



March 27, 2020

Dear colleagues,

Please accept this letter as my formal introduction. I am an independent clinical psychologist and certified mindfulness and compassion meditation instructor, PhD by Universidad Autonoma de Madrid, Spain, with more than 18 years of work experience at Emory University, with which I remain affiliated as an adjunct assistant professor. I would like to offer my services to national and international institutions where I can make myself useful as a trainer and/or a consultant.

What I offer is a training in stress reduction and social skills through mindfulness and compassion meditative techniques. My clinical work with children, families and therapists, and my own experience with brain cancer twice have taught me that adversity and suffering are very real aspects of everybody's life. It is however paying attention to our relationship with others and to the extent that we benefit from our social support, that we make sense of our circumstances and acquire the strength to change them. Everybody can practice mindfulness and compassion, everybody can practice health. This is the essence of the practice that I teach and promote with all types of population and organizations in the US, Spain and Latin America. If you would like to learn more about my work and my life, please go to [https://www.youtube.com/watch?v=mbXxo\\_oZgsY](https://www.youtube.com/watch?v=mbXxo_oZgsY).

The name of this training is CBCT® (Cognitively Based Compassion Training), a secular protocol in mindfulness and compassion developed by Dr. Lobsang T. Negi, an Emory University professor and the director of Drepung Loseling Monastery, under the patronage of the Dalai Lama. For more information about CBCT®, please go to <https://vimeo.com/237211278>.

I offer nowadays live or online trainings and consultations in English and Spanish in different formats for a wide range of topics: resiliency in clinical populations and providers, sociocultural competence in professionals, autism evaluation and intervention, and CBCT® courses. You can see an example of a 1-hour CBCT® class at <https://livestream.com/accounts/7116288/events/3135807/videos/155107158>. This training is recognized as continuing education (CEU credits) by several professional organizations in the US like the American Psychological Association (APA).

If interested, please do not hesitate to contact me. I will be happy to send you my CV and discuss with you the topic and format that may be more appropriate for your organization.

I would be delighted to hear from you,

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