

TORONTO CENTRE FOR APPLIED BUDDHISM

Introduction to Buddhist Counselling Module

Instructor: Linda Hochstetler, MSW RSW

10 Saturdays; January 18 - March 28, 2020; 3:30 - 5:00 pm (no class on Feb. 15)

33 High Park Gardens

Description of Program:

The winter 2020 module is designed to provide basic Buddhist counselling skills to individuals with little or no clinical experience or training. It is intended to prepare participants to volunteer with Sangha members, friends, and family. No previous training is required.

This module includes learning about the following skills: attending, rapport building, use of silence, paraphrasing, reflecting, showing empathy, focusing the conversation, clarifying, appropriate questioning, and summarizing. Participants will learn to integrate Buddhist concepts into their supportive counselling conversations and will be encouraged to practice these skills in their many conversations.

Registration fee is \$50 for the fall session.

Please complete the application form on Page 2 by January 11 , 2020 and email it to admin@Applied-Buddhism.ca

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APPLICATION FORM

Participant Information:

Name: _____

Address: _____

Email Address: _____ Phone Number: _____

Please also complete the following:

1. Buddhist Sangha you are affiliated with: _____.

2. Three Refuges taken in _____ (year) with:
_____ (name of teacher and Sangha)

3. If taken precepts, (what, when and where) _____.

4. Are you volunteering or planning to volunteer with:
_____ (Buddhist Sangha)

5. Please provide a reflection on your current counselling skill level, as well as your motivation to learn basic Buddhist counselling skills.

Participant Signature

Date