

Cultivating Compassion with CBCT[®]

Cognitively-Based Compassion Training



Lobsang Tenzin Negi, PhD

Director, Emory-Tibet Partnership

Emory University

Methodist College 2017 Wellness Forum

“Compassionate Care in a Sometimes Uncompassionate World”

April 12, 2017

What is compassion?

the desire to alleviate the distress
and difficulties of others

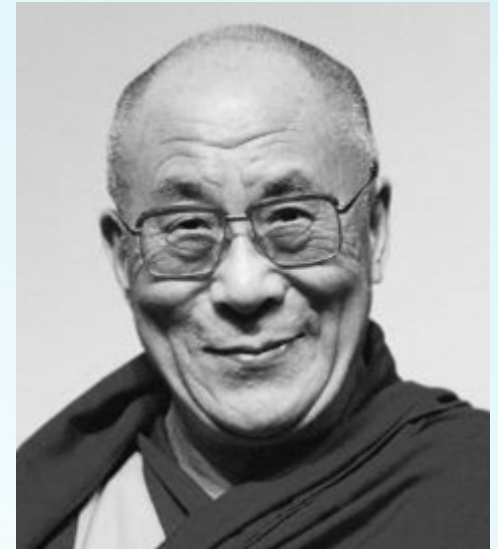


Benefits of compassion

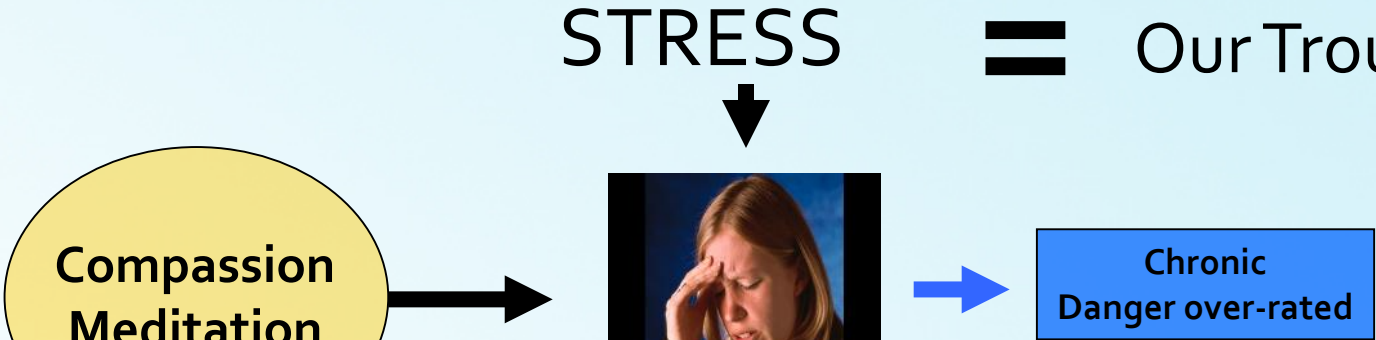
Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

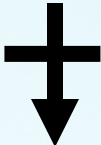
H.H. the Dalai Lama
The Art of Happiness



Can compassion promote well-being?



Stress System + Inflammation



The text 'Stress System' and 'Inflammation' are separated by a plus sign. A thick black arrow points downwards from the plus sign.

Cost to Body and Brain



The text 'Cost to Body and Brain' is centered, with a green dollar sign icon on either side.

Depression

Heart Disease
Diabetes
Dementia
Cancer



Cognitively-Based Compassion Training

a technique for cultivating compassion

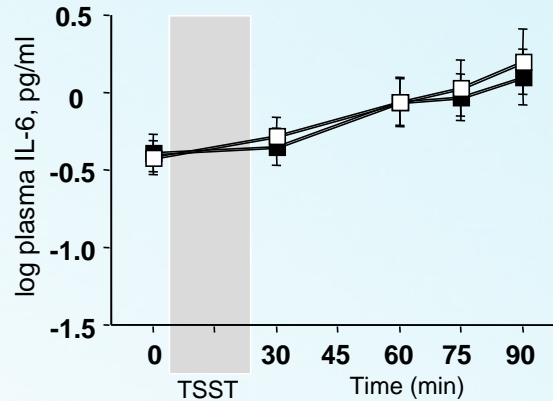
- Developed as a protocol in 2005 for research at Emory University.
- Drawn from the Buddhist tradition of *lo jong* (“mind training”), and combined with insights from contemporary emotion science and neuroscience.
- Secularized so that the practices are available to individuals of any – or no - faith tradition.



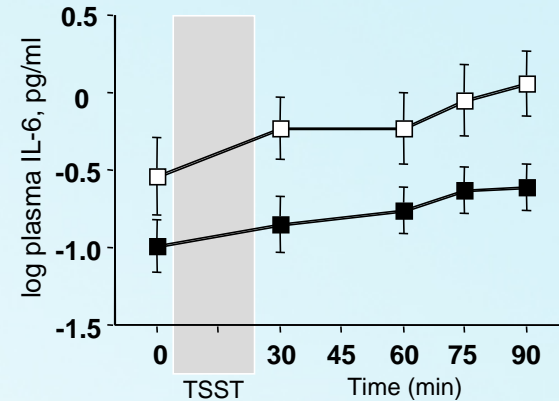
CBCT and Psychosocial Stress in College Freshmen

IL-6

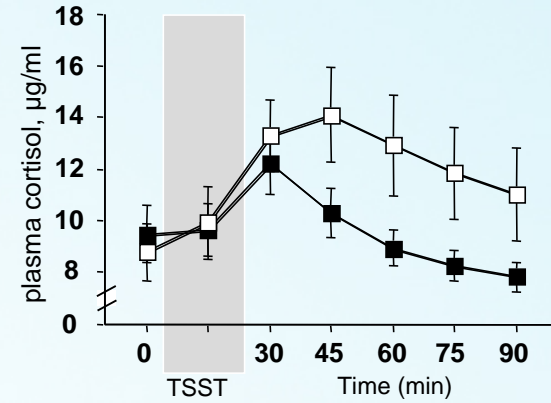
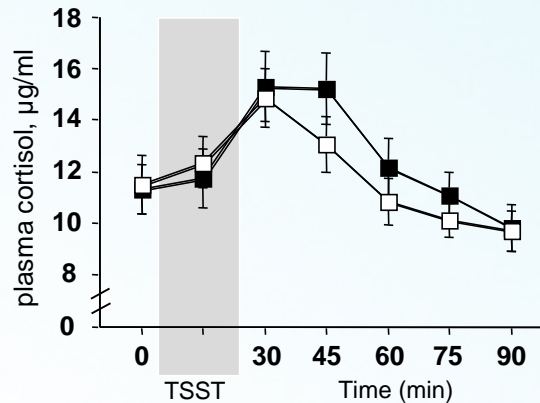
TSST prior to meditation training



TSST after meditation training



Cortisol



Pace et al. *Psychoneuroendocrinol* 2009;34:87-98;
Pace et al. *Psychoneuroendocrinol* 2010; 35: 310-15

—□— low practice
—■— high practice

CBCT for At-risk Adolescents in Foster Care



We have no shortage of programs for kids in care, but they are all focused on changing external circumstances. We need a program that brings about inner change, and I feel that Emory's compassion program is exactly what our children need.

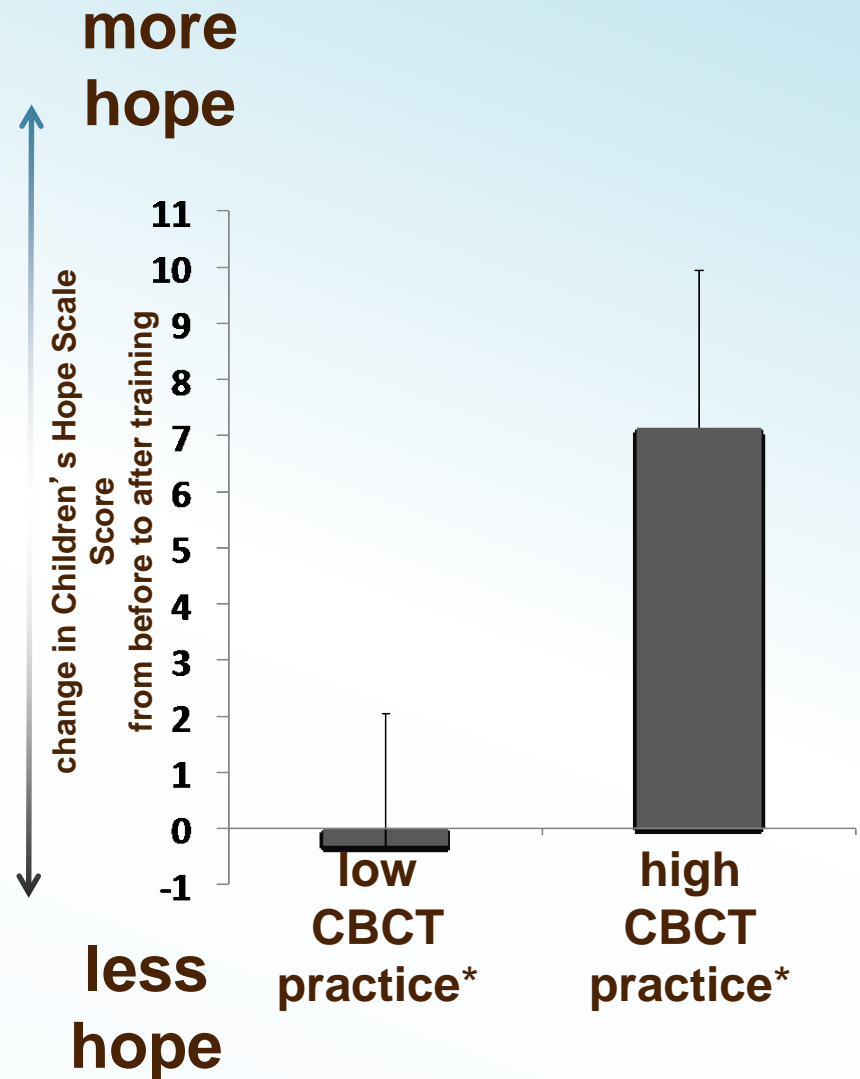
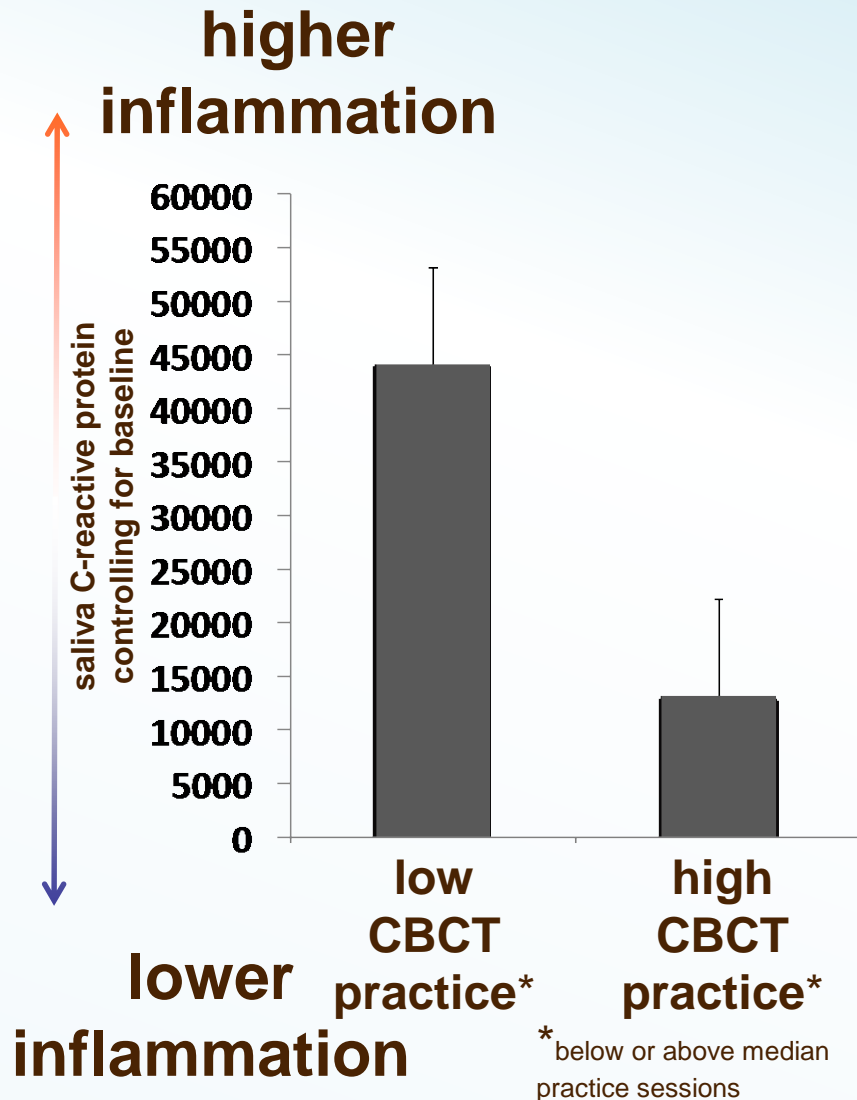
B.J. Walker

Commissioner, GA Division of Human Services, 2009

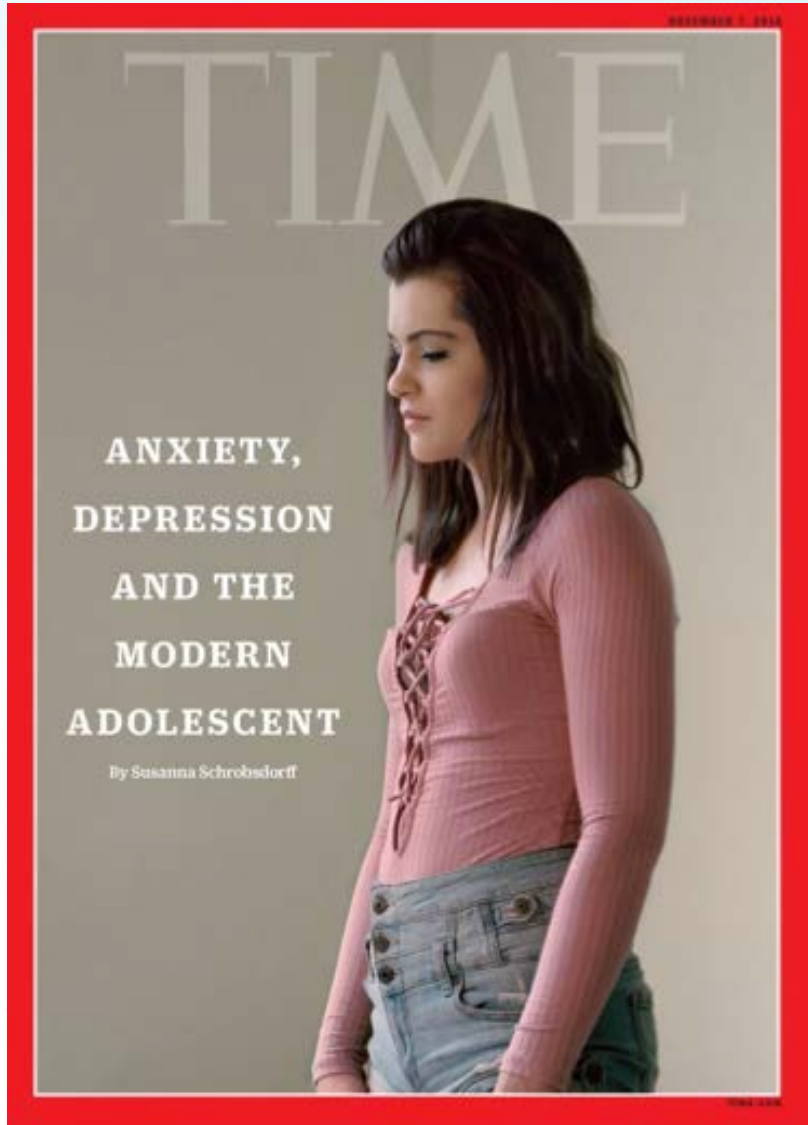
- **Helped youth transform relationships with caregivers, teachers and peers**
- **Encouraged concrete changes in their behavior**



Lower inflammation and greater hope in foster care adolescents who practiced CBCT more



Increasing Distress in Young People



Depression

- 3 million teens, age 12-17, report at least one episode of major depressive disorder (Department of Health and Human Services).

Anxiety

- 30% of teen girls and 20% of teen boys have had an anxiety disorder (National Institute of Mental Health).

Hopelessness

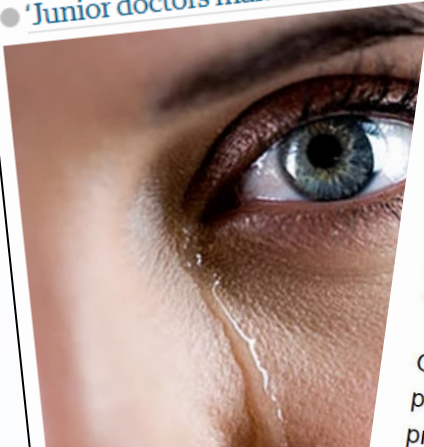
- 30% of teens report regular feelings of sadness or hopelessness (2015 Montana Youth Risk Behavior Study).

Increasing Distress in the Healthcare Professions

By the end of my first year as a doctor, I was ready to kill myself

Doctor suicide is the medical profession's grubby secret - but it's unclear why some of those dedicated to preserving life silently plot their own deaths

● 'Junior doctors make sacrifices because we love our job' - video



Lifestyle and Burnout: A Bad Marriage

Carol Peckham | March 27, 2013

Which Physicians Are Most Burned Out?

Results from a national survey reported in the Archives of Internal Medicine show that physicians experience more burnout than other American workers. [1] Burnout, in this report, was associated with cynicism, and a low sense of personal accomplishment; 45.8% of respondents reported that their work style or practice influenced or worsened their burnout. Given these discouraging findings, the 2013 Medscape physician's practice influenced or worsened their burnout.

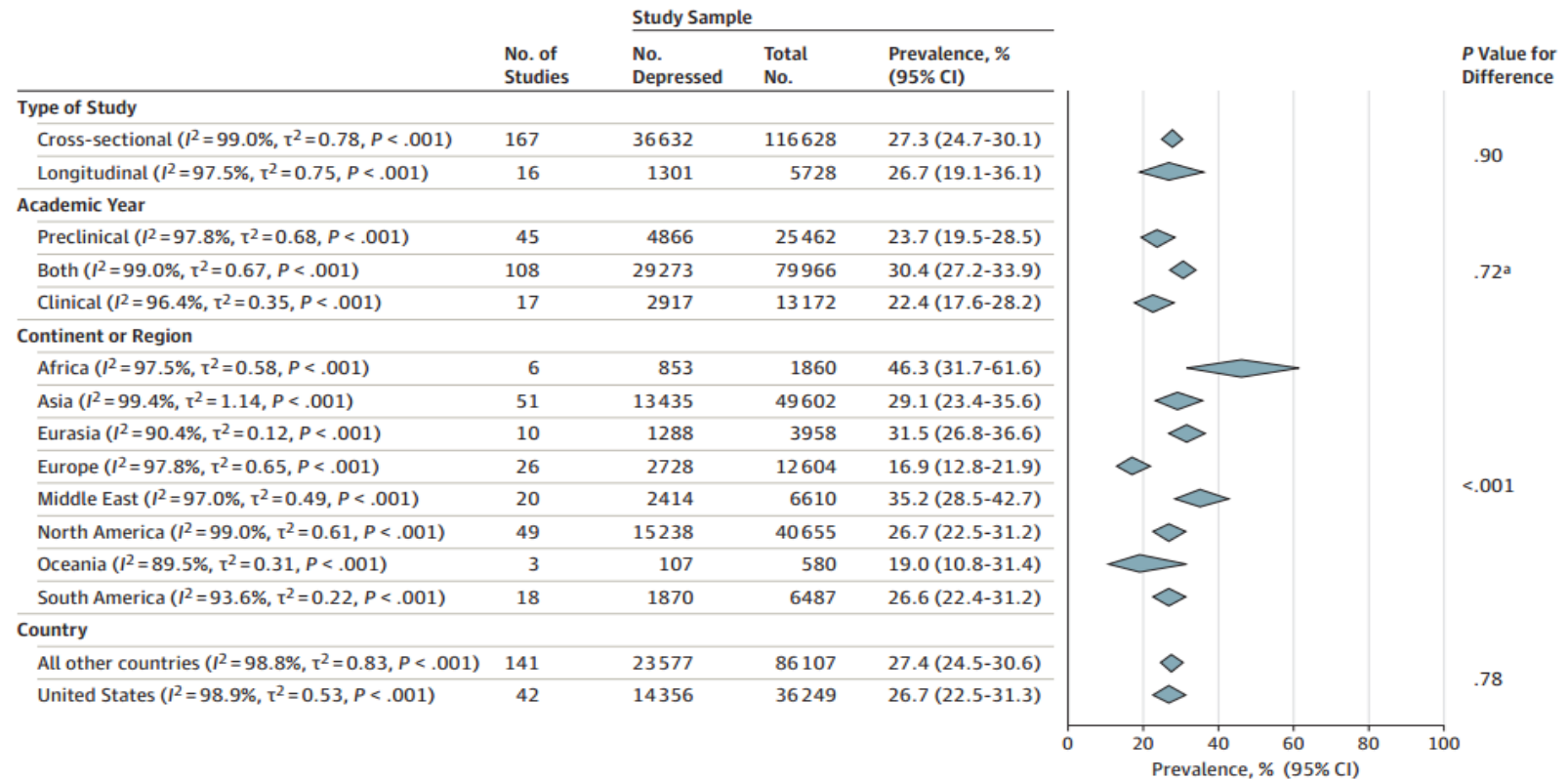
Physician Suicides:

- 300-400 residents annually
- Males: 1.4 times general population
- Females: 2.3 times general population



Increasing Distress in the Healthcare Professions

Figure 8. Meta-analyses of the Prevalence of Depression or Depressive Symptoms Among Medical Students Stratified by Study-Level Characteristics

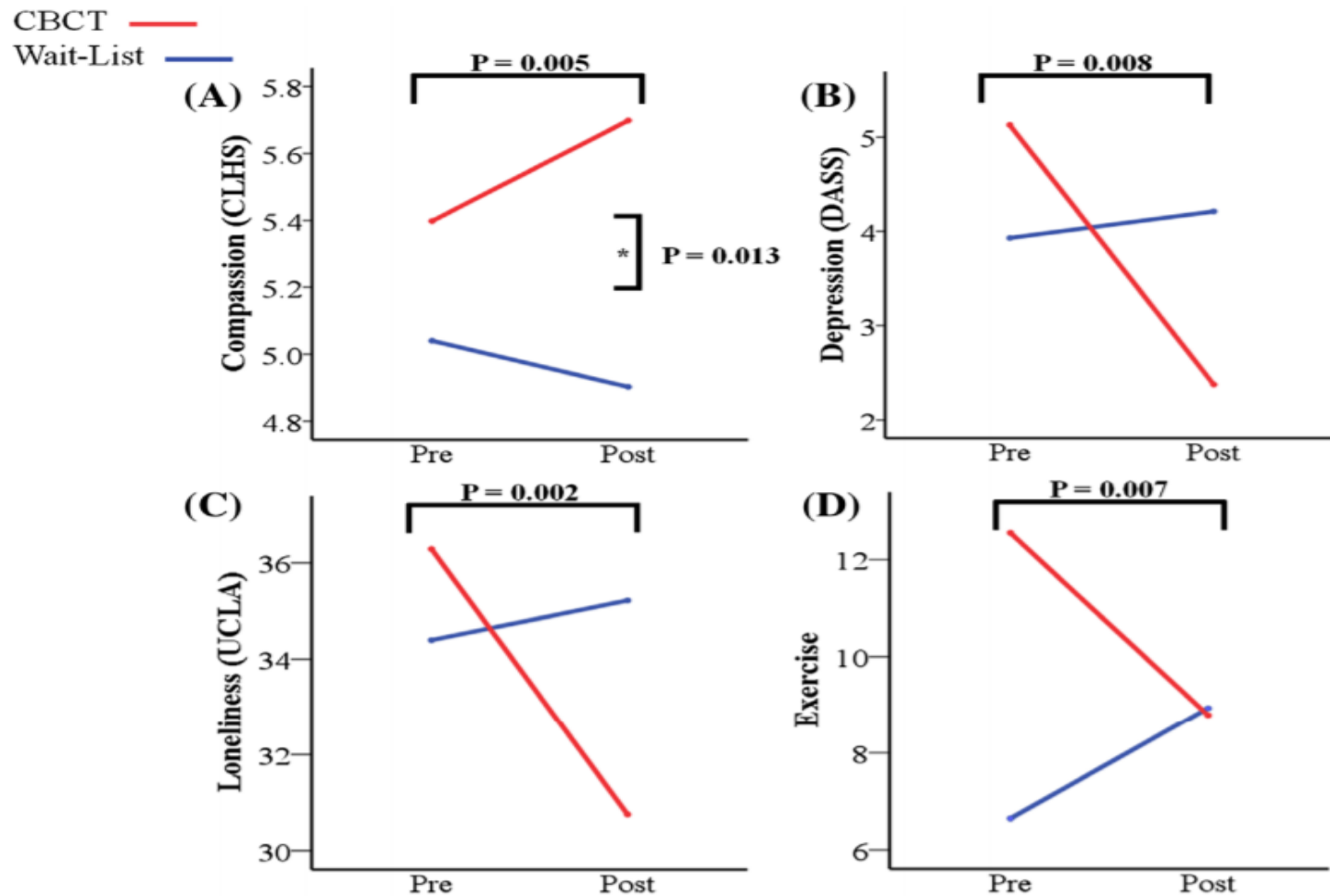


Depression in medical school

167 cross-sectional studies (n = 116 628) and 16 longitudinal studies (n = 5728) from 43 countries.

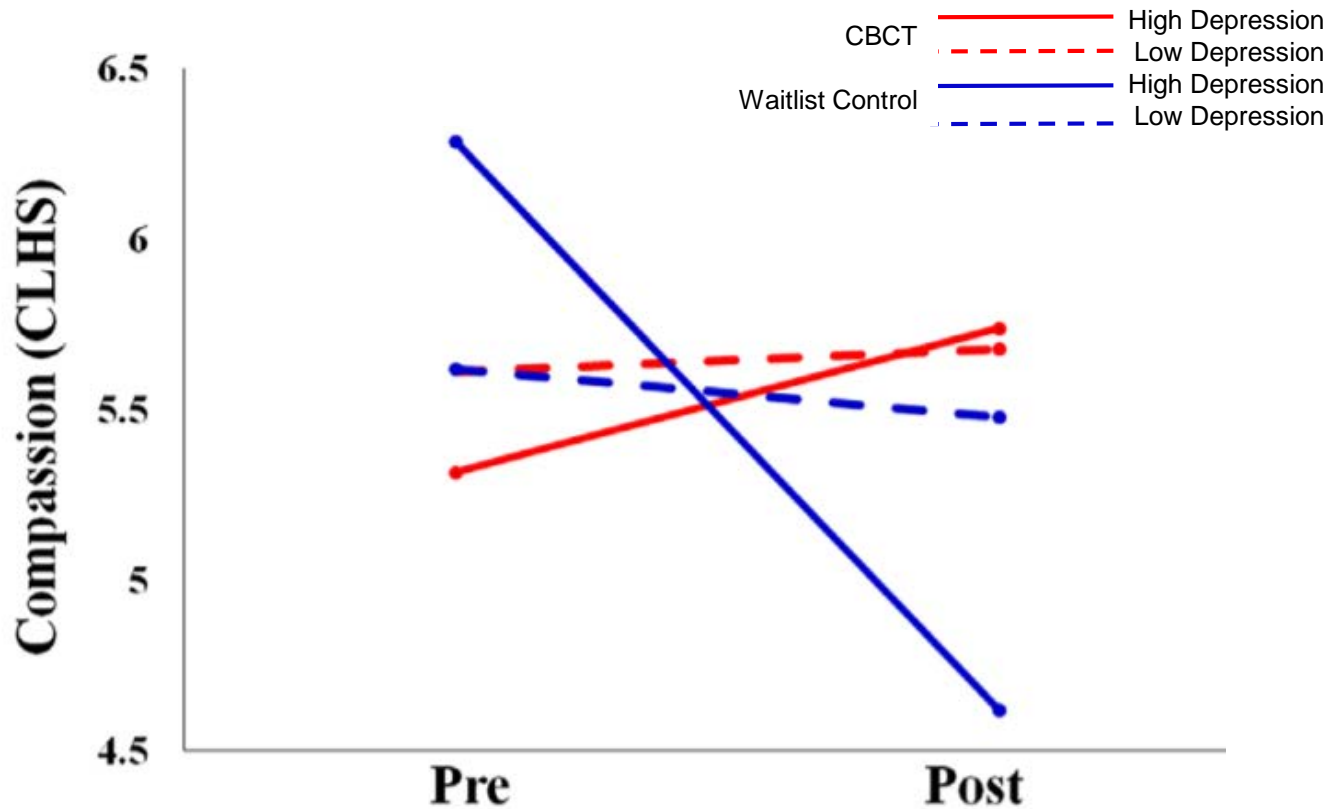
The overall pooled crude prevalence of depression or depressive symptoms was 27.2%

Emory School of Medicine CBCT Pilot Data



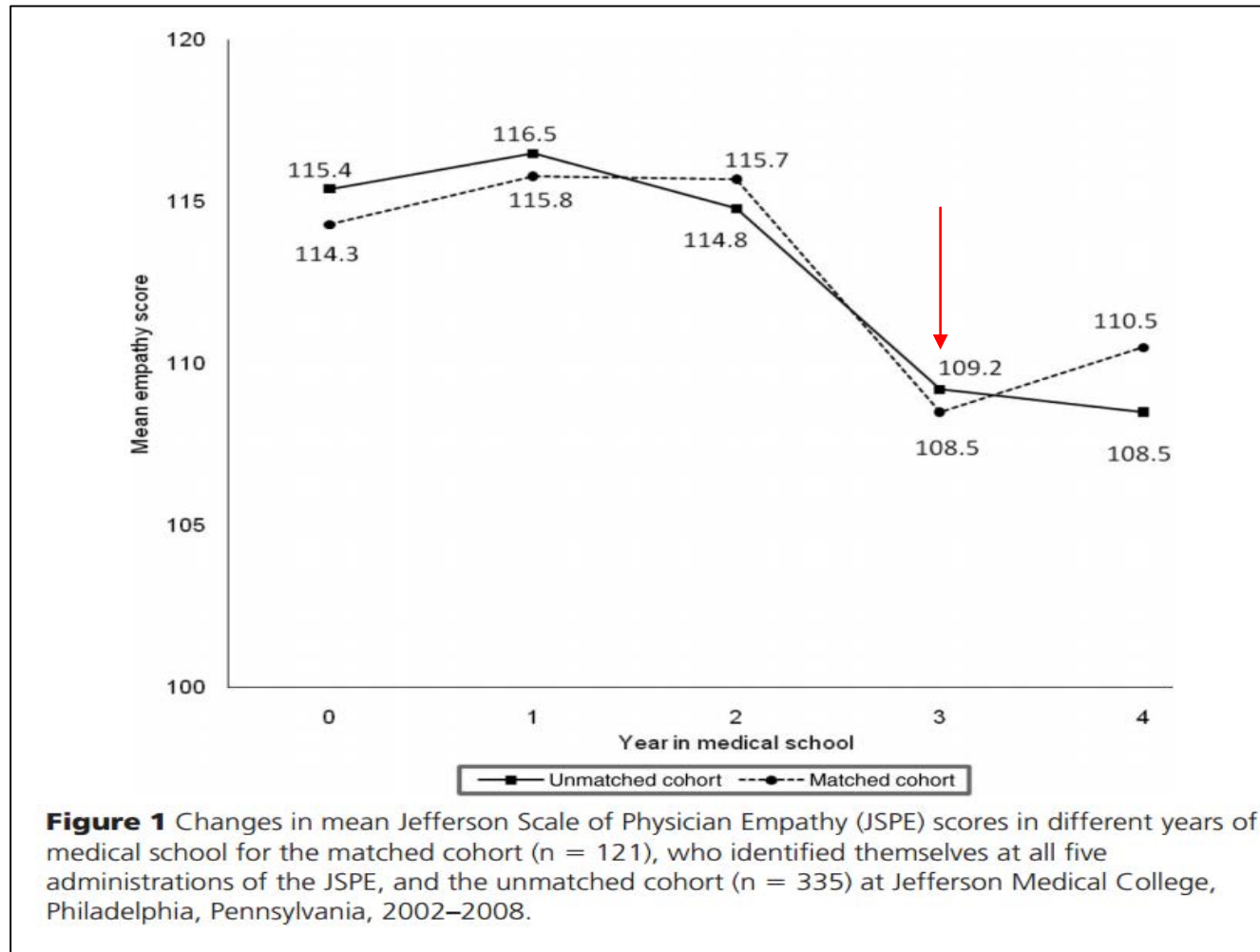
Mascaro, J. S., et al. (2016). Meditation buffers medical student compassion from the deleterious effects of depression. *The Journal of Positive Psychology*, 1-10.

Emory School of Medicine CBCT Pilot Data



Mascaro, J. S., et al. (2016). Meditation buffers medical student compassion from the deleterious effects of depression. *The Journal of Positive Psychology*, 1-10.

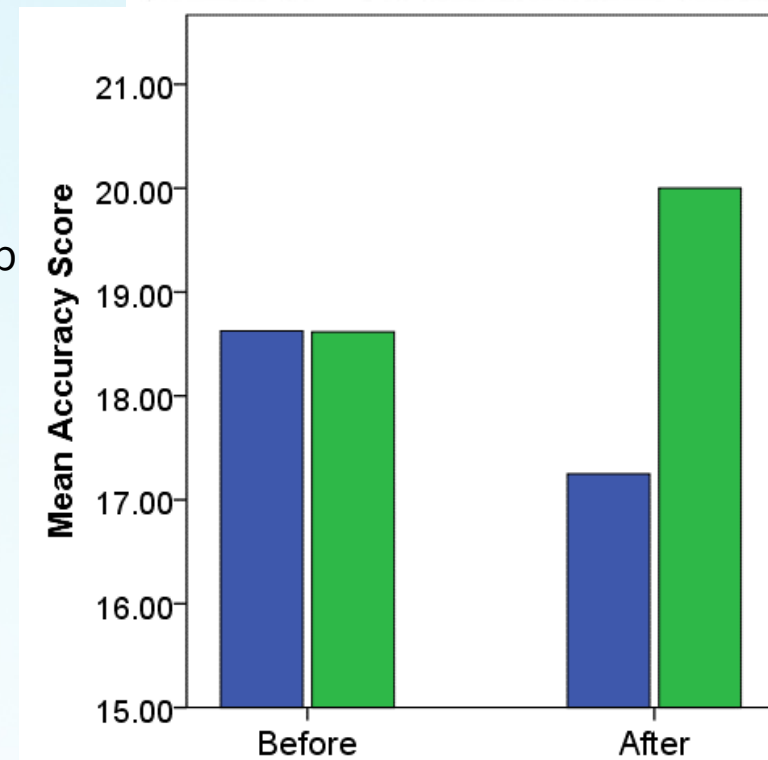
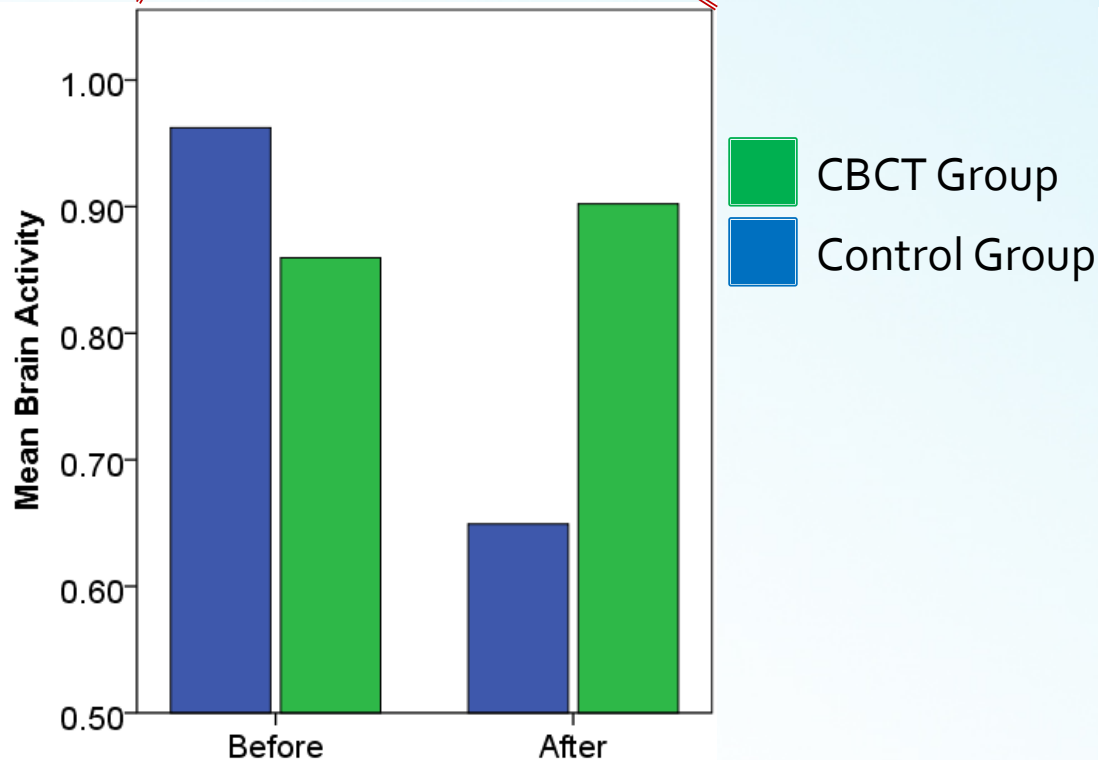
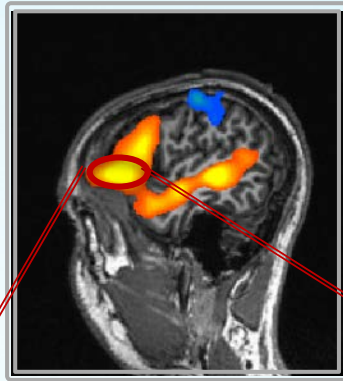
Empathy Deficit in the Healthcare Professions



Empathy drop in medical school

Findings from CBCT Research on Empathic Accuracy

Reading the Mind in the Eyes

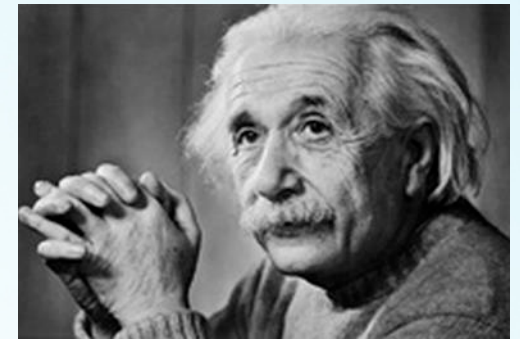


A New Vision for Humanity

A human being is **part of the whole** called by us universe, a part limited in time and space. We experience ourselves, our thoughts and feelings, as something separate from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. **Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures** and the whole of nature in its beauty. The true value of a human being is determined by the measure and the sense in which they have obtained liberation from the self. We shall require a substantially **new manner of thinking** if humanity is to survive.



– **Albert Einstein**



Core Components of CBCT®

Foundation: Resting in a Moment of Nurturance

I. Attentional Stability and Clarity

II. Insight into Nature of Mental Experience

III. Self-compassion / Self-care

IV. Cultivating Impartiality

V. Appreciation and Affection for Others

VI. Empathetic Concern & Engaged Compassion

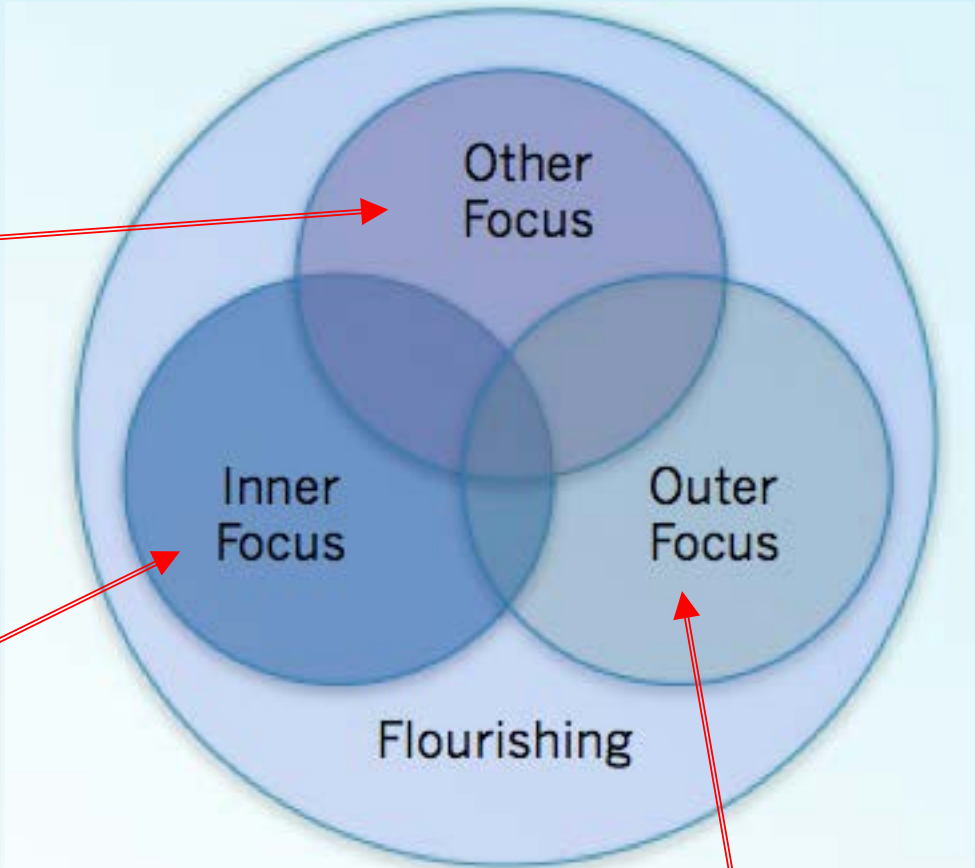


Triple Focus and CBCT

- IV. Cultivating Impartiality
- V. Appreciation and Affection for Others

- I. Attentional Stability and Clarity
- II. Insight into Nature of Mental Experience
- III. Self-compassion

- VI. Empathic Concern & Engaged Compassion



Galileo Galilei

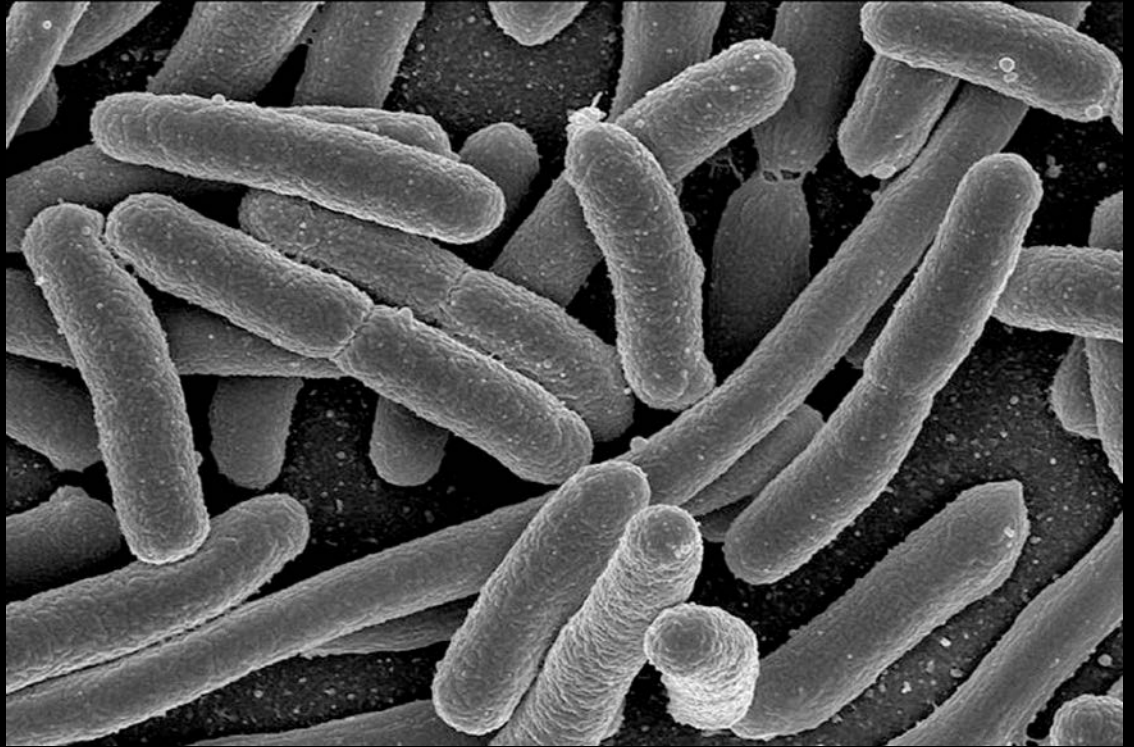
“The Father of Modern Science”



Discovery of Jupiter's Moons
led to the Copernican
Revolution

Anton van Leeuwenhoek

“The Father of Microbiology”



Discovery of bacteria
led to germ theory and modern
medicine.



Foundation:
Resting in a
moment of
nurturance



Module III: Self-Compassion

Core Skills and Insights

- Attune to fundamental desire for well-being
- Recall the universality of life's difficulties
- Accept one's vulnerabilities and limitations with kindness
- See benefits of decreasing expectations of external sources of happiness
- Embrace the inevitability of change
- Resolve to change from the inside



Core Components of CBCT®

Foundation: Resting in a Moment of Nurturance

I. Attentional Stability and Clarity

II. Insight into Nature of Mental Experience

III. Self-compassion / Self-care

IV. Cultivating Impartiality

V. Appreciation and Affection for Others

VI. Empathetic Concern & Engaged Compassion



Cultivating Compassion with CBCT[®]

Cognitively-Based Compassion Training



THANK YOU!

tibet.emory.edu/cognitively-based-compassion-training