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although these terms are related to compassion they are not identical compassion often does of course involve an empathic response and an altruistic behavior however compassion is defined as the emotional response when perceiving suffering and involves an authentic desire to help

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Apr 17 2023 according to the compassionate mind foundation compassion focused therapy cft is an evidence based form of psychotherapy that draws upon our evolved capacity for compassion to facilitate the alleviation of human suffering cmf usa

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