

Compassion Cultivation Training Hosted by Magnolia United Church of Christ



**Weekly on Mondays from 1–3pm, via Zoom
Beginning September 28th – November 16th**

Course Description

As we head into election season at a time when our nation is already divided and struggling, MUCC will host this widely acclaimed class for our community. **Cost of the 8-week class is \$50, with just 20 spaces available.** MUCC community will have priority registration. We will open registration to others as space allows in early September.

Compassion Cultivation Training is an **eight-week course** designed to develop the qualities of compassion, empathy and kindness for oneself and others. The course, developed by a team of contemplative scholars, clinical psychologists and researchers at Stanford University, combines traditional contemplative practices with contemporary psychology and scientific research on compassion and is offered in a secular presentation.

Training includes:

- **Mindfulness:** Daily meditation, visualization and breathing practices to develop loving-kindness, empathy and compassion.
- **Coursework:** Two-hour weekly classes that include lecture, discussion and in-class listening and communication exercises with partners and small groups.
- **Assignments:** Real-world homework to help you practice compassionate thought and action.

Cultivating compassion goes beyond feeling more concern and empathy for others. It develops the strength to be with suffering, the courage to take compassionate action, and resilience in the face of life's challenges. Each of us can nurture & grow our compassionate instinct, like a plant carefully cultivated from a seed. This process requires patience, steady care, proper tools & a supportive environment. Developing this capacity of ours helps prevent burnout, empathic fatigue, & helps us develop emotional resilience to face the important challenges in front of us.

About the Instructor

Diane Hetrick holds a Certificate in Mindfulness Facilitation training through the Mindfulness Awareness Research Center (MARC) at UCLA. After completing the Compassion Cultivation Training (CCT) Teacher Certification Program, offered through the Center for Compassion, Altruism, Research and Education (CCARE) at Stanford, she became a certified CCT teacher. Read more about Diane [here](#).

To register, email: contact@magnoliaucc.org

Checks (made payable to MUCC) may be mailed to the church (please notate "Compassion Training") OR

Pay online on the MUCC website [here](#) (select "Compassion Training")