

OVERVIEW AND APPLICATION

CBCT® OVERVIEW

In 2005, the Center for Contemplative Science and Compassion-Based Ethics (CCSCBE) (formerly Emory-Tibet Partnership) at Emory University launched a research study to evaluate whether compassion training could be employed as a method to address growing rates of depression in college undergraduates. The results of that study suggested that the practice of compassion meditation reduced neuroendocrine, inflammatory, and behavioral responses to psychosocial stress that have been previously linked to the development of mental and physical disease. These promising results attracted the attention of leaders in education, medicine, and the Atlanta foster care system. In the ensuing years, researchers have initiated a series of research projects evaluating the efficacy of the CBCT® intervention for healthy adults, elementary school children, adolescents in foster care, men with HIV+, survivors of trauma and cancer, and several other groups.

To meet the needs of the growing research programs, Dr. Negi launched the CBCT Teacher Certification program in 2011. The program is intended for those with contemplative or meditative practice who wish to deepen their knowledge of CBCT and to serve as CBCT instructors for ongoing research projects or for outreach in their personal or professional communities. Those interested in teacher certification come from a wide variety of backgrounds and are applying CBCT in numerous settings. The group includes K-12 teachers, therapists, social workers, doctors, nurses, community organizers, researchers, and graduate students. All are people who have already taken the prerequisite CBCT Course (8-Week or Multi-Day Intensive Course) and hope to make CBCT a more significant part of their lives.

CBCT is one of the two programs of The Compassion Shift, an initiative at the Emory Compassion Center to advance a global culture of compassion through CBCT for adults and SEE Learning® for children. The initiative aims to expand and make these innovative research-based programs accessible to people across the planet and especially to those working in the critical areas of education, business, healthcare, and human services. SEE Learning® (Social, Emotional and Ethical Learning) brings the cultivation of compassion and other basic human values into education at all levels, from kindergarten up to university, through its age-appropriate curricula and rigorous educator training program. Since its global launch in 2019, SEE Learning® has reached more than 10 million students in more

than 80,000 schools across 78 countries, in 24 languages. Within two years after its global launch in 2019, SEE Learning® reached more than 50,000 educators in over one hundred countries, and it is translated into multiple languages. SEE Learning® has shown that compassion can be taught to children in both simple and increasingly sophisticated and developmentally appropriate ways.

Each year, hundreds of teachers offer CBCT to thousands of people around the world, many engaged in active scientific research. Currently translated into Spanish, Portuguese, German, Hindi, and Mongolian, with plans to translate into other languages in the coming years. CBCT is offered in many countries, including Spain, Brazil, India, Israel, Mexico, Germany, Mongolia, Taiwan, Korea, England, and Colombia.

Starting in 2025, CBCT Teacher Certification will focus on integrating pedagogy and interactive learning into the Compassion Center's new online learning platform, Compassion U™. This will replace the traditional fully-in-person or live online format of a CBCT course. In this format, CBCT Teachers facilitate weekly one-hour sessions with participants following their completion of the weekly self-guided module online. Live sessions may be in person or online, at the teacher's discretion. Students in the CBCT Teacher Certification program will be prepared to share CBCT utilizing Compassion U and facilitate the accompanying live group sessions.

BRIEF SUMMARY OF CERTIFICATION PROCESS

The CBCT Teacher Certification program consists of three parts: the Retreat, the Practicum, and the Supervised Teaching. The Retreat is led by the developer of CBCT, Dr. Lobsang Tenzin Negi. The Practicum will consist of weekly assignments and meetings. It will be an opportunity to study CBCT modules in-depth and practice co-teaching with fellow teachers in training utilizing the online CBCT learning platform, Compassion U. The final part of the training is Supervised Teaching, where teachers in training will be paired with a certified instructor and will teach their first official CBCT course using Compassion U.

APPLICATION DUE DATE:

Priority Deadline: Feb 1, 2025.

Applications submitted by this date will be given **priority**.

Extended Deadline: March 1, 2025.

Applications submitted by this date will be given full consideration for admittance if space allows.

TEACHER CERTIFICATION COST

The total cost for the teacher certification is \$5,500. This cost covers the retreat, practicum, workshops, and personalized facilitation and supervision for all three stages of the certification process including the supervised teaching phase. The cost also includes access to the Canvas for Teacher page; the Compassion U e-learning platform; most reading materials (including the new CBCT Teacher Guide); and daily meals and snacks for in-person retreat participants.

SEEDS OF COMPASSION SCHOLARSHIP

We are very pleased to have a scholarship fund to support new CBCT Teacher trainees. Each year, a limited number of partial scholarships are available through the generosity of a donor fund. If you are interested in applying for scholarship support, please (1) select *“Requesting Seeds of Compassion Scholarship”* in the payment portion of the application and (2) include a statement of this request with a brief description of your level of need. Award recipients will be notified via email.

TRAINING LOCATION:

The Retreat, which unfolds over 4 full days, will be offered in person in Atlanta. We encourage in-person attendance for these sessions, but there is also an online, interactive livestream option. The Practicum is fully held online.

TRAINING DATES:

PART 1: RETREAT (May 1 – May 4, 2025). In Atlanta or livestream

PART 2: PRACTICUM (May 14 – July 23, 2025). Online (*Note that the expected commitment is 7-8 hours per week.*)

PART 3: SUPERVISED TEACHING (TBD) Supervised Teaching to be scheduled on an individual basis post-practicum.

Parts 1 - 3 must be completed for certification.

TRAINING DETAILS

PART 1: RETREAT: MAY 1 - MAY 4, 2025

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| 4-DAY RETREAT | Held in-person with a livestream attendance option, the CBCT retreat led by Lobsang Tenzin Negi, PhD, developer of CBCT and Executive Director of the Compassion Center, is open to anyone who has taken a full CBCT Course. Attendance is mandatory for all CBCT Teacher Certification program participants. | Thursday, May 1 – Saturday, May 3 (9:00 am – 5:30 pm EDT) Sunday, May 4 (9:00 am – 3:30 pm EDT) |
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PART 2: PRACTICUM: MAY 14 - JULY 23, 2025

Note: The expected commitment is 7-8 hours per week.

All Facilitator-led sessions will begin at 8 AM EST or 6 PM EST. You will select your distinct session schedule at the time of applying.

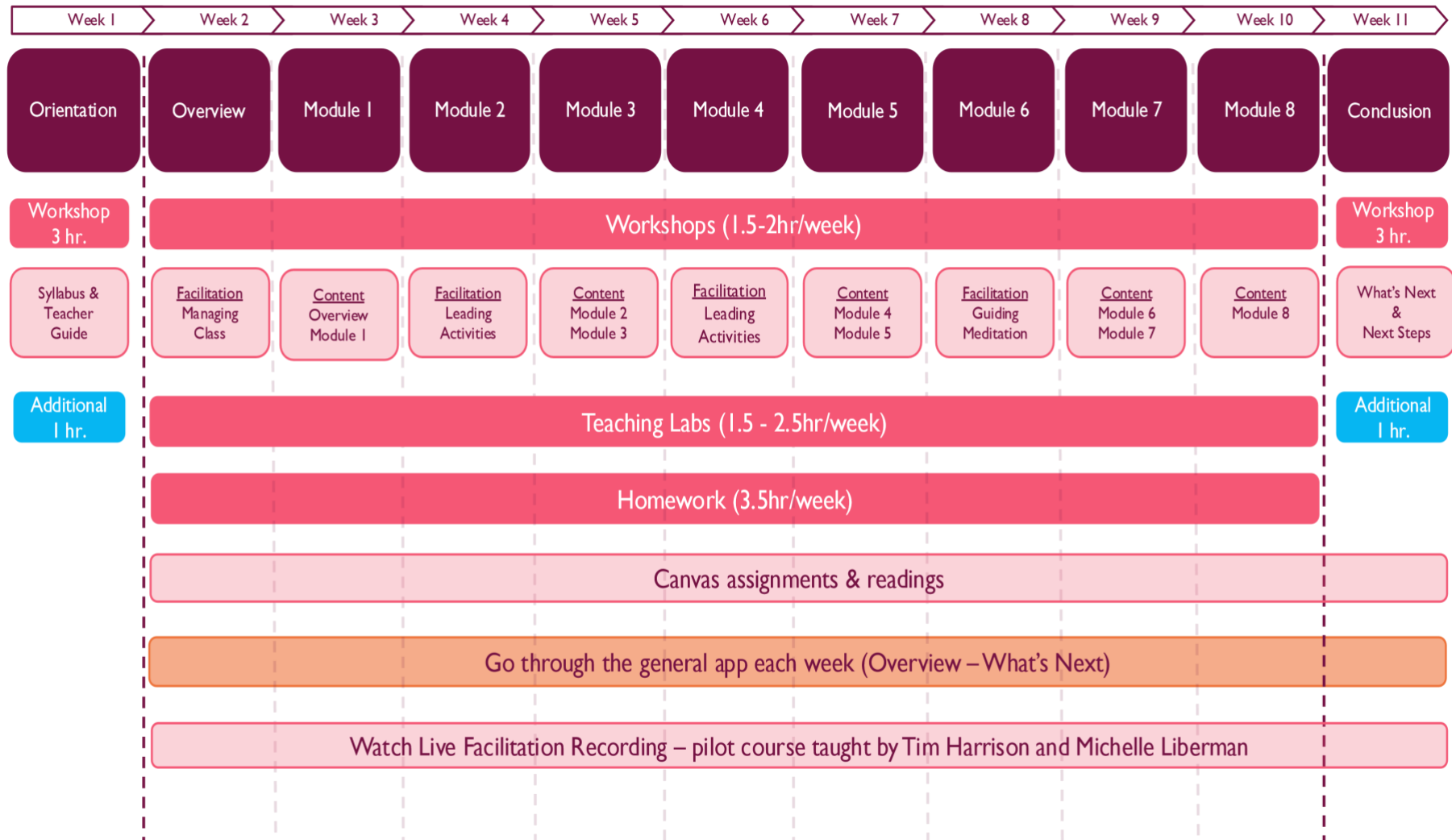
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| OPENING SESSION | Gathering to orient participants to the program, meet the Facilitation team, and answer questions. | Wednesday, May 14, 2025 (3 hours) |
| WEEKLY WORKSHOPS | Facilitator led weekly meetings with full cohort to dive into and work through core CBCT facilitation and content. | May 21 – July 16, 2025 Sessions held every Wednesday (1.5 hours per week) |
| CLOSING SESSION | Gathering to celebrate completion of the practicum and review next steps. | Wednesday, July 23, 2025 (3 hours) |
| TEACHING LABS | Sessions in small groups with fellow teachers in training. Groups will be assigned at the beginning of the training. Sessions will be recorded for Facilitator review. Two participants within the teaching lab will | Weekly 90-minute meeting with assigned teaching lab group. Meeting time TBD by each group. |

| | | |
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| | practice co-teaching each week and submit a short reflection on the experience. | |
| WEEKLY ASSIGNMENTS | <p>Participants are required to complete assignments each week, including:</p> <ul style="list-style-type: none"> • Self-guided module: Engage in the assigned self-guided module on Compassion U (review content and engage in insight activities and formal and informal practices) • CBCT class review: Watch a 1-hour CBCT class recording • Reading: Read assigned content and/or facilitation readings • Written assignment: Submit written assignments • Meditation practice: Practice meditation daily <p><i>Note: These assignments may change/be updated before or during the Practicum. Sufficient notice will be provided should this occur.</i></p> | 3-4 hours per week, asynchronous |
| FINAL ASSESSMENT | Once all practicum work is completed and/or approved, the applicant will be notified that they may sit for the cumulative final assessment, which will be administered online. | TBD |
| PART 3: SUPERVISED TEACHING: AFTER AUGUST 1, 2025 | | |
| TEACHER STATEMENT | <p>Complete a teacher statement that outlines the goals for your own development as a CBCT teacher and identify 3-5 specific skills to work on during the supervised teaching. This will serve as a reference document to continuously review with the assigned supervisor throughout the supervised teaching experience.</p> <p><i>Note: Full assignment instructions will be provided following Practicum.</i></p> | TBD |

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| <p>SUPERVISED TEACHING</p> | <p>Teach a full CBCT course using the Compassion U platform while working with a supervisor. Teachers in training are expected to meet regularly with their supervisor to debrief and plan.</p> | <p>TBD - each teacher in training will work with the CBCT team to coordinate the dates, times, cohort, and their assigned supervisor.</p> |
| <p>SELF-ASSESSMENT AND CONCLUDING SUPERVISOR MEETING</p> | <p>At the end of the supervised teaching, the teacher in training will complete a self-assessment to evaluate their teaching. They will then have a final meeting with their supervisor to conclude the certification process.</p> | <p>Upon completion of supervised teaching.</p> |

SAMPLE CBCT Teacher Training Practicum

Estimated Weekly Time Commitment
for 11-week training: 7-8 hours



Please note: This is a sample schedule. Actual schedule may vary.

MONTHLY PRACTICUM CALENDAR

MAY 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------|--|---------|--|--|-------------------|-------------------|
| | | | | 1 CBCT RETREAT | 2 CBCT RETREAT | 3 CBCT RETREAT |
| 4 CBCT RETREAT | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 OPENING SESSION (3 hours) | 15 OVERVIEW MODULE TEACHING LAB (Group meets any day between May 14– May 20) | 16 | 17 |
| 18 | 19 | 20 | 21 FACILITATION WORKSHOP (1.5 hours) | 22 MODULE 1 TEACHING LAB (Group meets any day between May 21– May 27) | 23 | 24 |
| 25 | 26 <i>US Observed Holiday: MEMORIAL DAY</i> | 27 | 28 CONTENT DEEP- DIVE WORKSHOP (1.5 hours) | 29 MODULE 2 TEACHING LAB (Group meets any day between May 28 – June 3) | 30 | 31 |

JUNE 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|--|---|--------|----------|
| 1 | 2 | 3 | 4 FACILITATION WORKSHOP (1.5 hours) | 5 MODULE 3 TEACHING LAB (Group meets any day between June 4 – June 10) | 6 | 7 |
| 8 | 9 | 10 | 11 CONTENT DEEP-DIVE WORKSHOP (1.5 hours) | 12 MODULE 4 TEACHING LAB (Group meets any day between June 11 – June 17) | 13 | 14 |
| 15 | 16 | 17 | 18 FACILITATION WORKSHOP (1.5 hours) | 19 MODULE 5 TEACHING LAB (Group meets any day between June 18– June 24) <i>US Observed Holiday:</i> JUNETEENTH | 20 | 21 |
| 22 | 23 | 24 | 25 CONTENT DEEP-DIVE WORKSHOP (1.5 hours) | 26 MODULE 6 TEACHING LAB (Group meets any day between June 25– July 1) | 27 | 28 |
| 29 | 30 | | | | | |

JULY 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|--|--|---|----------|
| | | 1 | 2 FACILITATION WORKSHOP (1.5 hours) | 3 MODULE 7 TEACHING LAB (Group meets any day between July 2 – July 8) | 4 <i>US Observed Holiday:</i> INDEPENDENCE DAY | 5 |
| 6 | 7 | 8 | 9 CONTENT DEEP-DIVE WORKSHOP (1.5 hours) | 10 MODULE 8 TEACHING LAB (Group meets any day between July 9 – July 15) | 11 | 12 |
| 13 | 14 | 15 | 16 CONTENT DEEP-DIVE WORKSHOP (1.5 hours) | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 CLOSING SESSION (3 hours) | 24 | 25 | 26 |

APPLICATION AND CERTIFICATION AGREEMENT

Application Process

I. Prerequisites

- To apply for the Teacher Certification, interested participants must meet the following prerequisites:
 1. **(Required)** Have attended or are currently enrolled in a full CBCT Course (8-Week or Multi-Day Intensive Course).
 2. *(Preferred, not required)* Have attended a multi-day teacher-led meditation retreat other than a CBCT retreat.
 3. *(Preferred, not required)* Have been practicing meditation regularly for at least 6 months.

II. Application Components

1. Contact Information and Pertinent Demographic Information
2. Confirmation of Completion of Prerequisites
3. Personal Practice (750 words or less)
 - a. Reflection of personal contemplative practice
4. Professional Training (500 words or less)
 - a. Reflection of professional experience in relation to CBCT program
 - b. Copy of CV or Resume
5. Personal Experience (1000 words or less)
 - a. Description of interests, abilities, and strengths in relation to CBCT program

Note: We may request the names and contact information of two individuals who can provide a reference for you. Please have this information readily available.

III. Submittal Process

1. Submit application online at compassion.emory.edu/cbct-compassion-training/certified-teachers/
2. Priority deadline for submittal: **February 1, 2025**
3. Extended deadline for submittal: **March 1, 2025**

IV. Review and acceptance

1. Applications will be reviewed as they are received. We ask for patience as the application committee has an intentional process to ensure a comprehensive review of each application. Acceptance notifications with

scholarship information will be completed by **March 31, 2025**. Notification of acceptance may be received prior to award notification.

2. If a participant is accepted into the program, a confirmation of acceptance will be required. Once acceptance is confirmed, the participant will be given access to the cohort resource page where all pertinent information will be shared.

V. Enrollment

If applicable, full payment of program fees will be due no later than May 1, 2025.

CERTIFICATION AGREEMENT AND OPPORTUNITIES

Upon completion of the CBCT Teacher Certification requirements, the final step is to sign the official Level One CBCT Instructor Certification Agreement with Emory University. A copy of the full agreement is available upon request.

Certified teachers are listed on the CBCT website to confirm their active certification status; granted the limited right to use both the name and logo of CBCT in their professional material and publicity; may refer to themselves as Certified Instructors or Certified Teachers of CBCT; and may indicate that they are certified by Emory University.

FOR MORE INFORMATION, don't hesitate to get in touch with Marq Hardon, Program Coordinator for CBCT® Teacher Certification, at mhardon@emory.edu.