

TORONTO CENTRE FOR APPLIED BUDDHISM -

course outline (subject to change) 01/01/24

Buddhist Prison Chaplaincy Volunteer Training Course (on-line via Zoom)

Understanding and Transforming Anger with Mindfulness

Teacher: Venerable Thich nu Tinh Quang

8 Fridays, January 26 to March 15, 7:30 pm to 9:30 pm

In this course, students will learn Buddhist approaches to dealing with anger.

In addition, students will study in-depth one of the following four books:

- *Anger - Wisdom for Cooling the Flame* by Thich Nhat Hanh
- *Reconciliation - Healing the Inner Child* by Thich Nhat Hanh
- *Don't Bite the Hook* by Pema Chodron
- *Destructive Emotions - How do we overcome them?* by Daniel Goleman

under the guidance of the Venerable Thich nu Tinh Quang. They will gain a deeper understanding of anger within the teachings of Buddhism and how they may apply the teachings to their own lives and help others to understand and transform their anger in counselling, family, work place or prison chaplaincy settings.

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

Assignment: Students will choose one of the four books to read and discuss with other students in a small group and then prepare together a study guide of the book for presentation in class.

Class 1: January 26, 2024

What to Do with Anger

Class 2: February 2, 2024

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

First Homework Assignment:

A first group of students will read the book *Anger - Wisdom for Cooling the Flame* - and meet to discuss among themselves how this book may help them personally to deal with their own anger, and also create a study guide with reference to a composed case scenario.

Class 3: February 9, 2024

Guided discussion of the teachings in the book *Anger - Wisdom for Cooling the Flame*. The group will present its study guide.

Second Homework Assignment:

A second group of students will read the book *Reconciliation - Healing the Inner Child* - and meet to discuss among themselves how this book may help them personally with reconciliation, and also create a study guide with reference to a composed case scenario.

Class 4: February 16, 2024

Guided discussion of the teachings in the book *Reconciliation*. The group will present its study guide.

Third Homework Assignment:

A third group of students will read the book *Don't Bite the Hook* - and meet and discuss among themselves how this book may help them transform destructive emotions, and also create a study guide with reference to a composed case scenario.

Class 5: February 23, 2024

Guided discussion of the teachings in the book *Don't Bite the Hook*. The group will present its study guide.

Fourth Homework Assignment:

A fourth group of students will be read the book *Destructive Emotions* - and meet and discuss among themselves how this book may help them understand and transform their own suffering, the suffering of others, and the suffering in the world, and also create a study guide with reference to a composed case scenario.

Class 6: March 1, 2024

Guided discussion of the teachings in the book *Destructive Emotions*. The group will present its study guide.

Class 7: March 8, 2024

Review of the Buddhist teachings on understanding and transforming anger learned from this course. Students to discuss which methods speak to them the most.

Class 8: March 15, 2024

In this last class, a speaker(s) will present on Buddhist prison chaplaincy.

Resources:

Books:

Daniel Goleman, Destructive Emotions - How can we overcome them?

Pema Chodron, Don't Bite the Hook - Finding Freedom from Anger, Resentment, and Other Destructive Emotions

Thich Nhat Hanh, Anger - Wisdom for Cooling the Flame

Thich Nhat Hanh, How to Love

Thich Nhat Hanh, No Mud No Lotus

Thich Nhat Hanh, Reconciliation - Healing the Inner Child

Thich Nhat Hanh, Taming the Tiger Within

Thubten Chodron, Working with Anger

Various Teachers (Shambala Publication) All the Rage: Buddhist Wisdom on Anger and Acceptance

Article:

Albert Allen, Northern Ontario School Of Medicine, Dealing with Anger in Trauma-Informed Buddhist Practice

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