



Compassion-Centered Spiritual Health (CCSH) Registered Clinician Training

Initial Cohort to begin October, 2019 (we will update this document with upcoming training dates)

Thank you for your interest in becoming a CCSH Registered Clinician. We are excited about offering this opportunity to become trained in this Research-Based CCSH Interventional Approach based on the core principles of Cognitively-Based Compassion Training (CBCT®).

Why learn the CCSH Interventional Approach?

1. Offers a consistent, systematic way to understand and deepen skills for navigating the varied emotional and behavioral responses required of spiritual health practitioners through the practice of the skills of CBCT.
2. Cultivates perspective-taking skills to enhance cultural competence.
3. Fosters resilience in the face of suffering of self and others.
4. Provides a Research-Based approach for increased effective and efficient ways to offer Spiritual Health.
5. Provides a Spiritual Health approach for addressing the epidemic of burnout of Staff in the Healthcare setting.

Prerequisites

At the end of this document is a sample timeline for completion of this training. There is adaptability to this timeline depending on when you first engage in the CBCT Foundations Course (available courses listed at compassion.emory.edu). This sample timeline also names the timing of other training opportunities, such as becoming a CBCT Instructor (see compassion.emory.edu for further information) as well as becoming a CCSH Registered Instructor. Please let us know if you are also interested in these additional Trainings and we will provide more information about these options.

This timeline also presupposes that you are engaged in a Spiritual Health Profession and are either Certified or engaged in the process of Certification with ACPE or its Strategic Partners.

Application Process

The first step towards becoming a CCSH Registered Clinician is to apply following completion of the CBCT Foundation Course. This application entails writing a brief description about your interest in learning this CCSH Interventional Approach (one page in length) as well as participating in a brief 30 minute interview with one of the CCSH Registered Clinician Trainers. To prepare for this interview, we also ask that you view the CCSH webinar: <https://youtu.be/torZwUbAtI4>.

Upon acceptance, you would be assigned to the next available CCSH Cohort class (a Cohort will be offered every fall and spring). The following is a brief description of the overview of the CCSH Registered Clinician Training.

CCSH Registered Clinician Training Overview (dates shown are for the Fall 2019 Cohort):

- A. Initial 4 hour class via Zoom on **October, 7th from 12:30 p.m. – 4:30 p.m. (EST)** 4 one hour follow-up Zoom calls with Cohort: **Oct. 21, Nov. 4th, Nov. 18th and Dec 2nd from 1:30 p.m. – 2:30 p.m. (EST)** Each Cohort would have up to 9 participants who are Spiritual Health Practitioners.
 - i. Total of 12 contact hours: 4 hours initial class, 4 hours follow-up Zoom call, and 4 hours with CCSH Advisor (see section B).

- B. Partnership with CCSH Advisor:

Four 1 hour individual sessions with Advisor via Zoom over the 3 month instruction (Oct-Dec) with Cohort in order to review the following (formats for each of the following will be provided):

 - i. CCSH CR reflections (2 written CCSH Reflections per session)
 - ii. Logs of Interventions (7 log entries each for each session* with Advisor for a total of 28 logged sessions during 3 months of training)
 - iii. Discussion of personal on-going engagement with the insights of CBCT

- C. Evaluation:
 - i. After a total of 60 logged sessions, the CCSH participant will contact their Advisor to set up a time to discuss their demonstration of the competencies affiliated with each stage of the CCSH Interventional Approach.
 - ii. Successful completion of a written test demonstrating understanding of the core insights of the CCSH Interventional Manual to be used throughout the course.

- D. Cost of CCSH Registered Clinician Training: *Please contact us if you would like more information about costs of the trainings described in the CCSH timeline below.*

- E. Continuing Education After Registration
 - i. There will be required engagement in annual continuing education events to stay current in best practices and research developments in CCSH available via Zoom and/or in-person. A minimum of 8 hours will be required per year.
 - ii. A CCSH Registered Clinician will also have access to ongoing consultation with the CCSH Advisory Team.
 - iii. Annual registration fee

Please let us know if you have any questions about this process. We look forward to hearing from you! Please contact us at ccsh@emory.edu or (404) 686 – 2828 for more information about application and payment.

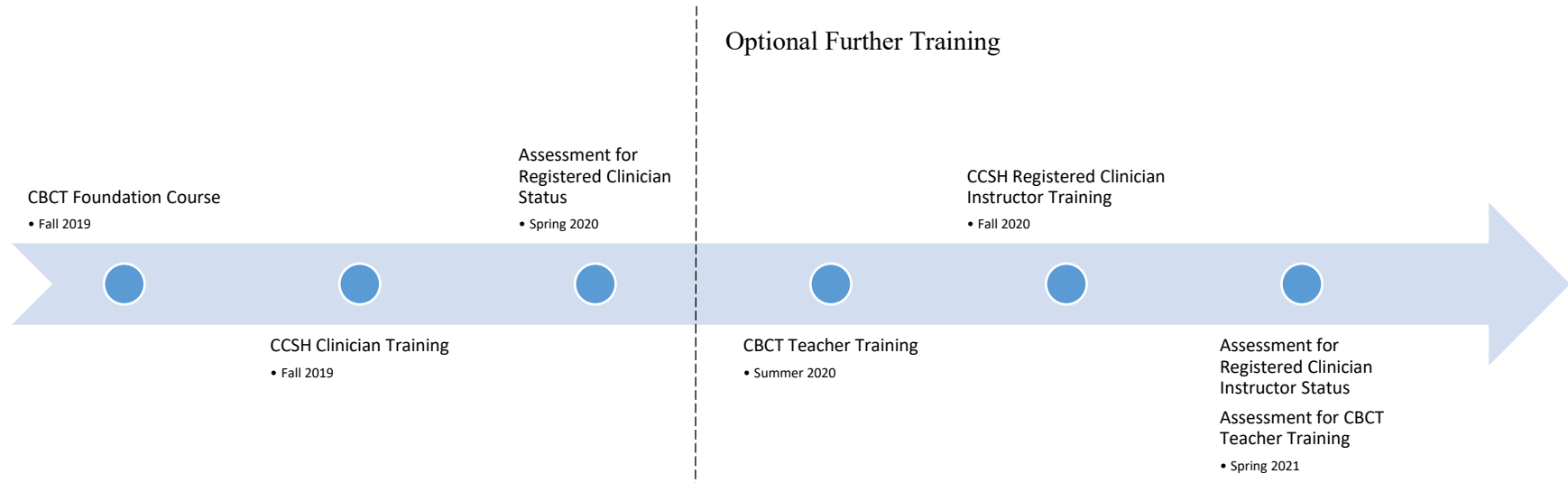
*What constitutes Intervention session?

-  Contact with CPE Student in spiritual distress

✚ Staff

✚ Patients & family

Sample CCSH Registered Clinician Timeline*



*Dates shown are earliest possible