

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

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.

Class 1: April 21, 2023

Invited speaker: Cecilia Kwok, Parole Officer, Ministry of Solicitor General of Ontario, to give an overview of the Ontario correctional system: what volunteers should know about the prison population and the do’s and don’t’s to be effective. Students to discuss any concerns with the speaker.

Class 2: April 28, 2023

Teachings from some selected sutras and commentaries on anger as taught in the Buddhist traditions.

First Homework Assignment:

Read *Taming the Tiger Within*. A first group of students will be assigned to create a study guide with reference to some composed prison inmate case scenarios.

Class 3: May 5, 2023

Guided discussion of the teachings in the book *Taming the Tiger Within*. Students will present their study guide(s) of this book.

Second Homework Assignment:

Read *No Mud No Lotus*. A second group of students will be assigned to create a study guide with reference to some composed prison inmate case scenarios.

Class 4: May 12, 2023

Guided discussion of the teachings in the book *No Mud No Lotus*. Students will present their study guide(s) of this book.

Third Homework Assignment:

Read *Reconciliation*. A third group of students will be assigned to create a study guide with reference to some composed prison inmate case scenarios.

Class 5: May 19, 2023

Guided discussion of the teachings in the book *Reconciliation*. Students will present their study guide(s) of this book.

Fourth Homework Assignment:

Read *How to Love*. A fourth group of students will be assigned to create a study guide with reference to some composed prison inmate case scenarios.

Class 6: May 26, 2023

Guided discussion of the teachings in the book *How to Love*. Students will present their study guide(s) of this book.

Class 7: June 2, 2023

Summary of the teachings on understanding and transforming anger by Thich Nhat Hanh and discussion on how his teachings are situated in the context of other ways of understanding and working with anger.

Class 8: June 9, 2023

Invited speaker: Rev. Frank Loo, Provincial Chaplaincy Co-ordinator, Ministry of Solicitor General of Ontario, to explain the spiritual care/chaplaincy services offered by Ontario Corrections Institutional Services. What volunteers should know about their role within this system and expectations of them. Q and A to follow.

In this last class, volunteers are encouraged to take on tasks to facilitate delivering Buddhist prison chaplaincy service within the framework of the Anger Management Certificate Course titled "*Understanding and Transforming Anger with Mindfulness*".

Resources:

Pema Chodron, *Don't Bite the Hook*

Thich Nhat Hanh, *Taming the Tiger Within* (required reading)

Thich Nhat Hanh, *No Mud No Lotus* (required reading)

Thich Nhat Hanh, *Reconciliation* (required reading)

Thich Nhat Hanh, *How to Love* (required reading)

Thich Nhat Hanh, *Anger - Wisdom for Cooling the Flame*

TORONTO CENTRE FOR APPLIED BUDDHISM - course outline (subject to change) 3/14/23

Thubten Chodron, *Working with Anger*