

# WORKSHOP 3

## Cultivating Our Brains for Building Connection and Compassion



### Professor Darcia Narvaez

#### Bio:

Darcia Narvaez is Professor of Psychology at the University of Notre Dame. She publishes extensively on moral development and education. Author or editor of 13 books, her most recent authored books include *Embodied Morality: Protectionism, Engagement and Imagination*, and *Neurobiology and the Development of Human Morality: Evolution, Culture and Wisdom*, which won the William James Book Award from the American Psychological Association. She is a fellow of the American Psychological Association and the American Educational Research Association. She writes a popular blog for *Psychology Today* ("Moral Landscapes").

Darcia Narvaez, PhD, Professor of Psychology, 118 Hagggar Hall, University of Notre Dame, Notre Dame IN 46556 USA. [dnarvaez@nd.edu](mailto:dnarvaez@nd.edu), 574-631-7835.

#### Abstract:

Disconnection from the natural world and from others are common problems in modern societies. Disconnection makes self-centered, community-harming behavior more likely, a matter of ethics. This workshop will guide participants through a series of self-practices for moral and compassionate self-development to foster reconnection. These practices, called Developmental Ethical Ecological Practice (DEEP), can help revamp the neurobiological underpinnings of the compassionate self. DEEP enables participants to foster self-calming, grow sociality, and expand social and ecological imagination. DEEP emphasizes the self-construction of a compassionate self that is ecologically attuned and socially embedded. Participants learn about the interconnectedness of compassion training and moral values, and explore how to contribute to building ecologically-attached compassionate communities.