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)


**GRACE INTERVENTION 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.


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)
Training of non-university teachers
Development of partnerships with enterprises
Knowledge triangle education-research-innovation
Training courses for public services (ministries, regional/local authorities)
Development of lifelong learning in society at large
Qualifications frameworks.

The programme-wide priorities will apply to multi-country projects, i.e. projects involving more than one partner country. As a general rule, no extensions to the eligibility period beyond the maximum duration will be granted. However, if after the signing of the agreement and the start of the project it becomes impossible for the beneficiary, for fully justified reasons beyond his control, to complete the project within the scheduled period, an extension to the eligibility period may be exceptionally granted.