

2026 CBCT® Teacher Certification Program

PRE-APPLICATION INFORMATION

THE CENTER FOR CONTEMPLATIVE SCIENCE AND COMPASSION-BASED ETHICS at Emory University

(Emory's Compassion Center) supports a research-based approach to educating both heart and mind. Guided by the vision of a compassionate and ethical world for all, the center develops educational programs, promotes dialogue, and engages in research to promote human flourishing. Compassion-based ethics refers to an ethic that values and promotes an orientation toward kindness and compassion. This approach is grounded in the basic human values that can be discerned from common sense, personal experience, and scientific perspectives. Contemplative science is an emerging interdisciplinary field aimed at contributing to individual and collective wellbeing by providing insights into the nature of the mind and by validating meditative techniques for cultivating prosocial attitudes and traits.

CBCT® (Cognitively Based Compassion Training) AND COMPASSION SHIFT

Developed in 2005 by Lobsang Tenzin Negi, Ph.D., Executive Director of the Center for Contemplative Science and Compassion-Based Ethics at Emory University, 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.

COMPASSION U: Online, Blended Community Learning for CBCT

CBCT Teacher Certification focuses on integrating pedagogy and interactive learning via the Compassion Center's new online, blended learning tool, Compassion U™. In this format, participants learn CBCT through a ten (10) week asynchronous, self-guided interactive animated online course, blended with weekly in-person or online live sessions facilitated by a Certified CBCT Instructor. In weekly live sessions during a CBCT Compassion U course, participants receive support for

questions, explore insights and experience formal live guided practice in a group setting. This is an opportunity to connect with other participants to share experiences with Compassion U and build community as they deepen their CBCT practice.

THE ROLE OF A CERTIFIED CBCT TEACHER

Each participant in a CBCT course is guided by the competent and skilled facilitation of a Certified CBCT Teacher who has engaged in a rigorous program of study and practice to be prepared to effectively communicate the content and key concepts of CBCT, skillfully guide meditation practice, and facilitate personal insights and community connection through reflective activities and group dialogue. Certified CBCT Teachers are skilled in using a resilience-based, trauma-informed approach to facilitation, with a grounded, welcoming, warm-hearted presence and flexibility to support and hold a container that fosters emotional vulnerability, deep personal exploration, and guidance to support participants as they navigate emotions, thoughts and sensations about their personal experiences and relations with others.

Certified CBCT Teachers actively maintain their own personal practice as they model the skills developed through CBCT and demonstrate continual growth and insight in their roles as practitioners as well as teachers. While CBCT Teachers may have a commitment to other contemplative practices (and are encouraged to continue with those), as teachers of CBCT, they are expected to also include a consistent CBCT practice in their lives and be mindful of sharing only CBCT practice in their teaching of CBCT Compassion U courses. CBCT Teachers continue to study and deepen their practice after their initial Certification to teach CBCT by completing professional development offered by Emory's Compassion Center, including but not limited to attending CBCT Retreat with the developer of the CBCT program, Geshe Lobsang Tenzin Negi, PhD, attending CBCT Foundation Courses offered by Certified CBCT Senior Instructors, and other skill development opportunities as available.

2026 PRACTICUM DATES

2026 Summer Practicums

May 13 – July 15

Application period February 2 – March 2, 2026

Last Day to Apply: March 2, 2026

Last Day to Complete a CBCT Compassion U Course*: April 29, 2026

2026 Fall Practicums

August 12 – October 14

Application period May 4 – June 1, 2026

Last Day to Apply: June 1, 2026

Last Day to Complete a CBCT Compassion U Course*: July 29, 2026

**Must be facilitated by a Certified CBCT Teacher*

2026 CBCT RETREAT DATES

Atlanta, GA, USA (in-person or livestream. Attend one.)

May 7 – 10, 2026

August 6 – 9, 2026

Cost: \$395

PRE-REQUISITES FOR APPLICATION TO THE CBCT TEACHER CERTIFICATION PROGRAM

All applicants for the CBCT Teacher Certification Program must demonstrate evidence of the following:

1. Have completed or will complete a full 10-week CBCT Compassion U Course facilitated by a Certified CBCT Instructor prior to the selected practicum.
2. Mental, emotional, and cognitive stability and wellbeing to engage in rigorous study, personal reflection, as well as sharing and facilitation of groups
3. Fluency in English (reading, writing, listening and ability to communicate with relative ease speaking English in groups)
5. Ability and willingness to commit approximately 10-12 hours each week to independent study and group meetings during the Practicum phase of the program
4. Reliable and stable internet connection and access to a tablet or computer (laptop or desktop) with video conferencing capability (*Recommended*)
6. Have attended a multi-day teacher-led meditation retreat other than a CBCT retreat. (*Preferred, not required*)
7. Have been practicing meditation regularly for at least 6 months. (*Preferred, not required*)

BRIEF SUMMARY OF CERTIFICATION PROCESS

The CBCT Teacher Certification program consists of three (3) parts:

- 1) A **4-day CBCT Retreat**. The Retreat is led by the developer of CBCT, Dr. Lobsang Tenzin Negi.
- 2) A **ten (10) week Practicum** that includes weekly live online meetings, and independent homework assignments. The Practicum is an opportunity to study and personally explore CBCT modules in-depth and gain practice co-facilitating CBCT Compassion U sessions with fellow teachers in training.
- 3) The final part of the training is **ten (10) week Supervised Teaching**, where teachers in training will be paired with a Certified CBCT Teacher or qualified co-trainee and will teach their first complete CBCT Compassion U course with the ongoing supervision of a Certified CBCT Senior Instructor.

(See CBCT Teacher Certification Program at A Glance for more details on pages 6-9)

IS CBCT TEACHER CERTIFICATION RIGHT FOR ME? COMMONLY ASKED QUESTIONS

Who are the Faculty/Facilitators of the CBCT Teacher Certification Program?

The Facilitation Team for the CBCT Teacher Certification Program, along with the developer of CBCT, Lobsang Tenzin Negi, PhD, includes several Certified CBCT Senior Instructors based in the United States and Mexico. Our Facilitation team has decades of combined experience sharing CBCT with adults, youth and children, and a wide variety of populations including educators (pre-school, K-12 and higher education), parents of preschoolers and school age children, healthcare chaplains, survivors of breast cancer, transgender and gender creative youth, US military healthcare personnel, youth in foster care, university undergraduate students and medical school students, and Native American Tribal communities. The Facilitation team has a variety of professional backgrounds, comprising a broad and rich diversity of perspectives in the CBCT Teacher Certification Program.

What Can I Do with Certification as a CBCT Teacher?

Once officially Certified as a CBCT Teacher, including a signed teaching agreement on file with the Compassion Center, you are legally authorized by Emory University to teach the CBCT program to others using Compassion U. 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. Further details may be found in the official Level One CBCT Instructor Certification Agreement with Emory University. A copy of the full agreement is available upon request.

Does the Credential as A Certified CBCT Teacher Open Employment Opportunities?

Completion of CBCT Teacher Certification does not guarantee employment by Emory University to teach CBCT or any other capacity. In our experience, most Certified CBCT Teachers share CBCT outside of their full-time employment, although some have been able to integrate it into their professional roles, mostly in the fields of higher education, healthcare, human services, and K-12 education. We are unable to make any guarantee of the desirability of the Certified CBCT Teacher designation by any employer in the United States or abroad.

How Can I Become Certified to Teach CBCT Compassion U for Educators/Healthcare/Business & Leadership/Mental Health?

All Certified CBCT Teachers receive preparation to facilitate the general or primary CBCT course in Compassion U during the Practicum phase of the CBCT Teacher Certification program. Those interested in sharing CBCT Compassion U using tailored versions will consult with the CBCT team to support their preparation to do so, which may include (but is not guaranteed) use of a tailored version of CBCT Compassion U in the Supervised Teaching portion of the certification process (i.e. CBCT Compassion U for Educators if the trainee is completing Supervised Teaching with an audience of peer educators).

What if I am teaching in a country or region where there is a designated CBCT Affiliate?

Emory has established Primary Affiliate organizations in some territories – typically a country or large region where the people share a common language. The purpose of these affiliates is to encourage and support the dissemination of CBCT in that territory. To help new CBCT teachers understand what will be expected of them if they become certified, here is a draft of the details of the role of the Primary Affiliates. This is not final but will be finalized by January 2026:

Referred to as CBCT Primary Affiliates, these organizations coordinate CBCT courses in their territory and oversee the work of CBCT Teachers in that territory. Their role is to act on behalf of Emory to communicate with its CBCT Teachers. In this role they will provide content and materials for these teachers, provide opportunities for networking and continuing education, and offer marketing and promotional materials to support those teachers. The materials provided will be in the language of that territory. These affiliates will also support Emory's recruitment and certification of new teachers, in many cases. They will collect annual activity reports from all teachers in their territory, consolidate these, and report these consolidated reports to Emory. A Primary Affiliate will require teachers to communicate responsively and clearly with the Affiliate, and they may also require the CBCT Teachers in its region to sustain a membership with the affiliate.

Primary Affiliates have the responsibility of promoting and offering CBCT courses for organizations within their assigned territory, and they are also responsible for finding and providing teachers to teach those courses. CBCT Teachers who reside in that territory, when seeking to teach CBCT either to organizations or on behalf of organizations, must connect the organization with Primary Affiliate to form a 'Secondary Affiliate' relationship with that organization and to coordinate or provide any courses requested. The teacher may be contracted by the Primary Affiliate to offer the course for that organization, but the organization needs a license agreement directly with the Primary Affiliate. This does not prohibit Certified teachers from teaching courses to individuals directly and collecting payment from individuals, independent of the Primary Affiliate and per the terms of the teacher's license agreement.

If there is no Primary Affiliate in their territory, a CBCT Teacher will have a license agreement directly with Emory Compassion Center and, if an organization wants to offer CBCT in that territory, Emory will form a license agreement with the organization. Emory may then contract with the teacher to teach those courses at the organization, or if Emory elects to do so, allow the teacher to contract directly with the organization. If, in the future, a new Primary Affiliate is identified in a CBCT Teacher's territory, both parties will be notified and they must enter into the typical relationship described above, in which the teacher no longer reports directly to Emory. The teacher will no longer be directly licensed by Emory. Teachers who reside in one territory but teach learners in another will be required to coordinate with and report to the Affiliate organizations, when there are any, in

both their territory of residence and the territory where their learners reside.

Once certified as a CBCT Teacher, can I offer CBCT on behalf of the organization where I am employed?

This depends on the circumstances, but often the answer is no. The CBCT Teacher Certification Agreement allows teachers to teach to individuals, but not to or for organizations unless certain requirements are met. Generally speaking, any organization that offers CBCT as part of its programming, whether to internal staff or external constituents, is required to enter into an agreement directly with Emory University or with one of the Primary Affiliates. If a Certified CBCT Teacher is asked to provide a course in a territory with a Primary Affiliate, the teacher must arrange for the affiliate to have a written agreement with that organization, if the affiliate so chooses. If the Primary elects not to set up this agreement, or if the teacher lives in a region without an affiliate, the teacher must arrange for an agreement directly between Emory and the organization.

Possible exceptions to these requirements are being considered and will be included in the teacher and affiliate agreements that are being finalized in late 2025.

Once I am a Certified CBCT Teacher, can I or my organization provide CBCT Teacher Certification to others?

No. Being a certified CBCT teacher – even if a CBCT Senior Teacher – does not allow one to train or certify others to teach CBCT. All CBCT teachers are directly trained by Emory University, either via the Emory Certification program in Atlanta, or via a certification program that is organized and hosted by an Emory Primary Affiliate. Note that only an affiliate which has a license agreement in place and that Emory has determined to have the capacity, skills, and translated materials can organize and host Emory’s CBCT teacher certification program. Even in this case the organization will act only under permission and direct supervision of Emory’s Compassion Center, and Emory will be the sole determiner of who has completed the certification requirements. Once Emory has made this determination, the license to teacher may be granted by a Primary Affiliate, when there is one, or by Emory University directly in all other cases.

Is There a ‘Partial Certification’ If I Complete the Practicum and Retreat?

No.

I Am Interested in Conducting Research on CBCT. Should I Take the CBCT Teacher Certification Program?

It is not necessary for research Principal Investigators (PIs) to be Certified as a CBCT Teacher when conducting research on CBCT, although it is necessary for any research study using CBCT as the intervention to include a Certified CBCT Teacher in the project to deliver the CBCT intervention. Emory's Compassion Center has a network of skilled CBCT Teachers to help support teaching of CBCT as part of research studies.

It is the expectation of the Compassion Center that CBCT Teachers, prior to planning or teaching as part of research studies, will at minimum notify the Emory Compassion Center and seek their support for the project.

It is strongly encouraged that any research involving CBCT will include collaboration with the developer, Lobsang Tenzin Negi, Ph.D. and the Emory Compassion Center to support and help ensure a strong research proposal and study design, as well as a plan to assess and assure fidelity to the core components of CBCT in the implementation of the course.

The CBCT Teacher Certification Program does not include information or training on the creation of research design or the steps needed to implement research studies. This training is strictly designed to prepare participants to become facilitators of the CBCT program.

Please feel free to get in touch if you have further questions about researching CBCT.

CBCT TEACHER CERTIFICATION PROGRAM AT A GLANCE

CBCT RETREAT		
4-DAY RETREAT	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 (either in-person or livestream) is mandatory for all CBCT Teacher Certification program participants.	The retreat may be taken before, during or after the Practicum, and is REQUIRED.
PRACTICUM Note: The expected commitment is 10-12 hours per week. <i>All Facilitator-led sessions will begin at 8 AM or 6 PM Eastern Time. You will select your session time when you apply.</i>		
OPENING SESSION	Gathering to orient participants to the program, meet the Facilitation team, and answer questions.	(3 hours)
WEEKLY WORKSHOPS	Facilitator led weekly meetings with full cohort to dive into and work through core CBCT facilitation and content.	Sessions held every Wednesday (1.5 hours per week)
CLOSING SESSION	Gathering to celebrate completion of the practicum and review next steps.	(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 practice co-teaching each week for 1 hour and will receive peer feedback for the remaining 30 minutes.	Weekly 90-minute meeting with assigned teaching lab group. Meeting time TBD by each group.

WEEKLY ASSIGNMENTS	Participants are required to complete assignments each week, including: • 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) (1-2 hours) • Live Facilitation Recording: Watch a 1-hour CBCT class recording (1.25 hour) • Reading: Read assigned readings from <i>The CBCT Teacher Guide</i> and <i>The Official Guide to CBCT</i> (1 hour) • Self-Assessment: Complete self-assessment that asks content and facilitation questions, pulling directly from the Compassion U module experience (1 hour) • Written Reflection: Complete written reflection on your own personalization of the week’s content and practices (1 hour) • Teaching Lab Planning (when assigned) (1-3 hours) • Meditation practice: Practice meditation daily (2 hours) <i>Note: These assignments may change/be updated before or during the Practicum. Sufficient notice will be provided should this occur.</i>	8-10 hours per week, in addition to workshops and labs
TEACHING STATEMENT	Complete an essay 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. <i>Note: Full assignment instructions will be provided following Practicum.</i>	Completed after all Practicum assignments have been turned in and reviewed, and prior to beginning Supervised Teaching.
SUPERVISED TEACHING		
SUPERVISED TEACHING	Teach a complete CBCT course using Compassion U while receiving ongoing supervision from a CBCT Senior Certified Teacher. Teachers in training are expected to record their sessions and provide them for review by their supervisor weekly, meet regularly with their supervisor to debrief and plan. Teachers in training will develop a Goals Statement for their course, complete two (2)	Teachers in training will work with the CBCT team to coordinate the dates, times, cohort, and their assigned supervisor.

	reflections during the teaching of their supervised course, and a Self-Assessment at completion of their co-taught course. Supervisees do not collect facilitation fees for their supervised course, and may not advertise themselves as certified CBCT Teachers until this requirement is successfully completed and a signed agreement is in place with Emory University. <i>(Details provided at this stage.)</i>	
CONCLUDING SUPERVISION MEETING	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.	Upon completion of supervised teaching.

APPLICATION AND REVIEW PROCESS

View the PDF version of Application Essay Questions: [Link to Essay Questions](#)

Step 1: Apply on [Emory’s CBCT Teacher Certification website](#) (see below for application open dates)

Step 2: [Register](#) and attend *one* Mandatory Information Session (see below for registration dates)

Step 3: Await final application decision into program

Throughout the application process, you will be updated via email about the progress/status of your application. Please check your spam folder, as emails may sometimes be sent there.

Please note: If a participant is accepted into the program, a confirmation of acceptance will be required.

Mandatory Information Session Options **(Register for 1):**

Summer Practicums	Fall Practicums
Cohort Dates: May 13 – July 15 Mandatory Overview Session Options: Tues. March 17, 2026, 10-11 AM Eastern Time Fri. March 20, 2026, 1-2 PM Eastern Time	Cohort Dates: August 12 – October 14 Mandatory Overview Session Options: Fri. June 12, 2026, 1-2 PM Eastern Time Tues. June 16, 2026, 10-11 AM Eastern Time

Registration Opens: February 2, 2026 Registration Closes: March 16, 2026	Registration Opens: August 12, 2026 Registration Closes: June 11, 2026
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CBCT TEACHER CERTIFICATION PROGRAM COST

The total tuition for the CBCT Teacher Certification Program is 4,350 USD. This is payable at each stage of CBCT Teacher Certification and covers the following:

- 1) CBCT Retreat in the United States (in-person or livestream): 525 USD
Retreat cost includes 3.5 - 4 days of all-day teachings and immersion into CBCT with the protocol developer, Geshe Lobsang Tenzin Negi, Ph.D.
- 2) Practicum: 2,475 USD
The Practicum cost includes access to the Canvas for Teacher page; access to Compassion U, and most reading materials (electronic versions of *Training Compassion: The Official Guide to CBCT*, and the *CBCT Teacher Guide*)
- 3) Supervision: 1,350 USD
Supervision cost includes weekly live supervision with a CBCT Senior Certified Teacher, review of trainee's facilitation sessions with coaching and support for 10 weeks of the CBCT Compassion U Teaching experience and preparation prior to teaching.
A payment towards program fees will be due no later than 2 weeks before the selected program begins. Once accepted to the program, specific due dates for fees will be sent to you by email.

SEEDS OF COMPASSION SCHOLARSHIP (need-based)

There is a limited number of need-based scholarships available to those who have significant financial need.

Emory's Compassion Center (part of a non-profit organization), and the CBCT program in particular, is fully supported by program fees, grants and the generosity of donors. Because of this, our ability to offer scholarships is very limited. Registration fees directly fund the training program's operation costs. Through the generosity of donors, many of whom are other Certified CBCT Teachers, the Seeds of Compassion Scholarship provides a limited number of need-based partial scholarships and an even more limited number of full scholarships for the CBCT Teacher Certification Program.

Before requesting financial assistance, please consider your current family income and savings, options to secure support from your community to help fund your participation in this program, and/or possible support from your employing organization. We have provided a template you may wish to use to request employer support here (available upon request). To learn more about how to request financial assistance, and to apply, please email teacher.cbct@emory.edu.

ATTENDANCE POLICY

Acceptance to the CBCT Teacher Certification Program includes the expectation that participants will complete 100% of the program, including attendance at all weekly Facilitator-led Workshops and small group Teaching Lab sessions to support both individual learning and the learning experience of the cohort as a whole. Before applying, please be sure that you are able to commit to participation in the full schedule. Note that missing more than one (1) Teaching Lab session or more than (1) Workshop during the Practicum will render your participation in the Practicum portion of CBCT Teacher Certification Incomplete and will delay your progression through the process to the next step, Supervised Teaching. More than 2 absences from Teaching Labs and/or Workshops will require applying to re-take the full Practicum at another date. There are no partial or full refunds for incomplete participation or withdrawal from the program.

For any further questions, please contact teachers.cbct@emory.edu. Thank you!