**TORONTO CENTRE FOR APPLIED BUDDHISM**

Buddhist Prison Chaplaincy Volunteer Training Course

**Helping Inmates to Understand and Transform Anger with Mindfulness**

 Teacher: the Venerable Thich nu Tinh Quang

**An on-line course (via Zoom): 8 Fridays, April 21, 2023 to June 9, 2023, 7:30 pm to 9:30 pm (ET)**

In this course, students will study in-depth several books authored by the Venerable Thich Nhat Hanh under the guidance of the Venerable Thich nu Tinh Quang. They will discuss their understanding of the teachings and how they may be applied to their own lives and to help others to understand and transform their anger.

In particular, students will be asked to explore how they may read these books alongside prison inmates as pen pals within an Anger Management Certificate Course titled *“Understanding and Transforming Anger with Mindfulness”*. Students will be assigned to create study guides including exercises for these books that will help these inmates to understand and transform their anger which may have prevented healing, mending of relationships and rehabilitation.

Every class will begin with a guided meditation related to understanding and transforming anger with mindfulness and compassion.

\*\*Registration and administration fee is $50 (not-refundable after class starts).

Please complete the application form below by April 7, 2023 and email it to registration@AppliedBuddhism.ca

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**APPLICATION FORM**

Participant Information:

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

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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) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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4. If the above do not apply to you, please briefly describe your spiritual journey:

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5. Are you planning to volunteer for the Buddhist Prison Chaplaincy Pen Pal Program with the Toronto Centre for Applied Buddhism?

Y\_\_\_ / N\_\_\_

If yes, approximately how many hours per week would you like to volunteer for this program? \_\_\_\_\_\_ hours/week

6. Would you be interested in volunteering with the Toronto Centre for Applied Buddhism in other areas?

Y\_\_\_ / N \_\_\_

If yes, what area(s) would you be interested in and for how many hours/week?

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7. Please provide a reflection on your current counselling skill level, as well as your motivation for taking this course.

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Participant Signature Date