

## **Courageous Compassion for Personal Transformation Advanced Training Program Overview**

Welcome to our Courageous Compassion Training! This program is designed to help you:

- deepen your contemplative compassion practice;
- learn with and from diverse contemplative perspectives;
- strengthen ways of supporting those in social service, caring professions and in community through contemplative teaching and service;
- enhance your pedagogical skills in inclusive and trauma-sensitive ways;
- develop greater systemic and structural competency to complement your contemplative training; and
- join a growing professional learning community of contemplative teachers and leaders committed to realizing a more just, compassionate world.

### **Program Structure**

The year-long training includes the following in-person and online learning components:

1. **SEE | Courageous Compassion Retreat | Summer**
2. **HEAL | Healing Centered Engaged Compassion Seminar | Fall**
3. **ReENVISION | Personal and Social Transformation Seminar | Winter**
4. **LOVE | Compassion-Focused Contemplative Pedagogy Seminar | Spring**
5. **ACT | Contemplative Service Project | Spring/Summer**
6. **INTEGRATION | Capstone Retreat | Summer**

To successfully complete the Courageous Compassion for Personal Transformation Program, participants must complete all of the following retreats and seminars and the related assignments for each. Attendance at our live weekly seminars is required, and we can accept up to three absences throughout the course of the training. Participants who wish to obtain a certificate will be asked to submit a portfolio for review at the conclusion of the program which includes a teaching statement, syllabi and lesson plans, audio files, two teaching videos and letters of support from a colleague and student.

**SEE** | The **Courageous Compassion Retreat** is a 5-day intensive retreat designed to support participants' personal contemplative practice, a deep understanding of Courage's blueprint for personal and social transformation, and to welcome participants into the Courage community. The retreat will be held from July 13-18, 2018 at our Headquarters in Oakland, CA.

The **HEAL**, **ReENVISION** and **LOVE** seminars will meet online for eight weeks each. Seminar details and assignments are below. All readings, practice files, videos and reflections are available in our shared Teachable course. Participants will be assigned a small group for the **ACT** seminar and details of those meetings will be determined in the spring.

**HEAL | Perspectives on Engaged Compassion Seminar** is an 8-week course that introduces participants to the science and practice of care and compassion. Classes meet on Tuesdays at 4pm PST/ 7pm EST from September 25th through November 13th.

Topics:

- Session 1: Compassion in Diverse Religious and Spiritual Traditions
- Session 2: The Science of Compassion: Theory and Practice
- Session 3: The Science of Trauma
- Session 4: The Art of Healing: Foundations of a Relational Contemplative Practice
- Session 5: Receiving Care
- Session 6: Self Care
- Session 7: Extending Care
- Session 8: Sustainable Compassion: Avoiding Empathy Fatigue and Burnout

Assignments:

- Weekly reflections in response to questions posted on discussion board in Teachable
- Weekly practice journal submissions
- Personal practice assessment and development plan and formation of “contemplative advisory board”
- Initial proposal for contemplative course or service project

Suggested Pre-reading:

- Resmaa Menakem, *My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies*. Central Recovery Press, 2017
- Paul Gilbert and Choden, *Mindful Compassion: How the Science of Compassion Can Help You Understand Your Emotions, Live in the Present, and Connect Deeply with Others*, New Harbinger Publications, 2014.

**ReENVISION | The Personal and Social Transformation Seminar** is designed to help participants (re)envision their capacity for developing unconditional love and compassion, and to imagine the possibility of realizing the beloved community through personal and social transformation. This seminar will meet on Tuesdays at 4pm PST/ 7pm EST from January 8th through February 26th.

Topics:

- Session 1: Deep Empathy and Compassion: The Weight of the World
- Session 2: Loving Our Enemies | On the Possibility of Unconditional Love
- Session 3: Social Empathy
- Session 4: Systemic Oppression: The Two Psychologies of Compassion
- Session 5: Systemic Oppression: Our Role and Our Work
- Session 6: Compassion in Practice: Lives of Compassionate Teachers and Healers I
- Session 7: Compassion in Practice: Lives of Compassionate Teachers and Healers II
- Session 8: Spiritual Practice as Activism

#### Assignments:

- Weekly reflections in response to questions posted on discussion board in Teachable
- Weekly practice journal submissions
- Revised proposal for contemplative course or service project with needs assessment

#### Suggested Pre-reading:

- Charles Eisenstein, *The More Beautiful World Our Hearts Know is Possible*, North Atlantic Books, 2013.
- John A. Powell, *Racing to Justice, Transforming our Conceptions of Self and Other to Build an Inclusive Society*. Indiana University Press, 2012
- Rachel Harding and Rosemary Freeney Harding: *Remnants, A Memoir of Spirit, Activism and Mothering*, Duke University Press, 2015.

**LOVE | The Contemplative Pedagogy Seminar** is an 8-week course designed to support and prepare participants to lead open, inclusive and trauma-sensitive contemplative-based courses or workshops that help others in social service and caring professions sustain in their work by avoiding burnout and empathy fatigue. This seminar will run from mid-March through mid-May.

#### Topics:

- Session 1: Contemplative Facilitations: Foundations
- Session 2: Receiving Care
- Session 3: Obstacles to Receiving Care
- Session 4: Self Care
- Session 5: Obstacles to Self Care
- Session 6: Extending Care
- Session 7: Obstacles to Extending Care
- Session 8: Compassion in Action

#### Assignments:

- Weekly reflections in response to questions posted on discussion board in Teachable
- Weekly practice journal submissions
- Develop lesson plans for 6 week course or weekend workshop
- Develop guided meditation audio files for 6 week course or weekend workshop
- Teaching Statement and Self-Assessment
- Revised proposal for contemplative course or service project with needs assessment
- One-on-one check in

**ACT/TRANSFORM | The Contemplative Service Project** involves the design and implementation of a compassion-based contemplative course, workshop or training in one's community, organization or professional sector. Participants will work in peer support groups with one or more of our core faculty for coaching and supervision during the process. These sessions will be scheduled in May and June, 2019.

Session 1: Generating Motivation: Audience and Rhetoric

Session 2: Facilitating Meditation: Tips and Pointers

Session 3: Trauma-informed Facilitation

Session 4: Stewarding a Group; Facilitating Inquiry and Relational and Reflective Practice

Session 5: Teaching Compassion: Science and Theory

Session 6: Case Studies

#### Assignments

- Submission of teaching portfolio with 6-week (or longer) syllabus and lesson plans along with audio files and video teaching
- Revised teaching statement and self assessment
- Practice assessment and revised development plan

**INTEGRATION** |The **Community Capstone Retreat** offers a chance for the cohort to convene again for a 2.5 day intensive at our Oakland headquarters for retreat and reflection. The closing retreat will be held in July 2019. Exact dates TBD.