Karuna Training 2-year Program
Baltimore 2019 - 2021

131 CEPA total Continuing Education Units

PHASE 1: Personal Process

Seminar	CEU's	Topic and Teacher	Dates Course	Place
KT 1	17	Confidence in Basic Sanity with Sandra Ladley	April 11 - 14, 2019	Baltimore Shambahla Center Baltimore MD.
KT 2	11	Ego from the perspective of Contemplative Psychology with Melissa Moore	July 26 - 28, 2019	Baltimore Shambahla Center Baltimore MD.
KT 3	11	Working with Emotions With Sandra Ladley	October 25 - 27, 2019	Baltimore Shambahla Center Baltimore MD.
KT 4	21	Exploration of Energy in Contemplative Psychology With Melissa Moore	January 31 - February 6, 2020	Pearlstone Retreat Center MD
Total CEU's	60	Included are monthly Continuity Meetings designed to practice what has been disseminated in the training		

PHASE 2: Compassionate Exchange

Seminar	CEU's	Topic and Teacher	Dates	Place
KT 5	9	Development of Compassionate Presence I With Susan Chapman and Melissa Moore	April 25 - 26, 2020 3 Follow-up courses: May 9, 2020 June 7, 2020 June 12, 2020	Online
KT 6	9	Compassionate Presence II With Melissa Moore	August 1 - 2, 2020 3 follow up Courses: August 30, 2020 September 20, 2020 October 18, 2020	Online
KT 7	11	Shining the Jewel With Sandra Ladley	October 24 - 25, 2020 3 follow up Courses: Nov 11, 2020 Dec 20, 2020 January 18, 2021	Online
Total CEUs"	29	Included are monthly Continuity Meetings designed to practice what has been disseminated in the training		

PHASE 3: Engaged Compassion

Seminar	CEU's	Topic and Teacher	Dates	Place
KT 8	21	Hybrid Deepening Week 2 & 3 MAKE UP With Melissa Moore and Sandra Ladley	May 23 - 29, 2021	Bon Secours' Retreat Center 2 participants held online In-Person - first-time post-Covid
Seminar	**CEU's**	**Topic and Teacher**	**Dates**	**Place**
KT 9	6	Mentoring Course for Projects With Sandra Ladley	June 26, 2021 August 1, 2021 September 18, 2021	Online
KT 10	0	Karuna Project 25 -hours of mentored practicum work with someone of the participants' choice practicing compassionate exchange over the course of 5 hours.	3 half an hour mentoring sessions TBD with Mentor	Online
KT 11	15	Maitri Graduation With All faculty	November 15 - 21, 2021	Bon Secours Retreat Center, MD In-person
Total CEUs	42	Included are monthly Continuity Meetings designed to practice what has been disseminated in the training		
		All three Phases CEU together = **131 CEU's**		