

TORONTO CENTRE FOR APPLIED BUDDHISM

The Buddhist Volunteer Grief Counselling Certificate Course - online via Zoom

Instructor: Venerable Sister Thich nu Tinh Quang

**12 Fridays; September 9 to November 25, 2022, 7:30 pm - 9:30 pm (Toronto time)

Course Description:

In Buddhism, we are taught that loss and grief are inevitable yet they are still immensely challenging aspects of life. When a bereavement happens, no matter whether it was predicted or unexpected, it can be incredibly difficult to process. The Buddhist Volunteer Grief Counselling Certificate Course acquaints you with the grieving process and explains how to support someone going through it, exploring the various types of bereavement and advising the specifics of how to help in each situation.

The primary goal of The Buddhist Volunteer Grief Counselling Certificate Course is that students gain the knowledge and skills to provide effective grief counselling and support for Buddhist practitioners or others interested in this approach, using a biopsychosocial and Buddhist approach to grief. During these 24 hours of grief support training, students advance their counselling skills. This may include incorporating writing and art in their approach, in order to guide clients through their grief.

**Registration fee is \$50.

Buddhism and Acceptance and Commitment Therapy - online via Zoom

Course Instructors:

Kenneth Fung, MD, FRCPC, MSc, FAPA, FCPA

Bhante Kusala, Buddhist monk, MA, MDiv

Glen Choi, MA (Zen Studies), PhD (Cultural Studies)

Michael Dougan, Registered Psychotherapist, MEd (Counselling Psychology), MA (Applied Psychology)

**Seven modules (26 hours): Modules 1-6 are four hours in length and module 7 is 2 hours. Modules will be spread out over 6 months, starting on Oct. 8, 2022, 1:00 pm to 3:00 pm (Toronto time).

Course Description

This course seeks to provide an introduction to the intersections and parallels between Buddhism and Acceptance & Commitment Therapy with the goal of working towards the integration of the two. Participants in the course can expect to engage in experiential learning, reflection (self and group), meditation, case discussions/clinical vignettes, and didactic coursework.

**Registration fee is \$50.

Please complete the application form on Page 2 (for the Grieve Counselling Course by August 15, 2022 /for the Buddhism and Acceptance and Commitment Therapy Course by September 15, 2022) and email it to registration@AppliedBuddhism.ca

TORONTO CENTRE FOR APPLIED BUDDHISM

APPLICATION FORM

FOR

Buddhist Volunteer Grief Counselling

Please check: Y ___

12 Fridays; September 9 to November 25, 2022, 7:30 pm - 9:30 pm (ET)

Buddhism and Acceptance and Commitment Therapy

Please check: Y ___

Thirteen Saturdays starting on October 8, 2022, 1:00 pm to 3:00 pm (ET)

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. Would you be interested in volunteering 2 - 5 hrs/week to offer Buddhist counselling on-line with the Toronto Centre for Applied Buddhism? Y ___ / N ___

6. Please provide a reflection on your current counselling skill level, as well as your motivation to learn Buddhist counselling skills for grief and loss and/or Buddhism and Acceptance and Commitment Therapy

Participant Signature _____

Date _____