



Healing Traditions: Buddhism and Psychotherapy

HSWPG306

Subject Outline

This subject explores the interface between Buddhism and Psychotherapy and the therapeutic actions of Buddha's core teaching and practice of mindfulness, which are now incorporated in many mainstream psychotherapies. The theoretical and neurobiological basis of meditation training and the art and science of meditation useful in psychotherapy practice will be discussed, demonstrated and practised during the course. The core teachings of Buddhism will be covered in terms of their use in a secular and psychological way in counselling and psychotherapy practices. The subject will also cover the Buddhist and Psychological concepts of insight, relationship issues, mindfulness, stress reduction, positive emotions, addictions, ageing, sickness, death, and self and non-self. There will be experiential exercises to refine and deepen various clinically beneficial meditative practices. Content includes investigating the social, cultural and ethical issues involved in the integration of Buddhism and Psychotherapy in students' work as health professionals and in their private lives.

Venue/Location

NTI Wollongong, Australia

When does this subject take place

Lecture Week: 2 - 6 May 2016 (5 day block 9:00am - 5:00pm)

Who can Attend?

- Anyone can attend as a 'one-off' (non-award) student however students who do not have English as a first language must have at least IELTS 6.5 with no sub-band score less than 6.0 and obtained not more than two years before the date of enrolment.
- Students who wish to take this subject as part of NTI's Postgraduate Program in Health and Social Wellbeing (award students) must meet the entry requirements for the Graduate Program (including the English requirement listed above)

Frequently Asked Questions

 for more FAQ's visit www.nantien.edu.au/FAQ

- Do I have to be a Buddhist to attend?
 - No. Anyone can attend

- Do I have to pay?
 - Non-award students have to pay for the course (see our website address below for fees)
 - Award students (Grad Cert, Grad Dip and MA) can defer payment to FEE-HELP

Subject Fees?

Please visit our fees page for:

- Domestic Students: <http://www.nantien.edu.au/content/fees-australian-domestic-students>
- International Students: <http://www.nantien.edu.au/content/fees-international-students>

Who Leads This Subject?

Lecturer: Eng-Kong Tan

Recognition of Prior Learning

If you have already achieved University credits or learning from a recognised higher education institution, or significant experience in the area of the subject you are applying for, you may be eligible for Recognition of Prior Learning (RPL). Please refer to our Student Handbook for more information

<http://www.nantien.edu.au/content/student-handbook-policies> or contact Student Services.

Credits/Level

Non-award students will not receive credit points unless they decide to continue with their studies as part of a postgraduate award.

Successful completion of this subject will provide 6 credit points.

Course credit points requirements:

- Graduate Certificate Health and Social Wellbeing (24 credit points)
- Graduate Diploma Health and Social Wellbeing (48 credit points)
- Master of Arts - Health and Social Wellbeing (72 credit points)

How Do I Apply?

If you wish to apply for a Masters, Graduate Diploma or Graduate Certificate program, you can apply online here or download the application form

- <http://www.nantien.edu.au/content/online-application-admission-domestic-students>

If you wish to apply for a single subject/professional development or non-award subject, please download the subject application form

- <http://bit.ly/nonawardform>

Email to: enquiry@nantien.edu.au

Fax to: +61 2 4258 0701

Mail to: PO BOX 660, Unanderra, NSW, 2526, Australia

Application forms are also available from the Student Services Office, Nan Tien Institute 231 Nolan Street, Unanderra (Wollongong), NSW, Australia or can be emailed, faxed or mailed to you.

Enquiries

Student Services Office, Nan Tien Institute NSW Australia

Student Services Manager: Jolie Mao

+61 (2) 4258 0741

Email: enquiry@nantien.edu.au

Nan Tien Institute attempts to ensure that the information contained in this brochure is correct at the time of printing (April 2016), however details may be amended without notice by the Institute in response to changing circumstances or for any other reason. Applicants should check with the Institute at the time of application/enrolment for any updated information.



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