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)
In general two types of preservice training are available for agricultural staff. These are (1) degree level (at least a bachelor's degree in agriculture or related field), which is usually offered for four years by a university or agricultural college; and (2) diploma level, which is mostly offered by the schools of agriculture for a period of two to three years. The entry point for the former is normally twelve years of schooling and for the latter ten years of schooling. This article defines the construct of self-compassion and describes the development of the Self-Compassion Scale. Self-compassion entails being kind and understanding toward oneself in instances of pain or failure rather than being harshly self-critical; perceiving one's experiences as part of the larger human experience rather than seeing them as isolating; and holding painful thoughts and feelings in mindful awareness rather than over-identifying with them. Evidence for the validity and reliability of the scale is presented in a series of studies. Results indicate that self-compassion