

# How to Apply

The application for the 2017 - 2018 CCT Teacher Training program can be found online at [www.compassioninstitute.com/teacher-training](http://www.compassioninstitute.com/teacher-training).

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.

## Application Materials

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

## Admissions Calendar

**Friday, June 2, 2017:** Applications must be submitted in order to be reviewed by the admissions team.

**Friday, July 7, 2017:** Main pool applicants (those not applying for financial aid) will be notified of admissions decisions.

**Friday, July 14, 2017:** Those admitted from the main pool must submit a deposit.

**Friday, July 21, 2017:** Tuition waiver pool applicants and those on the waitlist will be notified of admissions decisions.

**Friday, July 28, 2017:** Those admitted from the tuition waiver pool or waitlist must submit a deposit.

# Admission Criteria

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

Because daily compassion meditation practice is central to CCT and the Teacher Training program, all candidates must be willing to commit to their own daily personal practice for the duration of the training.

### The ideal applicant demonstrates:

- Enthusiasm for the CCT curriculum and compassion education generally
- Intention to teach the 8-week CCT course professionally 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

## Prerequisite For the Program

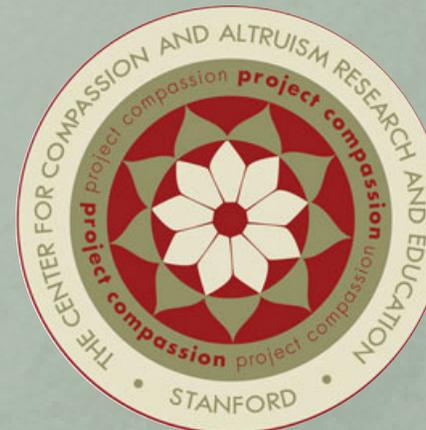
Students in the Teacher Training Program are required to have completed the 8-week CCT course. This prerequisite may be completed following acceptance into the Teacher Training Program if classes are available in your area.

An 8-week experimental 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 member and take place over the course of the 8 weeks before the first retreat. Tuition for the online course will be \$395.



# Compassion Cultivation TEACHER TRAINING

2017-2018 Program



# About the Program

The Compassion Cultivation Training (CCT) Teacher Training program is a course for professionals interested in compassion education. Graduates who fulfill all program requirements will be eligible for certification as teachers of CCT.

Requirements include academic coursework and small group supervision to be completed online; two residential retreats of three and four days each at a retreat center in Los Altos, California; and a supervised teaching practicum following successful completion of the requirements above and a teaching evaluation.

Instructors and retreat leaders include all six original authors of Compassion Cultivation Training (Thupten Jinpa, Kelly McGonigal, Leah Weiss, Erika Rosenberg, Margaret Cullen, and Monica Hanson) as well as guest experts.

For FAQs or to apply: [www.compassioninstitute.com/teacher-training](http://www.compassioninstitute.com/teacher-training)

To learn more about CCT: [www.compassioninstitute.com/cct](http://www.compassioninstitute.com/cct)

## Program Cost

**Application fee:** \$90 (nonrefundable)

**Tuition:** \$6500

*Included in the program tuition:*

**Academic coursework:** \$4500

**Meals and lodging at retreats:** \$1100

**Practicum Fee:** \$900

**Scholarships:** 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. Candidates should be aware that tuition waiver requests will delay their admissions notification by two weeks. As much as we would like to, we will not be able to provide funding to all worthy candidates with financial need.

**Payment Schedule:** On acceptance to the program, a nonrefundable 25% deposit (\$1400) is due. For those not applying for financial aid, your place in the program will be forfeited if this deposit is not paid by **July 14, 2017**. Tuition waiver applicants and those accepted from the waitlist have until **July 28, 2017** to pay the deposit. The balance of the course and retreat costs must be paid in full (\$4,200) by **September 15, 2017** (two weeks before the first retreat). For those continuing on to the practicum, the practicum fee (\$900) is due by **May 13, 2018**.

# Academic Calendar

## Fall 2017

### Introductory Retreat

October 2, 2017, 10:00 am - October 4, 2017, 2:00 pm  
Jesuit Retreat Center, Los Altos, California  
<http://www.jrclosaltos.org>

### Academic Coursework I: Philosophical Perspectives on Compassion

This course 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.

### Small Group Supervision I: Personal Practice

In small group supervision, 3-5 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.



*El Retiro San Iñigo: The Jesuit Retreat Center of Los Altos*

## Winter 2018

### Academic Coursework II: The Science of Compassion

This class will explore the latest scientific thinking on the evolution of compassion; 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.

### 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 2018

### Final Retreat

May 3, 2018, 10:00 am - May 6, 2018, 2:00 pm  
Jesuit Retreat Center, Los Altos, California  
<http://www.jrclosaltos.org>

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

### Supervised Teaching Practicum

Candidates in the practicum teach the 8-week CCT course in their own community with the supervision of a senior teacher. Candidates have up to one year to complete this requirement. Participating in the practicum does not guarantee that a candidate will achieve certification; however, every effort will be made to support the candidate through the practicum to become a certified teacher of CCT. Newly certified teachers will receive a license to CCT materials and an annual membership in the Compassion Institute for continuing education.