

Table 2. Pre and post Mean and Standard Deviation Scores on the Compassion for Others Scale, Self-compassion Scale and the Interpersonal Reactivity Index.

Scale	N	Pre CMT	Post CMT
Compassion for Others	17	M=4.10 (0.4)	M=4.24 (0.4)
Self-Compassion	21	M=3.26 (0.7)	M=3.61 (0.8)
Self-Critical Judgement	21	M=3.34 (0.9)	M=2.96 (1.0)
Perspective taking	20	M=18.3 (3.6)	M=17.0 (4.4)
Fantasy scale	20	M=14.1 (4.2)	M=14.3 (4.1)
Empathic concern	20	M=17.4 (3.8)	M=17.8 (3.7)
Personal distress	20	M=14.4 (3.1)	M=12.9 (2.6)