



Compassion-Based Resilience Training

About the Training

Compassion-Based Resilience Training (CBRT) is a complete method of teaching the science and practice of mindfulness, compassion, vision, and energy, to reduce stress, restore health, and cultivate lives of well-being, engagement, and purpose in our interdependent world.

It was developed in 1998 by Joe Loizzo, M.D., Ph.D., Founder and Director of Nalanda Institute for Contemplative Science, by integrating timeless techniques of contemplative healing from India and Tibet with contemporary breakthroughs in neuroscience, positive psychology, and optimal health. Offered since then at the University Hospitals of Columbia and Cornell, the training integrates the benefits of mindfulness-based interventions, kindness and compassion training, life-transforming imagery, and embodied breath-energy work.

Insights and Skills

Module I: Embracing Suffering with Body Mindfulness

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

Module II: Stopping Reactive Habits with Mindful Sensitivity

Tasting 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 mindless reactivity, and to replace the urge to crave and grasp with the ease of acceptance and care.

Module III: Breaking Free of Confusion with Open Awareness

Deep mindfulness of mind trains us to cut through the mesh of reactive habits and stress instincts that normally block the blissful brilliance of our

primal mind. It empowers us to own and awaken the boundless potential for freedom, learning, and creativity that lies dormant in all our hearts.

Module IV: Mindful Insight: The Lifelong Path of Self-Healing

In all-inclusive mindfulness we shine the light of our awakened mind to expose the mindless habits of thinking, feeling, and acting that have shaped our unconscious mentality, empowering our inner therapist to cut the roots of suffering and grow proactive new ways of being in the world.

Module V: Reparenting the Childhood Self 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 traumatic life-story, and to reparent ourselves a breath at a time by replacing childish self-pity and self-attack with the mature insight, guidance, and love 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—near, neutral, and far—as the interplay of our own confused inner child with theirs. We then naturally widen our circle of mature care and love, empowering ourselves to engage others and our larger world in a prosocial and truly effective way.

Module VII: Heroic Imagery and Expression: Modeling a New Self and Life

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

Module VIII: Breath-Body Flow: Inspiring a More Positive Life

Even when we have the blessing of mentors and the daring to revise our selves and lives, in order to realize our dream, we need to sense, tap, and channel the pure bliss energy and chemistry that rewires our neural networks and bodies to live naturally at one with humanity and all life on earth.

Research and Application

The efficacy and feasibility of CBRT has been validated by three pilot studies funded by the Avon Foundation, NY Community Trust, and the D'Allesandro Foundation. Studies with women recovering from breast cancer treatment found the program improves quality of life, reduces biomarkers of stress, lowers social emotional and cultural role stress, enhances overall functioning, and markedly decreases post-traumatic symptoms including traumatic avoidance. Further studies the training are underway. Nalanda Institute offers a year-long certification program that prepares lay and professional participants to teach CBRT.

About Nalanda Institute and CBRT

At Nalanda Institute, we see an interdependent world where all people flourish together by learning to tame self-defeating thoughts and emotions and to thrive sustainably with others in mutual happiness, compassion, and altruism. Our mission is to train people in all walks of life in timeless contemplative skills informed by practical neuropsychology to empower themselves and others to cultivate a wise mind, warm heart, and altruistic way of life in our interdependent world.



Nalanda Institute
for CONTEMPLATIVE SCIENCE

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