

CCARE

THE CENTER FOR COMPASSION AND ALTRUISM RESEARCH AND EDUCATION
at STANFORD UNIVERSITY



SUPPORTING COMPASSIONATE CHANGE
A Guide to CCARE's Mission and Vision

Welcome



I am delighted to share the work of The Center for Compassion and Altruism Research and Education. Founded in 2008, CCARE has been a leader in expanding the science of compassion, while also fostering the practice of compassion and the recognition of its benefits in fields as varied as health care, policing, education, and business.

As you will see in these pages, CCARE is dedicated to building three pillars of work that are necessary to advancing the practice of compassion in society: research, public awareness, and compassion training. CCARE sponsors personal visits from public figures, scholars, and dignitaries who represent a spectrum of ideas and approaches. By hosting a broad range of visitors and enabling them to share their wisdom with the global community of people interested in compassion, CCARE leads the way in advancing the public dialogue about compassion and its benefits for society.

With the publication of the first ever *Oxford Handbook of Compassion Science*, CCARE broke new ground in expanding and legitimating compassion research. Convening scholars from many disciplines and professions in collaborative conversation is also an essential aspect of CCARE's contribution to the science of compassion.

It is only through generous support from people who are dedicated to advancing a compassionate society that our work is possible. Please accept our thanks. We are grateful for your continued support.

A handwritten signature in black ink that reads "James Doty MD".

James Doty, MD
Founder, CCARE

Our Story

The Center for Compassion and Altruism Research and Education (CCARE) at Stanford University School of Medicine was envisioned by James R. Doty, M.D., a Stanford neurosurgeon, neuroscientist, entrepreneur, and philanthropist. Dr. Doty's longstanding interest in the fundamental motivations of individuals to be compassionate was further spurred by the historic



visit of His Holiness the Dalai Lama to Stanford University in 2005. A high point of this visit was a dialogue between the Dalai Lama and Stanford scientists from the fields of neuroscience, psychology, and medicine. This dialogue had the important consequence of recognizing that a deep engagement between science and Buddhism and other contemplative traditions could make significant contribution towards a deeper understanding of many important aspects of the human mind and emotion.

While science has made great strides in treating pathologies of the human mind, far less research exists to date on the positive qualities of the human mind including compassion, empathy, and altruism. Yet these prosocial traits are innate to us and lie at the very center of our common humanity. Our capacity to feel compassion has ensured the survival and thriving of our species over millennia. CCARE was founded in 2008 with three aims: firstly, to promote, support, and conduct rigorous scientific research on compassion, empathy and altruistic behavior; secondly to raise public awareness of the importance of compassion, empathy and altruism in advancing human society; and thirdly to develop and offer compassion training programs in a variety of domains with the aim of advancing the practice of compassion in society.

CCARE has collaborated with a number of prominent neuroscientists, behavioral scientists, geneticists, and biomedical researchers to closely examine the physiological and psychological correlates of compassion, empathy and altruism. We have created a large online library of our *Conversations on Compassion*, a series of dialogues covering a broad range of topics, and we continue to offer compassion training in many formats to diverse groups worldwide.

As our story continues to unfold, we welcome your support and participation in the growing conversation about compassion. May we all continue to learn, grow, and advance this body of important work.

EDUCATION

Education has been a central component of the work at CCARE since its founding in 2008, beginning with the development of our initial compassion training program, Compassion Cultivation Training (CCT). Over the years, CCARE has continuously improved its training initiatives based on research findings and insights, resulting in programs that have a profound and transformative impact on participants' lives. CCARE now offers a diverse range of programs, each tailored to suit different needs, durations, target audiences, and objectives.



Applied Compassion Training

The intention to be compassionate is not enough; applied compassion holds the transformative power to change lives. The Center for Compassion and Altruism Research and Education understands this truth and has harnessed it through its unparalleled 11-month live/online Applied Compassion Training (ACT) program resulting in certification as an Ambassador of Compassion.

In a world where intentions often fall short, ACT stands out as a program of impact, offering a path that transcends theory and delivers tangible, life-altering results. It equips participants with the tools, knowledge, skills, and experience to ignite transformative shifts in personal and professional spheres. This exceptional program empowers participants to become compassionate leaders, change-makers, and catalysts by developing and implementing an Applied Compassion Capstone Project and becoming an Ambassador of Compassion.

Since its 2019 inception, over 400 graduates of CCARE's ACT program from 60+ countries have translated their training into meaningful, enduring change across various professions, including health care, education, corporations, and law, creating a ripple effect of compassion within their professions and communities. As a result, hundreds of thousands of people have now been positively impacted by the Applied Compassion Training program.

ACT participants and supporters contribute to a collective that defies the mere limitations of intention and unlocks the transformative potential of applied compassion. It is through CCARE's Applied Compassion Training program that one can truly transform the lives of others and forge a brighter future where compassion becomes a guiding force that shapes policies, relationships, and systems.

The Fearless Heart Training

Developed exclusively by The Center for Compassion and Altruism Research and Education, The Fearless Heart training program delivers unparalleled solutions to the challenges faced by first responders.

CCARE has long been committed to the well-being of first responders. This innovative program integrates evidence-based research and practical training for first responders, equipping them with the necessary skills to reduce burnout, cultivate compassion, recognize unconscious biases, navigate their roles, and positively impact their communities.

With a personalized framework encompassing stress management techniques, tailored self-care practices, post-traumatic growth strategies, and organizational resources, first responders gain tools to enhance their well-being.

The Fearless Heart training program equips first responders with the tools, skills, and experiences to thrive in their demanding professions. This comprehensive, personalized approach creates a lasting positive impact on the lives of first responders, their loved ones, and those they serve.

Cultivating the Heart Training

Our 8-week live/online program is designed to guide participants in their development of the skills of compassion, self-compassion, self-awareness, reflection, and meditation, skills anchored in scientific research and evidence-based practices.

Research suggests that as we become more aware of *being* with ourselves in a compassionate way, we gradually begin to recognize and experience a more fully integrated sense of connection with our deeper core values and intentions. This shift requires a rebalancing of our over-developed habit of *doing* with one of *being*.

Participants engage in contemplative practices a minimum of 20 minutes during each class session and continue these practices daily. By actively engaging in practices to cultivate greater awareness and hone new skills for emotional self-regulation, participants learn how to connect to themselves first and drop from their heads into their hearts.

Compassionate Leadership Training

For nearly two decades, Stanford has been at the forefront of groundbreaking research and training programs in the field of compassion. Extensive research shows that prioritizing compassion in organizations produces positive outcomes including increased employee creativity, productivity, and performance. It also results in decreased healthcare expenses, turnover rates, and greater retention of top talent.

In recent years, CCARE has successfully trained hundreds of leaders to apply compassion within their organizations and industries. CCARE offers customized compassion training programs designed to address the needs of leaders and organizations across the profit and non-profit sectors.

Examples of training topics include:

- Compassionate Leadership
- Navigating Crises and Uncertainty with Compassion
- Increasing Employee Engagement through Compassion
- The Power and Potential of Applied Compassion
- Harnessing Compassion to Improve Loyalty, Collaboration, and Trust within Your Organization



DISTINGUISHED GUESTS

Since its founding, CCARE has been a hub for thought leaders in the fields of compassion, empathy, and altruism. We have hosted many of these scientists, researchers, authors, and lecturers at Stanford and opened the doors of the university and the surrounding community to the wisdom these luminaries bring.



HIS HOLINESS THE DALAI LAMA

The Centrality of
Compassion in Human
Life and Society



RICHARD DAVIDSON

Convergence of Scientific
and Extra-Scientific Factors
Permitting Emergence of
New Hybrid—Discipline
and Contemplative
Neuroscience



PAUL GILBERT

An Introduction to
Compassion Focused
Therapy and the Fear
of Compassion



BARBARA FREDRICKSON

How We Co-experience
Positive Emotions
Together with Others



HIS HOLINESS THE 17th KARMAPA, OGYEN TRINLEY DORJE

Caring Connections:
Compassion, Technology
and the Environment



ANNE BIRGITTA PESSI

Individually Together—in
Compassion and
Co-passions:
Revolutionizing Work
Through Compassion

CONVERSATIONS ON COMPASSION

Around the world countless individuals devote themselves to promoting compassion through their endeavors. The Conversations on Compassion series brings these remarkable individuals from the domains of business, health care, psychology, spirituality, and religion, to engage in meaningful dialogues with CCARE's Director, discussing what inspired them to prioritize compassion in their lives and how their work positively influences others and the world. These dialogues serve as powerful motivators, helping people understand the profound impact of compassion in transforming not only their own lives but also the lives of those around them.



KRISTIN NEFF

Pioneering researcher
in the field of
self-compassion



ECKHART TOLLE

Spiritual teacher on
living a life of presence



SCOTT KRIENS

Chairman and former
CEO of Juniper
Networks



KRISTA TIPPETT

Host of the NPR radio
program "On Being"



BYRON KATIE

Teacher of
self-inquiry method
known as "The Work"



WERNER ERHARD

Creator of innovative
ideas and models of
individual,
organizational, and social
transformation



JON KABAT-ZINN

Founder of MBSR
(Mindfulness-Based
Stress Reduction)



CHIP CONLEY

Founder of Joie de
Vivre Hospitality



SHARON SALZBERG

Central figure in the
field of meditation

CONFERENCES

One of CCARE's most influential roles in the scientific community has been to convene unique gatherings that bring researchers from around the world into dialogue to advance the science of compassion more quickly. Many of these conferences allow people working toward similar research questions from different approaches to meet one another for the first time and to develop collaborations that may otherwise never have been formed.



Realising a Compassionate Planet

CCARE, in collaboration with the University of Edinburgh, presented perspectives on compassion science related to decision-making for climate politics and global sustainability. Participants learned how to bring compassion to their change processes to achieve a better future for all humankind.



Introduction to Compassion Focused Therapy

In this clinical training co-hosted by CCARE and Palo Alto University, participants learned the basic concepts of CFT, which helps people develop a compassionate orientation to themselves and others by elaborating on cognitive behavioral strategies.

Compassion and Business

Cutting-edge research and best practices on compassion and business were presented by leading research experts in the field as well as business leaders who have successfully implemented compassion-based programs in their organization.

Compassion in the Age of Disruption Summit

In collaboration with the University of Edinburgh, this summit for a select group of trailblazing business and thought leaders explored how deep human values will forge a transformative way ahead in the powerful era of artificial intelligence.

Empathy and Compassion in Society

Co-sponsored with the Tenzin Gyatso Institute, this conference brought together professionals from all sectors with the goal of promoting the 14th Dalai Lama's values of compassion.

The Science of a Meaningful Life: Self-Care for Health Professionals

Co-sponsored with UC Berkeley's Greater Good Science Center, this day-long seminar gave health-care professionals tools to relieve stress, apathy, and burnout in their work life.

Awakening Humanity at Work

A collaboration with consulting group Whirling Chief, this gathering tested new ways of helping leaders engage with the topics of compassion, wisdom, and well-being as essential to the new world of work.

Transformative Leadership Program

CCARE and the Dalai Lama Center for Ethics at MIT hosted this program for corporate changemakers wanting to create a sustainable society.

Scientific Explorations of Compassion and Altruism

His Holiness the Dalai Lama visited Stanford University to enter into dialogue with neuroscientists and other scholars deepening the study of compassion in the life sciences.

Engage + Empower Me: A Patient Engagement Design Course

Professor Daniel Siegal from the Department of Psychiatry at UCLA, presented his course on compassion, connection, and engagement: how health arises from our mind, body, and relationships.

New Perspectives on Compassion

CCARE, in collaboration with the University of Edinburgh, presented new work on a variety of perspectives on compassion, including neuroscience, health care, psychology, and business, culminating in a panel discussion of the cutting edge of compassion research involving artificial intelligence, machine learning, and robotics.

Compassion Week

An entire week of compassion-related events in San Francisco, California, brought scholars and practitioners together to explore a number of topics, including:

- Living Compassionately Retreat
- Science of Compassion Conference
- Compassion and Health Care Conference
- Empathy and Compassion in Society Conference
- The Charter for Compassion Day

Meditation and the Science of Human Flourishing

CCARE and Tergar Meditation Community co-hosted Yongey Mingyur Rinpoche and Richard J. Davidson, PhD, who shared their perspectives and insights on how we might use the practice of meditation to experience equanimity, open our hearts fully to others, and cultivate insight and wisdom.

Compassion Consortium

Graduate students, postdoctoral fellows, and faculty members from UC Davis, UC Berkeley, and Stanford presented research at this gathering of compassion and altruism researchers.



BOOK PUBLICATIONS

The Center for Compassion and Altruism Research and Education has been a leader in publishing new scientific volumes about the science of compassion as well as hosting researchers and scholars who are attempting to make this science accessible to new audiences.



The Happiness Track
by Emma M. Seppälä

Drawing on the latest scientific research on resilience, willpower, compassion, positive stress, creativity, and mindfulness to reveal the connection between happiness and success, and how to achieve both, *The Happiness Track* shows the fulfilling, rewarding, and anxiety-free life that is within reach.



Awakening Compassion at Work
by Monica C. Worline and
Jane E. Dutton

Two of the leading scholars in compassion science who have examined the role of compassion in workplaces published this first-of-its-kind book designed to make the science available to managers, leaders, and employees who want to create more compassionate work environments.



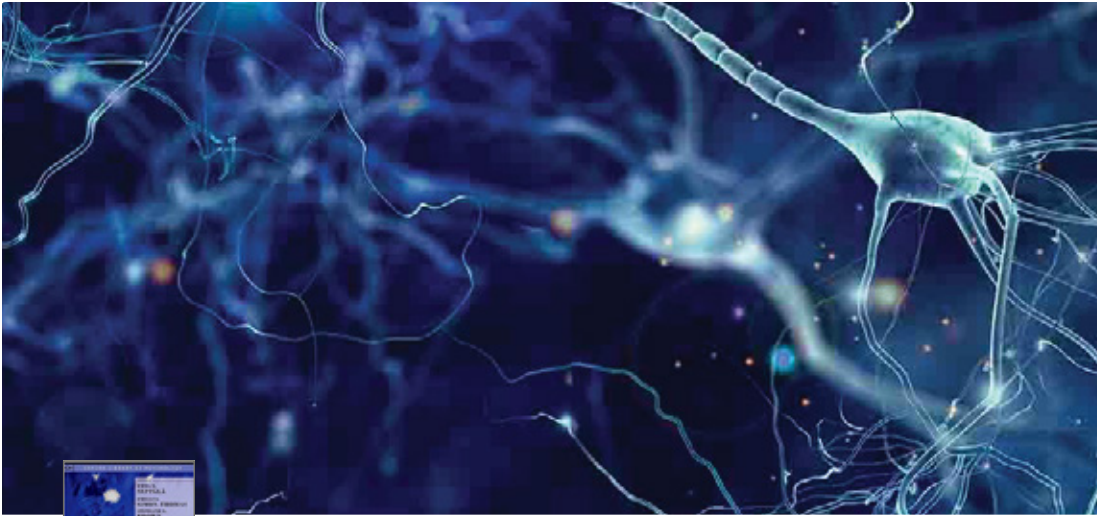
Into the Magic Shop
by James R. Doty

Dr. James Doty, founder and director of CCARE, published the New York Times and international bestseller, *Into the Magic Shop*, a memoir documenting his early life struggles and how mindfulness and compassion changed the trajectory of his life.



A Fearless Heart
by Thupten Jinpa

Thupten Jinpa, supported by CCARE, was instrumental in developing a secular course grounded in wisdom from the Buddhist tradition. This course, entitled Compassion Cultivation Training, has been offered at Stanford since its development and the course and its development are described in this volume by one of its creators.



The Oxford Handbook of Compassion Science

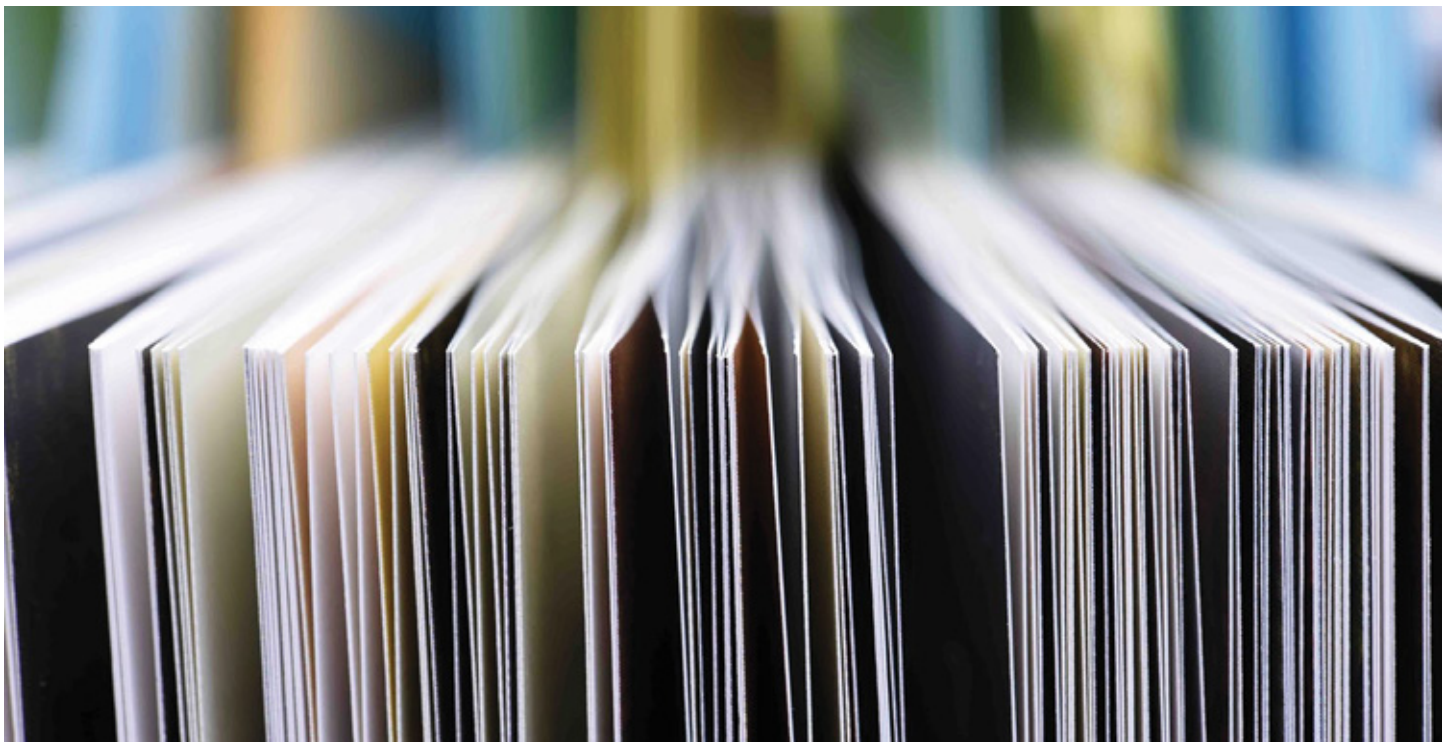
edited by Emma M. Seppälä, Emiliana Simon-Thomas, Stephanie L. Brown, Monica C. Worline, C. Daryl Cameron, and James R. Doty

A first-of-its-kind book gathering scientists worldwide to address fundamental questions about compassion, from its theoretical roots to its applications in a variety of disciplines.

P U B L I S H E D R E S E A R C H



Scan the QR code or click the image below to access our digital library of research.



HOW CAN YOU HELP?

Donor support is vital for CCARE to continue advancing its mission of fostering the development of the science of compassion and altruism, and ensuring that this valuable knowledge is accessible to all those who aspire to apply it in their lives. Following are some of the ways your donation can play a crucial role in our ability to continue making a meaningful impact.

01

Convening Scientists

Your generosity can sponsor a gathering of the scientific community to bring together those engaged in this work and continue the growing conversation about how to advance the science of compassion. CCARE has hosted various innovative gatherings including:

- Realising a Compassionate Planet
- Compassion and Business
- Meditation and the Science of Human Flourishing
- Compassion in the Age of Disruption Summit

The collaborative nature of contemporary science requires regular gatherings like these that invite interdisciplinary conversations to advance the field. It is donations from funders who invest in these advancements that make these gatherings possible.



02

Groundbreaking Advancements

Your support can fund postdoctoral fellows who work in residence at CCARE and perform research alongside thought leaders in the field. These young scientists often ask breakthrough questions and offer ideas that change the way we understand the science of compassion, but without funding their early career work and influence can be lost. Just a decade ago entering the field of compassion science as a junior scholar was unheard of or frowned upon. Funders who support the scientific advancement in this field have paved the way for new legitimacy in making the science of compassion a viable academic career. Your donation in support of post-doctoral work at CCARE will open doors for young scientists to continue groundbreaking advancements in compassion science.



03

Advanced Compassion Training

With the continued success of CCARE's existing compassion training programs, your support will empower CCARE to expand its efforts in developing and disseminating advanced compassion training across multiple disciplines.

Your donation could enable CCARE to develop a new program of teaching, or a web-based e-learning course and massive open online course (MOOC) on topics such as new approaches to compassion in health care or education. While successful compassion training programs can become financially sustainable over time, it is only with the support of generous donors that initial development and efficacy research can be conducted in a rigorous manner.



04

Increased Public Awareness

Donors with an interest in making the science of compassion available more broadly to the public can support a named lecture series or the Conversations on Compassion series hosted by Dr. Doty, which brings leading thinkers to Stanford and enables us to broadcast their ideas to our large community through video and web-based learning. Some of the important Conversations on Compassion that CCARE has made available to the public include:

Eckhart Tolle | the Dalai Lama | Krista Tippett
 Amma | Sharon Salzberg | Thich Nhat Hanh

Conversations and lecture series like these bring the science and practice of compassion to the public in an essential and accessible manner. Generous donations allow this valuable source of the science of compassion to be shared with the public.



05

Building Strong Infrastructure

It comes as a surprise to many that CCARE's operations receive little support from Stanford University. Your donation to general CCARE operating funds helps us build and maintain a strong infrastructure that underpins all our work. These important unrestricted gifts that enable CCARE operations are invaluable in advancing CCARE's mission.



D O N A T E



To donate today, simply scan the QR code or click the image below. By joining our community of compassionate supporters, you will not only contribute to groundbreaking research and education programs but also become an advocate for positive change in the world. When we come together, we can make a tangible difference in fostering a more compassionate society for future generations. We invite you to join us on this transformative journey. Thank you.

G L O B A L I M P A C T

