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 Foundation 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. 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 Hindi and 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.

**BRIEF SUMMARY OF CERTIFICATION PROCESS**

The CBCT Teacher Certification program consists of three parts. The Introduction, the Practicum, and the Supervised Co-Teaching. The Introduction is an opportunity to kick start the experience with a retreat led by the developer of CBCT, Dr. Lobsang Tenzin Negi. It will also include the first workshop of the certification. The Practicum will consist of weekly assignments and meetings and will be an opportunity to review CBCT modules and practice co-teaching with fellow teachers in training. The final part of the training is Supervised Co-Teaching, where teachers in training will be paired with a certified instructor and will teach their first official CBCT course.

**APPLICATION DUE DATE:**

*Priority Deadline: Feb 1, 2024.*

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

*Extended Deadline: March 1, 2024.*

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 all aspects of the teacher certification training including attendance at the retreat, practicum, workshops, and personalized facilitation and supervision for all three stages of the certification process including the supervised co-teaching phase. The cost also encompasses access to the Canvas for Teacher digital learning platform, the CompassionU (CBCT e-learning) App, all reading materials including the new CBCT Training Guide (updated 2024), and daily meals and snacks for in-person retreat and workshop participants.

**Seeds of Compassion Scholarship**

We are very pleased to have a scholarship fund to support new CBCT Teacher trainees. Each year, we are typically able to offer a limited number of partial scholarships. If you are interested in applying for scholarship support, please select “**Requesting Seeds of Compassion Scholarship**” for the payment portion of the application and include a statement of this request with a brief description of your level of need. Award recipients will be notified along with acceptance into the program.
TRAINING LOCATION: The Introduction section, which includes the Retreat and Workshop 1, will be offered in person in Atlanta. We encourage in-person attendance for these sessions, but there will be an option to attend online. The Practicum will be held fully online.

TRAINING DATES:
- **Part 1: Introduction (Retreat & Workshop 1)** May 2 – May 6, 2024.
- **Part 2: Practicum** May 13 – July 16, 2024. Note that the expected commitment is 10-12 hours per week.
- **Part 3: Supervised Co-Teaching** Supervised Co-teaching to be scheduled on an individual basis.

*Parts 1 - 3 must be completed for certification.*

**TRAINING DETAILS**

<table>
<thead>
<tr>
<th>I. INTRODUCTION: May 2 - May 6, 2024</th>
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<tr>
<td><strong>4-Day Retreat</strong></td>
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| Held in person and online, the CBCT retreat is open to anyone who has taken the Foundation Course. Attendance is mandatory for all CBCT Teacher Certification program participants. | Thursday, May 2 – Saturday, May 4 (9:00 am – 5:30 pm)  
Sunday, May 5 (9:00 am – 3:30 pm) |

| **Workshop 1 - Overview**           |
| The first of seven workshops. The overview workshop will be held in person and online. Participants will engage in group work and begin to learn and practice facilitation. | Monday, May 6 (9:00 am – 1 pm) |

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<tr>
<th>II. PRACTICUM: May 13 - July 16, 2024</th>
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<td><strong>Teaching Labs</strong></td>
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| Weekly sessions in small groups with fellow teachers in training. Groups to be assigned at the beginning of the training. Sessions will be recorded for Facilitator review. Two participants will practice co-teaching each week and submit a short reflection on the experience. | 90-minute sessions with assigned teaching lab  
- Time TBD by each group |
| Weekly Assignments | For each week’s content and prior to each teaching lab, all participants are required to  
• Complete all Compassion U components (reviewing content, engaging in insight activities and meditation practices)  
• Read assigned supplemental materials that supports the content of that module  
• Engage in daily meditation practice  
• Submit one (300-word or less) written reflection | 6-8 hours per week, asynchronous |
| Supervision Sessions | Supervision Sessions are held weekly for those who co-taught the previous week’s module in their teaching labs. These sessions will be led by one of the Facilitators and will be an opportunity for everyone who co-taught in the teaching lab that week to process their experience with peers and facilitator. Facilitators will review reflections submitted after teacher labs as a foundation for discussion. | 60-minute sessions, held every Tuesday  
- 8am - 9am eastern time OR  
- 6:30pm - 7:30pm eastern time  
**Note:** You are *not* required to attend each week. Attendance is only required for those who have just practiced co-teaching in the teaching lab. |
| Workshops 2-7 | Bi-weekly meetings with full cohort to dive into and work through core CBCT facilitation components. These will be led by the Facilitators.  
Workshop 2: Guiding Meditation  
Workshop 3: Content Deep Dive – M1-3  
Workshop 4: Practicing Facilitation  
Workshop 5: Content Deep Dive – M4-5  
Workshop 6: Practicing Facilitation  
Workshop 7: Content Deep Dive – M6-8 | 2.5-hour sessions, held every other Thursday. Two options available:  
- 8am - 10:30am eastern time OR  
- 7pm - 9:30pm eastern time  
**Note:** The first workshop will be Monday, May 6 immediately following the 4-Day retreat |
| Final Exam | Once all practicum work is completed and/or approved, the applicant will be notified that they may sit for the cumulative final exam, which will be administered online. | TBD |
| Closing Session | Gathering to celebrate completion of the practicum and review next steps. | 2 hours, Tuesday, July 16, 2024  
- 8am - 10am eastern time OR |
### III. SUPERVISED CO-TEACHING: After July 11, 2024

<table>
<thead>
<tr>
<th>Event</th>
<th>Description</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Teacher Statement</td>
<td>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 co-teaching. This will serve as a reference document to continuously review with the assigned co-teacher/supervisor throughout the supervised co-teaching experience.</td>
<td>TBD</td>
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<tr>
<td>Supervised Co-Teaching</td>
<td>Co-teach with a certified teacher who will also serve as your supervisor. All courses will have participants using the Compassion U app. Weekly classes can either meet online or in person. Teachers in training are expected to meet regularly with their certified co-teacher/supervisor to debrief and plan.</td>
<td>TBD - each teacher in training will work with the CBCT team to coordinate the dates, times, cohort, and their assigned co-teacher/supervisor.</td>
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<tr>
<td>Self-Assessment and Concluding Supervisor Meeting</td>
<td>At the end of the supervised co-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.</td>
<td>Upon completion of supervised co-teaching.</td>
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**SCHEDULE**

- 6:30pm - 8:30pm eastern time
## MAY 2024

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<td>2 RETREAT</td>
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<td>5 RETREAT</td>
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<td>6 Workshop 1: Overview</td>
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<tr>
<td>12 Module 1 (M1) Teaching Lab (Group chooses any day between May 12 - May 18)</td>
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<tr>
<td>19 Module 2 (M2) Teaching Lab (Group chooses any day between May 19 – May 25)</td>
<td>20</td>
<td>21 Module 1 Supervision Session (ONLY for those who co-taught M1)</td>
<td>22</td>
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| 26 | Module 3 (M3) Teaching Lab  
   (Group chooses any day between May 26 – June 1) |
| 27 | Observed Holiday: Memorial Day |
| 28 | Module 2 Supervision Session  
   (ONLY for those who co-taught M2) |
| 29 | |
| 30 | Workshop 2: Guiding Meditation |
| 31 | |

**JUNE 2024**

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<th>Sunday</th>
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| 2      | Module 4 (M4) Teaching Lab  
   (Group chooses any day between June 2 – June 8) | 3       | 4        | 5        | 6      | 7        | 8        |
| 9      | Module 5 (M5) Teaching Lab  
   (Group chooses any day between June 9 – June 15) | 10      | 11       | 12       | 13     | 14       | 15       |
| 16     | Module 6 (M6) Teaching Lab  
   (Group chooses any day between June 16 – June 22) | 17      | 18       | 19       | 20     | 21       | 22       |
|        |        | Module 5 Supervision Session  
   (ONLY for those who co-taught M5) | Observed Holiday: Juneteenth | Workshop 5: Content Deep Dive  
   (M4-5) |         |          |          |
### Module 7 (M7) Teaching Lab
(Group chooses any day between June 23 – June 29)

### Module 6 Supervision Session
(ONLY for those who co-taught M6)

### Workshop 6: Facilitation

### Module 8 (M8) Teaching Lab
(Group chooses any day between June 30 – July 6)

### Module 8 Supervision Session
(ONLY for those who co-taught M8)

### Workshop 7: Content Deep Dive
(M6-8)

### JULY 2024

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<tr>
<td>Module 8 (M8) Teaching Lab</td>
<td>Module 7 Supervision Session</td>
<td>Module 8 Supervision Session</td>
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<td>Observed Holiday: Independence Day</td>
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<tr>
<td>(Group chooses any day between June 30 – July 6)</td>
<td>(ONLY for those who co-taught M7)</td>
<td>(ONLY for those who co-taught M8)</td>
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<td>Module 7 Supervision Session</td>
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<td>Module 8 Supervision Session</td>
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<td>Workshop 7: Content Deep Dive</td>
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<td>(ONLY for those who co-taught M7)</td>
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<td>(all participants, 2 hours)</td>
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Application and Certification Agreement

Application Process

I. Prerequisites
   o To apply for the Teacher Certification, interested participants must meet the following prerequisites:
     i. (Required) Have attended or are currently enrolled in a full CBCT Course (8-Week or Multi-Day Intensive Course).
     ii. (Preferred, but optional) Have attended a multi-day teacher-led meditation retreat other than a CBCT retreat.
     iii. (Preferred, but optional) Have been practicing meditation regularly for at least 6 months.

These requirements are based on the observation that a personal contemplative practice is central to the communicative ability regarding the concepts and practices of CBCT and to the ongoing development of the teacher. Some educators and clinicians with much experience in fields such as psychology, neuroscience, social work, or education may have a great deal of training presenting material to students and/or relating to clients in therapeutic setting, yet still not have the contemplative practice experience.

II. Application Components
   o 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 Statement (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. Use this link to submit application.
   2. Priority deadline for submittal: February 1, 2024.
   3. The extended deadline is March 1, 2024.
If after March 1, 2024, please contact us at cbct@emory.edu. We will continue to accept applications, but they will be reviewed on a case-by-case basis.

- **Review and acceptance**
  Acceptance notifications with scholarship information will be completed by **March 31, 2024**.

- **Enrollment**
  Commitment and fee submission deadline will be determined upon application review.

Use this [link](#) to submit your application.

**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.

After the certification agreement has been signed, Certified Teachers become eligible to apply for a facilitator position via the Compassion U (CBCT) web application. Note that completing the certification process does not guarantee acceptance as a facilitator for Compassion U.

**FOR MORE INFORMATION**, please feel free to contact Marq Hardon, Program Coordinator for CBCT® Teacher Certification, at mhardon@emory.edu.