

Queensland Sangha Association Inc

SIDDHARTHA INSTITUTE OF BUDDHISM

QUALIFYING COURSE IN BUDDHIST CHAPLAINCY

COURSE INFORMATION PACK

2019

1. COURSE DESCRIPTION

This course is for anyone who performs helping work inside Buddhist communities or in the Australian or international community. This helping work may involve: caring for children and families; supporting people who are facing life difficulties (relationship problems, unemployment, bereavement etc.); teaching Buddhism to school children; caring for the sick, elderly and dying; providing pastoral care in universities, hospitals, hospices and prisons; teaching basic meditation skills and running meditation practice groups (for example in hospitals and workplaces); supporting community members in times of conflict or natural disaster.

Helping others can be very satisfying but also challenging. This course aims to provide some basic tools to guide and support those who are involved in helping work. The topics to be covered in the course include: theory and practice of Buddhism (all traditions), what it means from a Buddhist perspective to help or 'offer service' to others, the limits to helping, basic counselling skills (especially listening skills and effective communication), common mental health problems encountered in the community, suicide prevention, and self-care for chaplains.

The course assumes only a basic knowledge of Buddhism (and aims to build from that). It also assumes no prior training in counselling and is open to students from all the main Buddhist traditions - Theravada (including western Insight), Mahayana (including Chan/Zen and Pure Land), and Vajrayana, as well as students who practice Buddhism independently.

2. COURSE PREREQUISITES – ADMISSION REQUIREMENTS

Admission Requirements for the Qualifying Course in Buddhist Chaplaincy

1. completion of high school or equivalent, or a higher qualification.
However, students who have a good basic education and life experience in helping work are also welcome to apply.
2. good proficiency in written and spoken English.

3. MODE & LEVEL OF COURSE DELIVERY

The course will be conducted via short lectures, classroom discussion and in-class training in listening/communication skills.

Students need to complete 2-3 hours of reading prior to attending each class (see 'Required and Recommended Reading' below). They will also be asked to practise listening/communication skills between classes.

The study level of the course generally corresponds to certificate level training in a tertiary institution.

4. REQUIRED & RECOMMENDED READING

The following are all REQUIRED READINGS for this course:

Sarath-Chandra, Rahubadde. 2016. *Buddhist Chaplaincy. Buddhist Religious Care*. (This book is available via the QSA website - under 'Resources'):

<http://www.sanghaqld.org/files/BUDDHISTCHAPLAINCY.pdf>

Ostaseski, Frank. "Exploring Our Intention in Service"

<http://buddhistchaplains.org/cmsms/index.php?page=exploring-our-intention-in-service>

Giles, Cheryl A. and Willa B. Miller. 2012. *The Arts of Contemplative Care. Pioneering Voices in Buddhist Chaplaincy and Pastoral Work*. Wisdom Press: Boston (relevant chapters).

Michon, Nathan J. and Daniel C. Fisher, eds. 2016. *A Thousand Hands: A Guidebook to Caring for your Buddhist Community* (relevant chapters). Sumeru Press: Ottawa.

Conversations Matter. Resources for Discussing Suicide

<http://www.conversationsmatter.com.au/>

All required readings will be distributed to students (via hard copy or electronic PDF).

A list of 'Additional Recommended Resources' will also be sent by email to all students in the course; these readings are not required but students who wish to go deeper with the course material may want to consult them.

5. COURSE ASSESSMENT

Assessment for the Qualifying Course in Buddhist Chaplaincy is as follows:

- satisfactory participation in classroom discussion (this requires completion of assigned reading before attending the class)
- satisfactory participation in the in-class training in listening/communication skills. By the final class in the course, students need to demonstrate at least basic competency in listening and communication skills.
- A short written report (500-1000 words) on a visit to a temple or group that is from a different tradition of your own
- Completion of a take-home exam (to be emailed to students after the final class on June 9; answers due by 5pm Monday 17 June); the pass mark for this exam is 75%

6. COURSE DATES (2019)

The dates for the course are:

- Sunday May 5
- Sunday May 12
- Sunday May 19
- Sunday June 2
- Sunday June 9

All classes run from 9am to 1pm at the University of Queensland, St Lucia campus (room number to be advised).

Please note: There is a course requirement of 80% attendance (ie, students need to attend 4 out of the 5 scheduled classes). This is to maximise learning from class discussion and in-class exercises. One make-up written assignment will be available for students who miss one class.

7. TEACHING STAFF AND COURSE CONVENER

The teaching staff for this course are appointed by the Academic Council of the Siddhartha Institute of Buddhism (see QSA website for further information). Qualifications expected of lecturers are on par with qualifications expected of lecturers in tertiary institutions. Lecturers will also usually be Buddhist Chaplains registered with the QSA.

The course convenor for 2019 is **Dr Barbara Sullivan** BDS (Syd), PhD (Qld), Dip Holistic Counselling. Dr Sullivan is an Honorary Senior Lecturer at the University of Queensland (where she taught in the School of Political Science & International Studies for 25 years before retiring in December 2016). She continues to supervise research students at UQ and to run a mindfulness meditation group for staff and students on the St Lucia campus. Dr Sullivan is a registered Buddhist Chaplain with the QSA and a Practice Leader with Ordinary Mind Zen Brisbane. She can be contacted by email at barbara.sullivan4005@gmail.com

8. COURSE COSTS

There are no fees for this course. It is freely offered by the QSA and all administration and teaching staff are volunteers.

However, the QSA depends on donations to cover the costs of this course and its other activities. So if students are in a position to do so, they are encouraged to make a donation (of any size) to the QSA. This can be done by bank transfer and here are the bank account details for the QSA:

Name of account Queensland Sangha Association Inc

Bank name Heritage Bank

Branch name Forest Lake

Address of Bank Forest Lake Shopping Centre, Forest Lake

Boulevard, Forest Lake, Qld. 4078

BSB number 638-070

Account number 1159-2818

Please email the QSA to let them know you have made a donation
[\(\[infoqsa@gmail.com\]\(mailto:infoqsa@gmail.com\)\)](mailto:infoqsa@gmail.com).

9. REGISTRATION AS A BUDDHIST CHAPLAIN

On successful completion of this Qualifying Course, students may be eligible to apply to the QSA for registration as a Buddhist Chaplain.

Please note: In Australia at present all Buddhist chaplains are volunteers (do not receive financial compensation for their work). While the Buddhist Chaplaincy Qualifying course is accredited by the QSA - and may assist students to obtain (unpaid, volunteer) chaplaincy roles in institutions such as hospitals, schools and prisons - it does not have any other accreditation. The QSA is currently working to expand this accreditation.

10. HOW TO APPLY FOR ADMISSION TO THE COURSE

To apply for admission to this course please email Barbara Sullivan barbara.sullivan4005@gmail.com

In your application email please provide the following information:

- *Your full name, email address, postal address, and telephone number (land line or mobile).*
- *Your academic qualifications and/or life experience (see above under 'Course Prerequisites – Admission Requirements')*
- *Please also tell us about your background in Buddhism (what temple, centre or group do you belong to? What experience have you had in Buddhist communities?)*
- *Have you had any experience – formal or informal - in offering service, help and support to others?*
- *Why do you wish to do the Buddhist chaplaincy training course?*

11. FURTHER INFORMATION

Please contact the Convener, Dr Barbara Sullivan if you have any questions about the course. Her email address is barbara.sullivan4005@gmail.com