



Compassion-Based Resilience Training

CBRT & CBRT Teacher Training. A complete method of training the resilience of mind, heart, and body we need to sustain lives of well-being, engagement and purpose in our interdependent world.

Overview

CBRT is an evidence-based modular training that teaches the science and skills people need to reduce stress, build resilience, and cultivate lives of well-being, engagement, and purpose in our ever more interdependent world. It empowers people to develop a more resilient mind, heart, and body by combining skills taught separately in other trainings—mindfulness, compassion, imagery, and breath-work—into one step-by-step introduction, providing the most cost-effective way of educating lay and professional groups in the full spectrum of mind/body research and contemplative skills.

CBRT was developed in 1998 by Joe Loizzo, MD, PhD, Founder and Director of Nalanda Institute for Contemplative Science, by integrating timeless techniques of contemplative self-regulation from India and Tibet with contemporary breakthroughs in neuroscience, positive psychology, and optimal health. It has been offered continuously since then at New York Hospital, the University Hospital of Columbia and Cornell, as well as a range of area schools and businesses including two underserved NYC public schools, The Calhoun School, The Rebecca School, Appnexus, and the New York Public Library.

CBRT consists of eight modules that can be taught in compressed or extended formats, from two full days to eight to twelve weekly classes. A nine-month online Teacher Training certifies practitioners to deliver the training.

Both CBRT and its Teacher Training are supported by training websites with research articles and study aids including a student manual, a teacher manual and instructional videos (for the Teacher Training), and a full series of guided meditation files to prompt homework and fieldwork.

About the Training

The CBRT curriculum teaches the full spectrum of research-based insights and time-tested self-regulation skills:

MODULE I

Embracing Suffering with Body Mindfulness

Bringing mindful awareness to our breathing body helps us reconnect with our inner lives, to embrace the experience of being in a sensitive body, vulnerable to pleasure and pain, and to begin releasing the survival habits of stress, trauma, and reactivity.

MODULE II

Stopping Reactive Habits with Mindful Sensitivity

Staying in touch with the raw feel of our inner lives with mindful sensitivity helps us maintain balanced awareness through the ups, downs, and plateaus of pleasant, painful, and neutral experience, to anticipate reactivity, and to replace the urge to avoid or crave with the ease of acceptance and care.

MODULE III

Breaking Free of Confusion with Open Awareness

Mindfulness of mind trains us to cut through the mesh of reactive habits and stress instincts that normally block the full openness and clarity of our human mind. It empowers us to own and awaken the boundless potential for learning, unlearning, freedom and creativity dormant in us all.

MODULE IV

Mindful Insight: The Lifelong Path of Self-Healing

In all-inclusive mindfulness we engage our open mind to expose the habits of thinking, feeling, and acting that shape our mindset, empowering our inner therapist to cut the roots of reactivity and grow proactive new ways of being in the world.

MODULE V

Reparenting Reactive Emotions with Self-Compassion

As we learn to view our confused childhood selves with a wise, caring mind, we begin to see through our myopic cocoon and inner monologue, and to reparent ourselves one breath at a time by replacing self-enclosure and self-criticism with the mature insight and care our hearts need to heal, grow, and change.

MODULE VI

Cultivating Love and Care: Reaping the Harvest of Well-Being

Once we learn to take care and give love to ourselves, we experience our stressed interactions with others—close, neutral, and far—as the interplay of our own confused child mind with theirs. We then naturally widen our circle of care and love, empowering ourselves to engage others and our larger world in a more meaningful and effective way.

MODULE VII

Heroic Imagery and Expression: Modeling a Larger Self and Life

Given the complex challenges of life in our digital age, now more than ever we need to harness the creative power of imagination to a proactive vision of better living in a better world. Re-envisioning our lives through the eyes of inspiring mentors can awaken the heroic resolve we need to reshape our self, life, and world for the best.

MODULE VIII

Breath-Body Flow: Inspiring a More Positive Life

Even when we have the example of mentors and the courage to revise our selves and lives, in order to realize our full potential, we need to sense, elicit and harness the energy and chemistry of well-being that rewires our neural networks and bodies to live naturally at one with others, and with the complex world and earth we all share.

Research and Application

Research studies conducted at Weill Cornell Medicine and Albert Einstein College of Medicine with women recovering from breast cancer found that CBRT reduces biomarkers of stress, improves quality of life, lowers social-emotional and cultural role stress, enhances resilience and overall functioning, and markedly decreases post-traumatic symptoms including intrusive thinking and traumatic avoidance. Ongoing studies of the training are underway.

Nalanda Institute offers a year-long certification program that prepares lay and professional participants to teach CBRT.

About the Institute

Nalanda Institute for **Contemplative Science** teaches people in all walks of life timeless contemplative skills informed by current neuropsychology to empower themselves and others to cultivate a wise mind, warm heart, and altruistic way of life in our interdependent world.

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Nalanda Institute
for CONTEMPLATIVE SCIENCE