

## TORONTO CENTRE FOR APPLIED BUDDHISM

### Introduction to Buddhist Counselling Module - online via Zoom

Instructor: Linda Hochstetler, MSW RSW

10 Saturdays; September 19 - November 21, 2020; 9:00 am - 10:30 am (Toronto time)

### Description of Program:

The Fall 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 Buddhist community 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 September 5, 2020 and email it to [admin@AppliedBuddhism.ca](mailto:admin@AppliedBuddhism.ca)

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## Introduction to Buddhist Counselling Module

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### APPLICATION FORM

#### Participant Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Please also complete the following:

1. Buddhist Sangha (Community) 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