows for rich discussions of shared experiences, and the development of practical compassion skills that will ultimately benefit both providers and patients.

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*“Experiencing this class with a cohort of healthcare workers enabled me to feel significantly more compassion and loving kindness towards myself for the first time in my life, despite having meditated for several years. Being with other healthcare workers gave me a permission I didn't know I needed.”*

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**Location:** Virtual

**Member price:** \$350 per person (includes continuing education credits for eligible participants)

**Non-member price:** \$425 per person (includes continuing education credits for eligible participants)

**Continuing education credits:** 16 hours of continuing education credits will be available for eligible participants who attend all eight sessions of their cohort

**Class size is limited! Reserve your space today!**

[REGISTER HERE](#)



Facilitated by Certified CCT Instructor Andy Helgesen, resilience education program manager at Stanford Children's Health