



the visit 2010  
His Holiness the Dalai Lama  
Presidential Distinguished Professor

EMORY UNIVERSITY

Compassion Meditation  
Mapping Current Research  
and Charting Future Directions

Charles L. Raison

Emory University

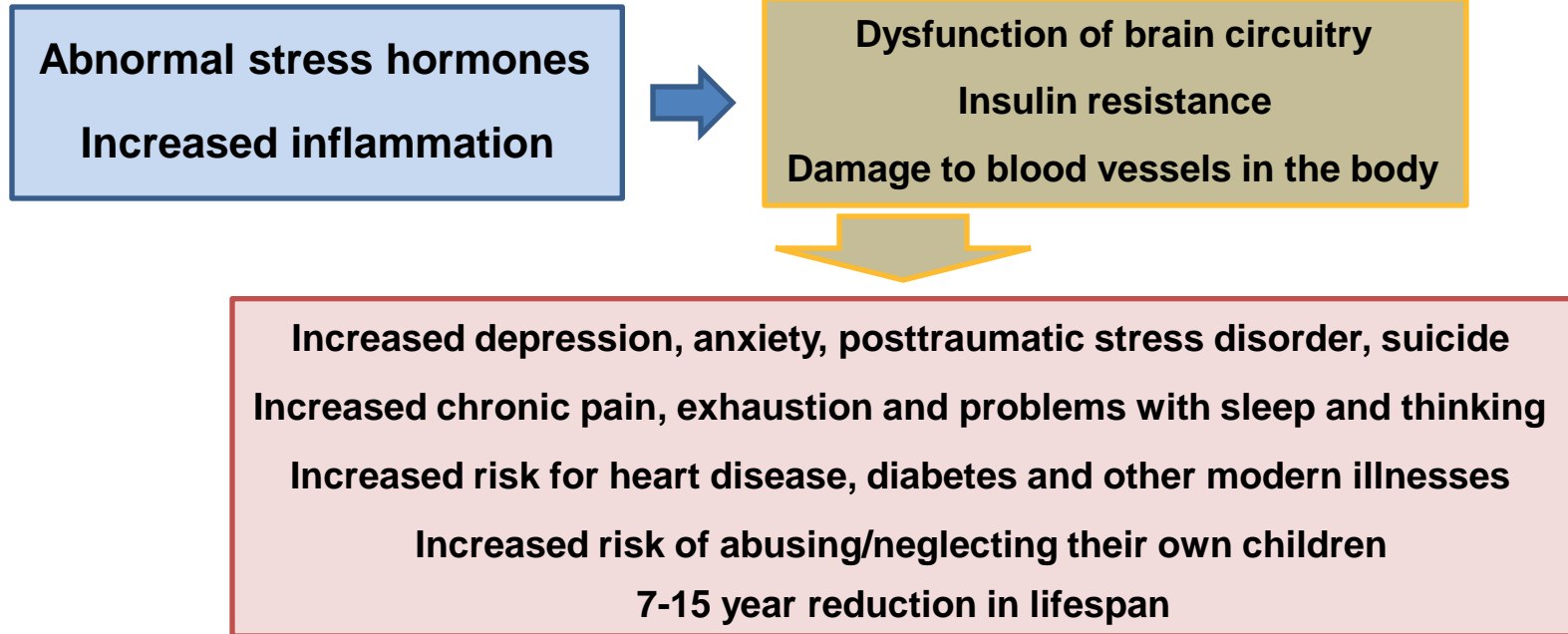
Report from the Frontlines:

*an update on health relevant effects of  
compassion meditation*



# Childhood Adversity Affects People Throughout Their Entire Lives

Compared to individuals not abused, abused or neglected children demonstrate the following in adulthood:



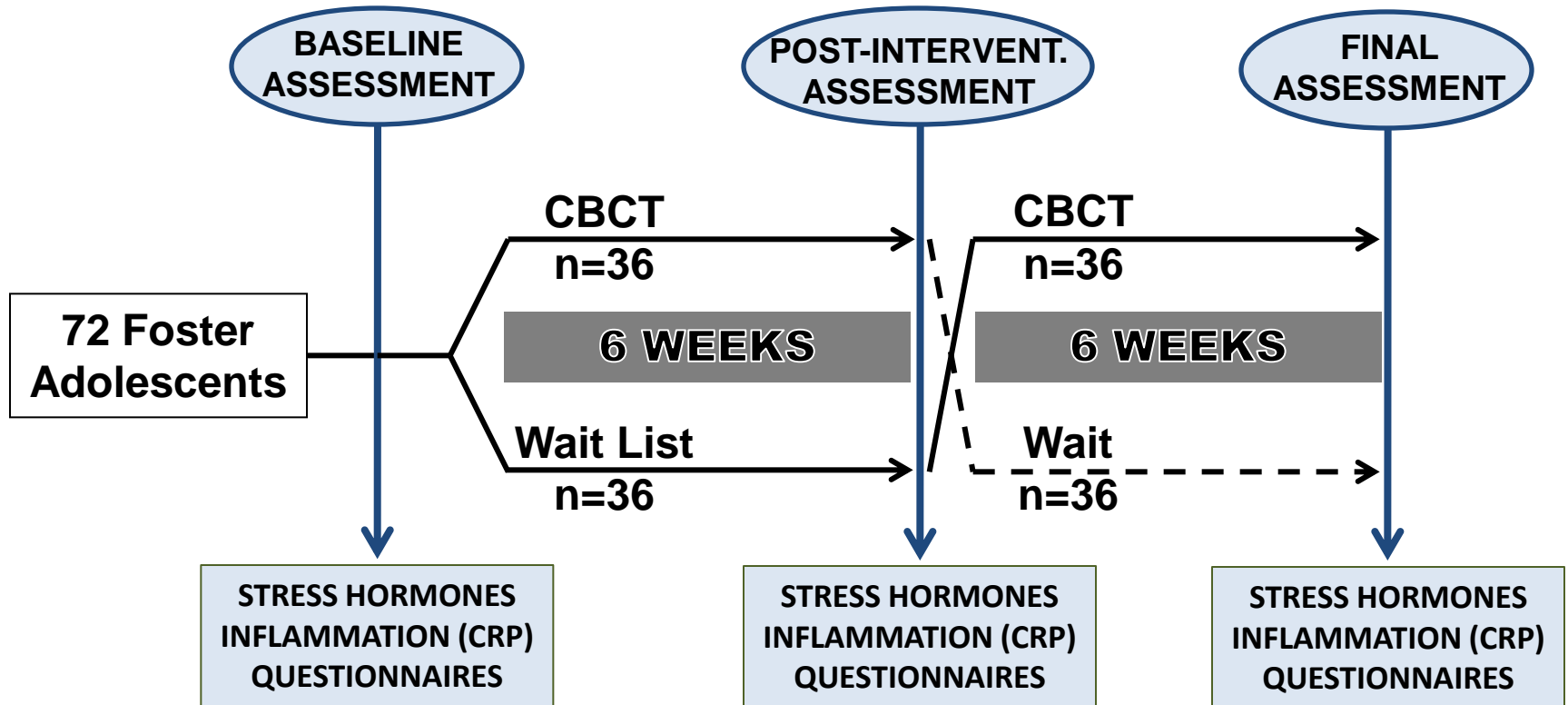
# A Study of Cognitively-Based Compassion Training (CBCT) to Enhance Health and Well-Being in Adolescents in Foster Care in Metropolitan Atlanta



# The Double Trauma of Foster Care Placement



# A Study of Cognitively-Based Compassion Training (CBCT) to Enhance Health and Well-Being in Adolescents in Foster Care



# Study Behavioral Hypotheses

1. Adolescents randomized to CBCT will show reduced SELF-REPORTED depression and anxiety and increased positive emotion, optimism and ability to get along with others
2. In the CBCT group, increased practice time will be associated with reduced SELF-REPORTED depression and anxiety and increased positive emotion, optimism and ability to get along with others

# Behavioral Results

1. No differences were found between the CBCT group and the wait-list group on SELF-REPORTED depression, anxiety, emotional well-being or any other measure
2. Some suggestion that adolescents who continued to practice during the last 3 weeks of the study had an improved sense of SELF-REPORTED optimism about their future and ability to manage their lives.



# Study Physiological Hypotheses

1. Adolescents randomized to CBCT will show reduced salivary cortisol, alpha-amylase and C-reactive protein (inflammation)
2. In the CBCT group, increased practice time will be associated with reduced salivary cortisol, alpha-amylase and C-reactive protein (inflammation)

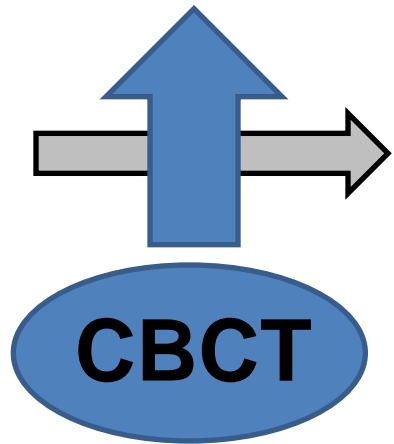


# VOICES OF THE YOUTH

## CBCT Testimonials



~~EARLY  
ADVERSITY~~



Abnormal stress hormones  
Increased inflammation

Dysfunction of brain circuitry  
Insulin resistance  
Damage to blood vessels in the body

Increased depression, anxiety, posttraumatic stress disorder, suicide  
Increased chronic pain, exhaustion and problems with sleep and thinking  
Increased risk for heart disease, diabetes and other modern illnesses  
Increased risk of abusing/neglecting their own children  
7-15 year reduction in lifespan



# Effect of CBCT vs. Wait List on Inflammation and Cortisol

