



Certificate of Participation

3-Day Intensive CBCT® (Cognitively-Based Compassion Training) Course with Lobsang Tenzin Negi, PhD & Timothy Harrison

Time & Venue: Between Monday, 6th January and Wednesday, 8th of January 2020, an intensive course lasting three days for CBCT® was held in Frankfurt, Germany at Tibethaus Germany e.V.

Duration: The three-day CBCT® course included a total of 24 hours (8 hours per day or 32 teaching units of 45 minutes each).

Course Contents:

The course consisted of a three-day self-reflection focused on the CBCT® (Cognitively-Based Compassion Training) with explanations and guided meditations. The central content of the training was to impart the skills of attention training, self-care and the development of empathy and compassion to maintain (mental and physical) health by increasing resilience and well-being.

The practices and exercises included in the course supported the development of a variety of mental qualities, experiences and behaviors, such as kindness, gratitude, generosity, warmth, empathy and compassion.

The training was developed in 2004, by Prof. Lobsang Tenzin Negi at Emory University in Atlanta, GA, USA. Its effectiveness has already been proven in numerous scientific studies. The seminar was led by Prof. Negi and Timothy Harrison (Associate Director for CBCT®) at the Center for Contemplative Science and Compassion-Based Ethics (CCSCBE) at Emory University.

The event was initiated, coordinated, and supported by Dr. Corina Aguilar-Raab and Silvia Wiesmann. It was organized by Tibethaus Deutschland e.V. in cooperation with the CCSCBE.

We hereby confirm that **Tenzin Peljor** participated fully in the above-mentioned event. The attendance was documented daily. The event was accredited by the Ministry of Education and Cultural Affairs Hessen, the Teachers' Academy Hessen, Germany, as a further training event after application according to § 65 Teacher Training Act Hessen (HLbG).

Lobsang Tenzin Negi, PhD

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Organisation &
coordination of the event

Silvia Wiesmann M.A.

Organisation & coordination of
the event