



**CCT<sup>®</sup> Teacher Training  
2018 - 2019 Program Overview**

## **About CCT Teacher Training**

The Compassion Cultivation Training Teacher Training program is a course for professionals who are passionate about compassion education and want to teach CCT within their own community.

**Trainees will:**

- Gain a robust, nuanced understanding of the philosophy and science of compassion
- Explore pedagogical theory and develop practical skills in facilitating CCT
- Engage in open-ended dialogues with fellow participants and faculty
- Continue to deepen their own formal and informal daily compassion practice

The program involves six months of online academic coursework, bookended by two residential retreats of a few days each. Following successful completion of the requirements above and a teaching evaluation, participants will have one year to complete a supervised teaching practicum in their own community of choice. New teachers will be granted dual certification by Compassion Institute in partnership with Stanford CCARE.

Instructors and retreat leaders include the original authors of Compassion Cultivation Training: Thupten Jinpa, Compassion Institute Founding Faculty Kelly McGonigal, Leah Weiss, Erika Rosenberg, Margaret Cullen, and Monica Hanson, as well as guest experts.

We welcome applicants of varied backgrounds and goals. There are no education requirements for admission to the program. However, candidates should be prepared to complete college-level coursework in psychology, philosophy, and theories of education.

**The ideal applicant demonstrates:**

- Enthusiasm for the CCT curriculum and compassion education generally
- Intention to teach the 8-week CCT course on an ongoing basis
- Connection to a specific community of need in which they intend to teach CCT
- Curiosity; interest in learning and diverse perspectives
- Excellent listening, communication, and facilitation skills
- Personal experience with meditation practice

For frequently asked questions about the program, please visit our website:

[www.compassioninstitute.com/teacher-training](http://www.compassioninstitute.com/teacher-training)

**Prerequisite**

Students in the Teacher Training Program are required to have completed the 8-week CCT course. This prerequisite may be completed following acceptance into the Teacher Training Program if classes are available in your area. An 8-week online CCT course will be held for a small number of accepted applicants who, due to their geographical region, do not otherwise have access to a CCT course. Applicants who are selected to participate in the online course will be notified upon acceptance to the program. This course will be taught by a Founding Faculty or senior CCT instructor and take place over the course of the 8 weeks before the first retreat. Tuition for the online course will be \$375.

# Academic Calendar

## Fall 2018

### **Introductory Retreat**

Saturday, October 13, 2018, 10:00 am - Monday, October 15, 2018, 2:00 pm

Jesuit Retreat Center of Los Altos, Los Altos, California

<http://www.jrclosaltos.org>

This retreat serves to build community among the new trainees and Founding Faculty while introducing the themes, topics, and practices covered in the Teacher Training program.

### **Academic Coursework I: Philosophical Perspectives on Compassion**

This course, developed by CI Founding Faculty Dr. Leah Weiss, will provide an intellectual and experiential orientation to the philosophies and practices of compassion, both traditional and contemporary. We will focus particularly on mindfulness and compassion, unpacking these concepts in the context of the CCT course. Coursework includes watching video lectures, participating in both written and video discussions, and completing optional readings.

### **Small Group Supervision I: Personal Practice**

In small group supervision, 5 trainees will meet regularly with a mentor via video conference. During this period, trainees will develop, inquire, and reflect on their personal practice of compassion meditation in a supportive environment. Through direct experience, trainees will develop the underlying skills and processes essential to teaching CCT.

## Winter 2019

### **Academic Coursework II: The Science of Compassion**

Developed by CI Founding Faculty Dr. Kelly McGonigal, this class will explore the latest scientific thinking on the evolution of compassion. Topics include the psychology, biology, and neuroscience of empathy, compassion, and altruism; and how early life experiences, social forces, and culture shape our responses to others', as well as our own suffering. Coursework includes watching video lectures, participating in both written and video discussions, and completing optional readings.

### **Small Group Supervision II: Practice Teaching**

In small group supervision, 3-5 trainees will meet regularly with a mentor via video conference. During this period, trainees will practice teaching elements of a CCT class with their peers and a mentor, and will receive guidance and supportive feedback on the core skills and themes needed to teach CCT.

## **Spring 2019**

### **Academic Coursework III: Teaching CCT**

This class explores the process and practice of teaching CCT. Trainees and faculty consider together essential components of a CCT course and each class, commonly asked questions by students, leading and debriefing group guided CCT meditations and in-class exercises, and facilitating conversations about weekly themes. Coursework includes written and video discussions.

### **Final Retreat**

Wednesday, May 1, 2019, 10:00 am - Saturday, May 4, 2019, 2:00 pm

Jesuit Retreat Center of Los Altos, Los Altos, California

<http://www.jrclosaltos.org>

This retreat culminates the CCT Teacher Training program in an intensive experience with Thupten Jinpa and members of Compassion Institute Founding Faculty. Participants will receive an evaluation of their teaching skills, and trainees who have met all program requirements and pass this teaching evaluation are invited to continue on to the supervised teaching practicum.

### **Supervised Teaching Practicum**

In the practicum, candidates teach the 8-week CCT course in their own community with remote mentoring by a member of CI faculty. Candidates have up to one year to complete this requirement. Participating in the practicum does not guarantee that a candidate will achieve final certification; however, every effort will be made to support the candidate through the practicum to become a certified teacher of CCT. New teachers will receive dual certification from Compassion Institute and Stanford CCARE, as well as a license to CCT materials and an annual membership in the Compassion Institute for continuing education.

## Program Cost

### Application fee: \$90

This fee is nonrefundable. If you applied to the 2017 - 2018 CCT Teacher Training program, would like to reuse your previous application, and did not credit the fee toward another class, the application fee will be waived. If you wish to submit a new application, the \$90 application fee will apply.

### Program Cost

Tuition	\$4,750
Meals and lodging at the Introductory Retreat	\$1,000
Meals and lodging at the Final Retreat	\$1,250
<b>Subtotal</b>	<b>\$7,000</b>
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Practicum Fee	\$1,000
Certification Fee	\$250
<b>Subtotal</b>	<b>\$1,250</b>

### Scholarships

Very limited funding for full or partial tuition waivers is available, to be allocated based on need. A request form is available as part of the online application for admission to the program. As much as we would like to, we will not be able to provide funding to all worthy candidates with financial need. Candidates should be aware that tuition waiver requests may decrease their chances of acceptance to the program, and may elect to be considered in the main candidate pool in the event that we are not able to offer a tuition waiver. Retreat expenses are generally not covered by tuition waivers.

### Payment Schedule

On acceptance to the program, a 25% nonrefundable deposit (\$1750) is due within a week to hold your place in the program. Program reservations will be forfeited if this initial deposit is not received by **June 21, 2018**, so please plan accordingly. Those accepted from the waitlist have until **July 5, 2018** to pay the deposit. The balance of the course and retreat costs must be paid in full (\$4,200) by **September 28, 2018** (two weeks before the first retreat). For those continuing on to the practicum, the practicum fee of \$1250 is due by **May 10, 2019**. This fee includes practicum coaching, final certification, and 12 months membership in the continuing education programs for certified teachers.

## How to Apply

The application for the 2018 - 2019 CCT Teacher Training program can be found at [www.compassioninstitute.com/teacher-training](http://www.compassioninstitute.com/teacher-training) and completed online. An application fee of \$90 is payable by credit card through PayPal. If you prefer to apply or pay using a different method, contact Lisel Joseph, CI Program Associate, at [lisel@compassioninstitute.com](mailto:lisel@compassioninstitute.com). Applicants may be contacted by email or phone to arrange an interview with a faculty member.

### Admissions Calendar

**Thursday, May 10, 2018:** Applications must be submitted in order to be reviewed by the admissions team.

**Thursday, June 14, 2018:** Applicants will be notified of admissions decisions.

**Thursday, June 21, 2018:** Those admitted must submit a deposit to reserve a place in the program.

**Thursday, June 28:** Those on the waitlist will be notified of admissions decisions.

**Thursday, July 5, 2018:** Those admitted from the waitlist must submit a deposit to reserve a place in the program.

**Please note:** All admissions deadlines are firm.

### Application Materials

1. Your contact information.
2. Information about your experience taking (or your plans to enroll in) a CCT course.
3. Two brief personal statements, which can each be submitted in the form of an essay of up to 1000 words or a video response of up to 4 minutes.
  - a. Please explain your interest in the program, including how professional and/or personal experiences have shaped your interest and what community you would like to teach in and why.
  - b. Please respond to one of the following prompts:
    - i. Describe a time you 1) received or 2) offered compassion and how this bears on your understanding of what compassion is.
    - ii. Describe a time when your compassion was challenged, or you experienced the limits of your own compassion.
4. A 1-2 page resume.
5. Optional: A scholarship request form, including a short narrative explanation of your financial need. Those requesting scholarship funds may be contacted for verification of eligibility.
6. The application fee of \$90.