



Nalanda Institute
for CONTEMPLATIVE SCIENCE



**UNIVERSITY
OF WOLLONGONG
IN DUBAI**

Teacher Training: Compassion-Based Resilience Training (CBRT)

A complete method of training the resilience of mind, heart, and body that we need to sustain well-being, engagement and purpose in our interdependent world.

PROGRAM OVERVIEW:

CBRT is an evidence-based modular training that teaches the science and skills people need to reduce stress, build resilience, and cultivate lives of well-being, engagement, and purpose in our interdependent world. It empowers people to develop a more resilient mind, heart, and body by combining skills taught separately in other trainings—mindfulness, compassion, imagery, and breath-work—into one, providing the most cost-effective way of educating participants in the full spectrum of mind/body research and contemplative skills.

The program is in collaboration with New York based Nalanda Institute, a leader in the international market; with curricular content grounded in clinical research at Weil Cornell Medicine and Albert Einstein College of Medicine.

DURATION	MODE OF DELIVERY
7 months	<ul style="list-style-type: none">• Opening workshop 9th October, 2021• 6 months synchronous & asynchronous web-based learning• Closing workshop 8th May, 2022

WHO SHOULD TAKE THIS COURSE?

This course is ideal for individuals seeking to integrate resilience practice effectively into their work, by developing the science-based language and teaching skills to introduce mainstream groups to the full range of resilience practices.

Health workers of all disciplines such as social workers, psychologists, nurses, mental health counselors, physicians, palliative care workers, art therapists as well as educators, school counselors and administrators, executive coaches, organizational consultants, human resource professionals, faith-based counselors and ministers, community workers and lay caregivers are all encouraged to join.

WHAT THE PROGRAM COVERS

This program certifies practitioners to deliver the training in their respective workplace and community settings.

CBRT is comprised of eight, evidence-based modules that teaches the science and skills people need to reduce stress, build resilience, and cultivate well-being and engagement:

Module 1:	Embracing Suffering with Body Mindfulness
Module 2:	Stopping Reactive Habits with Mindful Sensitivity
Module 3:	Breaking Free of Confusion with Open Awareness
Module 4:	Mindful Insight: The Lifelong Path of Self-Healing
Module 5:	Disarming Social Stress and Bias with Equal Empathy
Module 6:	Healing Reactive Emotions and Beliefs with Self-Compassion
Module 7:	Cultivating Caring Emotions with Prosocial Give and Take
Module 8:	Embodying a Resilient Self and Life with Caring Imagery

WHAT YOU WILL ACHIEVE

Capstone Project:

CBRT students will complete a capstone project where they independently teach a partial or full CBRT

Certificate of Accomplishment:

Students will be awarded a certificate of accomplishment once they successfully complete the program.

PROGRAM WILL BE DELIVERED BY:



Professor Joseph (Joe) Loizzo, MD, PhD, is a Harvard-trained psychiatrist and Columbia-trained scholar with over forty years experience studying the beneficial effects of contemplative practices on healing, learning and development. He is Assistant Professor of Clinical Psychiatry at Weill Cornell Medical College and is an Adjunct Assistant Professor of philosophy of science and religion and health sciences at Columbia University.



Victoria Fontana, MA, is a graduate of Nalanda Institute's Contemplative Psychotherapy Program in New York. She has been an educator for over 20 years, currently an adjunct professor at IE University in Madrid, where she teaches for the Center for Health, Well-Being and Happiness as well as the Languages and Humanities Departments. She is a practicing Mindfulness and Wellness Coach, ACC.



Moustafa Abdelrahman, MBA, RP, is a meditation teacher and Contemplative Therapist. He is certified by the University of Toronto as an Applied Mindfulness Meditation Specialist and holds a Certificate in Contemplative Psychotherapy from Nalanda Institute/Diploma from the Institute of Traditional Medicine. Abdelrahman teaches a variety of mindfulness certificate courses at the School of Continuing Studies at the University of Toronto and has facilitated mindfulness workshops for a wide range of corporate and nonprofit organizations.



Suzanne Robertson-Malt, PhD, is an Associate Professor and Program Director for Health Sciences at University of Wollongong in Dubai (UOWD). Prior to joining UOWD, Dr Suzanne was the Executive Director, Clinical Excellence & Research – Cleveland Clinic in Abu Dhabi. She has a keen interest in Leadership, Clinical Research, Evidence Implementation and Shared Governance.

We offer a limited number of partial scholarships for applicants in need.
If you would like to enroll but are facing financial challenges, please send an email describing your challenges to SuzanneRMalt@uowdubai.ac.ae