

CCSH™

Compassion-Centered Spiritual Health

insights from CBCT®

Emory University's program in compassion training



Maureen Shelton, Director of Education
Spiritual Health at Emory Healthcare

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Presentation Overview

- What is compassion and can it be cultivated?
 - *PRACTICE : RESTING IN A MOMENT OF NURTURANCE*
- What is meditation?
 - *PRACTICE : ATTENTIONAL STABILITY & CLARITY*
- Benefits of compassion
- CBCT – one method for cultivating compassion
 - *PRACTICE : RECOGNIZING COMMON HUMANITY*
- CCSH - Compassion-Centered Spiritual Health



What is **compassion**?

Sensitivity to the suffering of others together with the motivation to decrease or alleviate their suffering

What is **love**?

(“the other side of the coin”)

the motivation to increase or promote the well-being and flourishing of others



Can compassion be cultivated?

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** (attributed)

Benefits of Compassion

The **human capacity** to care for others is not something trivial or something to be taken for granted. Compassion is a marvel of human nature, a precious inner resource, and the foundation of our well-being and the harmony of our societies.

If we seek happiness for others, we should practice compassion; and if we seek happiness for ourselves, we should also practice compassion.

– The Dalai Lama



CBCT®

one method for cultivating compassion



Cognitively-Based Compassion Training: *a technique for cultivating compassion*

- Developed as a protocol in 2005 for research at Emory University by **Prof. Lobsang Tenzin Negi**, PhD, former monk and Director of the Emory-Tibet Partnership.
- Drawn from the *lo jong* (“mind training”) traditions of Tibetan Buddhism, 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 Progressive Practices

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

*Security priming
and motivation*

*Present moment
practices*

*Analytical
practices:
cognitive re-
appraisal together
with sustained
prosocial affect*



Typical: 10 weeks of classes, guided meditation recordings

Training Attention for Stability

Awareness is the first practical ethical action available to us. To do something effectively and **ethically** we need to be our best selves in order to be able to handle the suffering.

Thich Nhat Hanh
Good Citizens



Ongoing CBCT Projects

- PTSD Sufferers, San Diego VA Medical Center & Emory University
- HIV+ Patients, Grady Midtown Clinic, Emory
- HIV+ Young Adults, Emory Pediatric AIDS Clinic
- PICU physicians, fellows, nurse practitioners, Children's Healthcare of Atlanta
- NICU Nurses, Children's Healthcare of Atlanta
- Parents of Children with Autism and Staff, Marcus Autism Center, Atlanta
- Breast Cancer Survivors, Univ. of Arizona –Tucson & Univ. of Valencia, Spain
- Bone Marrow Transplant Patients, Albert Einstein Hospital, Sao Paulo, Brazil
- Depressed Patients & Partners, University of Heidelberg, Germany
- Transgender Youth and their Parents, Univ. of Arizona – Tucson
- Emory Undergraduate and Graduate Students



**New Teacher
Residents
Atlanta Public
Schools**



CBCT Research Findings

- Decrease in resting levels of cortisol ^{1,2}
- Increased recovery from cortisol surge in response to social stress ^{1,2}
- Decreased inflammatory response to stress ^{1,2}
- Increased empathic accuracy (“Reading the Mind in the Eyes”) ³
- Increased brain activity in area associated with empathy ³
- Adolescent foster kids: C-reactive protein ↓ ⁴ / hopefulness ↑ ⁵
- Medical students: compassion ↑ ; loneliness ↓ ; depression ↓ ⁶
- More significant impact on those with higher risk of depression ⁶
- Increased amygdala response to suffering without increased depression ⁷
- Feasibility success with cancer survivors ⁸ and PTSD sufferers ⁹

¹ Pace et al., *Psychoneuroendocrinology*, 2008

² Pace, Negi, Raison, et al. *Psychoneuroendocrinology*, July 2, 2012

³ Mascaro et al. *Social Cognitive and Affective Neuroscience*, 2012

⁴ Pace et al. *BMC Complementary and Alternative Medicine*, 12(Suppl 1):P175, 2012

⁵ Reddy, Negi, Raison, et al. *Journal Child Family Studies*, February 21, 2012

⁶ Mascaro et al. *Journal of Positive Psychology*, 2016

⁷ DesBordes et al., *Frontiers in Human Neuroscience*, 2012

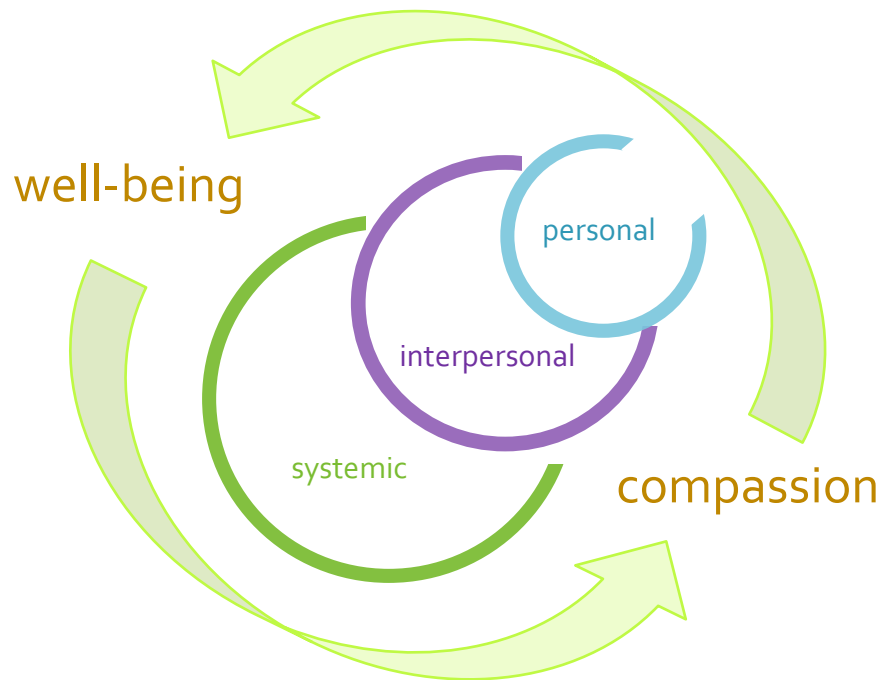
⁸ Dodds, et al. *Support Care Cancer*, 2015

⁹ Lang et al. In press. 2017



CCSH™

Compassion-Centered Spiritual Health



A collaboration between

Spiritual Health at Woodruff Health Sciences Center

and the

**Center for Contemplative Science and
Compassion-Based Ethics**



MISSION

To support spiritual health – individually and collectively – through contemplative practice aimed at strengthening and sustaining compassion rooted in our common humanity.



Compassion-Centered Spiritual Health™ (CCSH™)
 An Emory University collaborative program between Spiritual Health of the Woodruff Health Sciences Center and the Center for Contemplative Science and Compassion-Based Ethics

Research partners

- **OVERVIEW OF CCSH™ (1-2 hrs)**
- **INTRODUCTION TO CCSH™ WORKSHOP (3-4 hrs)**

Spiritual Health Professions Alignment

Institutions

Institutions (Spiritual Health Departments)

Individuals (Spiritual Health Clinicians)

Individuals (clergy)

Accreditation

ACPE collaborations:

- Member of Community of Practice for Contemplative Practices in CPE
- Potential ACPE Research Network Group



INSTITUTIONAL PARTNERS

- all spiritual health clinicians trained with CBCT Foundation Course
- minimum percent of spiritual health clinicians trained in CCSH Interventions
- minimum two (2) staff certified as CCSH
- written agreement between Emory University/CCSH and institution
- support and quality/fidelity review, research and program updates
- scaled annual fee
- Registered Teachers after 2 years (1 per year)
- On-site course participants receive Continuing Education Credits through Emory University

CBCT® FOUNDATION COURSE

- Teaches principals and practices for self
- At Emory or on site, & possibly partially self-guided on line, 16-20 hours
- Understand principles and develop practice
- One-time fee

Ministerial Continuing Education (professional)

CBCT® FOUNDATION COURSE

- On site and/or with online or self-guided components
- "Exposure" to principles and practice
- One-time fee

CCSH™ INTERVENTIONS

- Research-based bedside interventions are based on core CBCT skills and competencies
- Emory-based training (unless at accredited institutional partner)
- Clinical certification with evaluative component (portfolio or paper and oral examination), 12 hours + assessment
- One-time fee plus dues and ongoing support for quality/fidelity/research updates
- Prerequisite: Have completed or be enrolled in an ACPE education program

ACPE Certified Educator



CCSH™ REGISTERED TEACHER

- Emory-based training, application required
- Includes Emory CBCT® Instructor Certification, plus certification to teach CCSH™ Interventions, 180 hours (across minimum of 6 months)
- Prerequisite: APC or ACPE certification (or in process)
- Cost: Training fees, plus travel expenses to Emory if needed

clinical training
 ↓
residents and interns

Teaching CBCT® and Training in CCSH Interventions for:
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Residents, Staff, CECs, Certified Educators

Teaching CBCT® to:
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Healthcare Institution Faculty and Staff

↓
CBCT: Personal integration into professional practice.
 Plus:
CCSH Interventions: Delivery of CCSH assessments and interventions to:
patients / staff

↓
 Personal integration into professional practice with:
congregants / clients

↓
patients / staff

↓
patients / staff

CBCT®: Personal integration into professional practice
Interventions: Delivery of CCSH assessments and interventions





Lobsang Tenzin Negi, PhD

Maureen Shelton



Timothy Harrison

George Grant, PhD



Jennifer Mascaro, PhD



Charles Raison, MD



Why Compassion-Centered Spiritual Health?

1. Provide research-based, efficient and effective bedside **interventions** drawn from CBCT®
2. Engage systematically with **ACPE outcomes** using contemplative practices
3. Strengthen the emotional well-being and **resilience** of spiritual health clinicians
4. Cultivate greater sensitivity and effectiveness with **cultural competence**
5. Provide clinical **staff support** via teaching CBCT
6. Participate and partner with Emory University in ongoing **research**
7. Contribute to a **culture of compassion** at an institution-wide level



THANK YOU!

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CONTACT INFORMATION

Maureen Shelton, Director of Education
Spiritual Health at Emory Healthcare
Maureen.Shelton@EmoryHealthcare.org