

The Art and Science of Restorative Compassion

This interactive session explores the natural human capacity for compassion, including the psychological factors that support and inhibit compassion. Scientific theories from developmental psychology and cognitive science will be presented to help enhance contemplative practices for compassion.

The session will include experiential meditation exercises to uncover capacities that support more inclusive and sustainable compassion. Meditations are presented in an open secular format that invites participants to draw on diverse scientific, cultural, or spiritual frameworks.

Presented by Paul Condon, Ph.D., Associate Professor, SOU Psychology

March 4th, 12:30pm-1:20pm

Hannon Library Whiteboard room 352