Open Peer Review on Qeios

Cognitively-Based Compassion Training

National Cancer Institute

Source

National Cancer Institute. <u>Cognitively-Based Compassion Training</u>. NCI Thesaurus. Code C154220.

Classes consisting of didactics, class discussion, and guided meditation practice designed to challenge unexamined assumptions regarding feelings and actions toward others with a focus on generating spontaneous empathy and compassion for self and others.