Citations for GRACE

General:
(Articles that give data and background for the GRACE intervention and BWD training, or relate to the general field of compassion training or research)


Halifax, J: The Precious Necessity of Compassion. In Vol. 41 No. 1 January 2011


**GRACE INTEREVENTION CITATIONS:**

G: Gathering attention
   Attentional balance:
   (Articles that give data and background for attention training or attention research)


**R: Recalling intention:**

**Cultivating prosocial affect and ethical perspectives:**

(Articles that give data and background for prosocial mental training or prosocial research and relevant ethics’ articles)


**A: Attuning to self first, then other:**
*Articles that give data and background for self-attunement, specifically somatic awareness, tracking of affect and cognitive content, as well as empathy training and research, and value of interoceptivity.*

Batson et al. (1997), while the reference I use for self-focused attention to another's distress and empathic over-arousal is Eisenberg (2002). I've listed both below, and attached the Batson et al. Paper.


University Press.


C: Considering what will serve:
Insight: metacognitive perspective, ethics, impermanence, self/other distinction, no attachment to outcome:
(Articles that give data and background for value of metacognitive perspective, etc.)


E: Engaging:
(Articles that give data, training, and background for value of altruism, eudaemonia, ethical character, engaged compassion, compassion satisfaction, vicarious resilience)