

TORONTO CENTRE FOR APPLIED BUDDHISM

Introduction to Buddhist Counselling Course- online via Zoom

Instructor: Linda Hochstetler, MSW RSW and lay Dharma teacher in the Vajrayana tradition.

Teaching Assistant: Charles Chiarelli, BEd, Master of Pastoral Studies in Buddhism (Candidate) and Assistant to Ven. Bhante Dhammo, Dharma teacher in the Cambodian community.

14 Saturdays (on-line classes via Zoom), seven 2-hour classes of instruction with Linda (4 to 6 pm) and six 1-hour practice and integration sessions (4 to 5 pm) led by Charles - Toronto time.

September 18 2021- December 11, 2021

Description of Program:

The Fall 2021 course 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 course includes learning generic counselling skills. Participants will role play with others, and talk about their own Buddhist and meditation practice with each other. They will see how Buddhist principles of impermanence, suffering, and no-self can be included into their supportive counselling conversations and they will be encouraged to practice these skills in their many conversations..

Week	Date	Time	Topic
1	September 18, 2021	4-6 pm (2 hours)	Attending and Rapport Building
2	September 25, 2021 ***	4-5 pm (1 hour)	Practice and Integration
3	October 2, 2021	4-6pm (2 hours)	Use of Silence and Non-verbal Language
4	October 9, 2021	4-5pm (1 hour)	Practice and Integration
5	October 16, 2021	4-6pm (2 hours)	Active Listening
6	October 23, 2021	4-5pm (1 hour)	Practice and Integration
7	October 30, 2021	4-6pm (2 hours)	Asking Questions and Probing
8	November 6, 2021	4-5pm (1 hour)	Practice and Integration
9	November 13, 2021	4-6pm (2 hours)	Paraphrasing and Reflection
10	November 20, 2021	4-5pm (1 hour)	Practice and Integration
11	November 27 2021	4-6pm (2 hours)	Risk Assessments and Boundaries
12	December 4, 2021	4-5pm (1 hour)	Practice and Integration
13	December 11, 2021	4-6pm (2 hours)	Summaries and Closure

Registration fee is \$50. Please complete the application form on page 2 by September 11, 2021 and email it to registration@AppliedBuddhism.ca

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Instructor: Linda Hochstetler, MSW RSW; T.A.: Charles Chiarelli, BEd, MPS-Buddhism (Candidate)
14 Saturdays; Sept. 18 - Dec. 11, 2021; 4 pm to 6 pm with Linda, 4 pm to 5 pm with Charles

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