**SBS Community Classroom**   
**Courageous Compassion: Tools for Cultivating Care and Compassion**  
Tuesdays, 5:30-7:30PM   
September 21 – October 12, 2021 or October 19-November 9, 2021

Instructor: Leslie Langbert, LCSW (FL), RYT  
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**Course Description:** This SBS Community Classroom course offers a brief introduction to Sustainable Compassion Training (SCT), developed by Makransky. This method of training compassion highlights our need to experience ourselves as objects of care and compassion in order to extend care and compassion sustainably to others; our need to see others in their deep dignity and worth beyond our limiting labels or ideas in order to extend care more widely; and our need to feel at home with ourselves to be a welcoming presence to others. This course includes readings, videos, and take-home practice tools to deepen participants’ experiences of receiving care, extending care, and expanding self-care as a path of deepening compassion, and lessening the risk of empathic fatigue.

Pre-Reading:

Lavelle,B.D. (2016). “Compassion in Context: Tracing the Buddhist Roots and Modern Frames of Secular, Compassion-based Contemplative Programs.” In Seppala, Simon Thomas, Worline & Doty (Eds). *Oxford Handbook of Compassion* [link to text available in Box]

<https://books.google.com/books?hl=en&lr=&id=xMQ2DwAAQBAJ&oi=fnd&pg=PA17&dq=compassion+in+context&ots=UIpgTvo4kE&sig=EAcCQZUZ1gLhxDqdPh_Ga6fB6Kg#v=onepage&q&f=true>*Optional:* Condon and Makransky (2020). Sustainable Compassion Training: Integrating meditation theory with psychological science

**Required text:**  
Gilbert, P. and Choden (2014), *Mindful Compassion: How the science of compassion can help you understand your emotions, live in the present, and connect deeply with others*. Oakland, CA, New Harbinger Publications.

While this text is available in electronic format, page numbers provided in the syllabus correspond to the paperback edition.

**Week 1 – The Science and Art of Compassion**  
Introduction and Ch.1 ‘Waking Up’ (pp. 1-31) in *Mindful Compassion*.

Makransky, J. (2008). Love is All Around. Tricycle, NY <https://tricycle.org/magazine/love-meditation/> [text available in Box]  
  
Take-home meditation practices for Week 1 [available in Box]

**Week 2 – Receptive Mode: Receiving Care**  
Chapter 3 ‘Emotional Systems’(pp. 59-92) in *Mindful Compassion*.  
  
Mikulincer and Shaver (2005), Attachment security, compassion and altruism. *Current Directions in Psychological Science, (14,34).* pp.34-38. [text available in Box]

In –session video: Fred Rogers Daytime Emmy’s [available in Box after session]

Take-home meditation practices for Week 2 [available in Box]

**Week 3 – Deepening Mode: Self-Care**  
Read pp. 157-166 in *Mindful Compassion*. Begin with ‘Fears of and Resistances to Compassion’ and end right before ‘Affiliation and Slowing Down – in the Culture of Speeding Up’.

Chapter 10 ‘The Compassionate Self’ (pp. 251-274) in *Mindful Compassion*.

Take-home meditation practices for Week 3 [available in Box]

**Week 4 – Inclusive Mode: Extending Care**

Chapter 11 ‘Widening Our Circle of Compassion’ (pp.275-297) in *Mindful Compassion.*

Read in *Radical Dharma: Talking Race, Love and Liberation* chapter ‘It’s Not About Love After All’ by Rev. angel Kyodo williams (pp. 89-104). [text available in Box]  
  
In-session video: Omid Safi, Ph.D in Memphis [available in Box following session]  
  
Take-home mediation practices for Week 4 [available in Box]  
  
*Recommended:* Harro, B. (1982). Cycle of Socialization  
<https://depts.washington.edu/geograph/diversity/HarroCofS.pdf>   
Harro, B. (2000). Cycle of Liberation  
<https://geography.washington.edu/sites/geography/files/documents/harro-cycle-of-liberation.pdf>