



NAN TIEN INSTITUTE
OF
HIGHER EDUCATION



**STUDENT
HANDBOOK
2022**

NAN TIEN INSTITUTE
231 Nolan Street
Unanderra NSW 2526
Australia

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SECTION 1 GENERAL INFORMATION

Foundation and History

Since the grand opening of Nan Tien Temple in 1995, the Temple has been enthusiastically sharing and promoting Buddhism, as well as reinforcing the understanding between Western and Eastern cultures.

In September 2001, the Wollongong City Council donated a parcel of land just opposite Nan Tien Temple as the site for the Nan Tien Institute (NTI) and Art Gallery. This was the start of a truly precious and remarkable opportunity for NTI to flourish in an exquisite setting. NTI began teaching and operating out of rooms at Nan Tien Temple in 2011 until construction of its Campus was complete. The NTI Wollongong Campus was officially opened four years later, by the Prime Minister of Australia, The Honorable Tony Abbott MP and Grand Master Hsing Yun on 1 March 2015.

"To foster talent through education" is one of the Fo Guang Shan's main objectives. Over 25 years, Grand Master Hsing Yun, the founder of Fo Guang Shan (FGS) has founded five institutes of higher education and 16 Buddhist colleges around the world. The aim is to share the wisdom of Buddhism and to create a well-informed society. Fo Guang Shan has established the University of The West in California USA (1990), Fo Guang University (1993) and Nanhua University (1996) in Taiwan, Nan Tien Institute Australia (2009) and Guang Ming College in the Philippines (2014). The five institutions form the Fo Guang International University Consortium.

Introducing Nan Tien Institute

Nan Tien Institute (NTI) is the first Australian educational institution to offer an enlightened and holistic education for the 21st century in an environment which embraces humanistic Buddhist virtues and values. It is a non-profit private institute of higher education registered in Australia through the Tertiary Education Quality and Standards Agency and open to students from Australia and countries worldwide.

Accredited by the Tertiary Education Quality and Standards Agency, NTI offers postgraduate programs in Applied Buddhist Studies, Health and Social Wellbeing, Humanistic Buddhism and Mental Health, as well as customised Continuing Professional Development (CPD) programs. New programs in Business and Health Services will be introduced soon.

NTI operates from its own state-of-the-art campus, incorporating contemplative pedagogy and fostering an environment for holistic learning, allowing students to contribute to the advancement and integration of knowledge, culture and ethical understanding.

NTI is dedicated to:

- Promoting the abilities and personalities of students in a harmonious Buddhist environment.
- Preparing students to meet the challenges of a globally interdependent society.
- Developing awareness of the scientific method and its application in understanding social problems.
- Using the knowledge and skills obtained through studies of science and the humanities, to engage in problem-solving in today's society.
- Developing a community of scholars, academics, skillful practitioners and students not only rich with knowledge and skills, but also with an aspiration to enrich their spirituality to become meaningful caring members of society.

SECTION 2 COURSES, ENTRY REQUIREMENT AND FEES

The [Selection and Admissions Policy](#) outlines NTI's admission requirements:

Applied Buddhist Studies

Course	Duration	Entry requirements	Indicative total course tuition fees [#]
Graduate Certificate in Applied Buddhist Studies	Six (6) months full-time study. <i>Part-time study options available to domestic students only.</i>	Bachelor degree with a major in humanities or social sciences, OR relevant work experience and professional training of at least three (3) years (for example, in Buddhist ministry or counselling, demonstrated through the provision of a CV, or evidence of professional training, such as a certificate of completion).	Domestic \$8,000.00* International \$9,600.00 <i>*FEE-HELP available to eligible Australian citizens</i>
Graduate Diploma in Applied Buddhist Studies	Twelve (12) months full-time study. <i>Part-time study options available to domestic students only.</i>	Bachelor degree with a major in humanities or social sciences, OR a Graduate Certificate with a focus on Buddhist Studies.	Domestic \$16,000.00* International \$19,200.00 <i>*FEE-HELP available to eligible Australian citizens</i>
Master of Arts (Applied Buddhist Studies)	Eighteen (18) months full-time study. <i>Part-time study options available to domestic students only.</i>	Bachelor degree with a major in humanities or social sciences, OR a Graduate Diploma with a focus on Buddhist Studies, OR a Graduate Certificate with a focus on Buddhist Studies and three (3) years of relevant work experience (for example, in Buddhist ministry or counselling, demonstrated through the provision of a CV or evidence of professional training, such as a certificate of completion). Note: Applicants who are not eligible for direct entry to this course, but are eligible for entry to the Graduate Certificate, or Graduate Diploma can transition to the Master degree, upon successful completion of the Graduate Certificate and Graduate Diploma requirements.	Domestic \$24,000.00* International \$28,800.00 <i>*FEE-HELP available to eligible Australian citizens</i>

Health and Social Wellbeing

Course	Duration	Entry requirements	Indicative total course tuition fees [#]
Graduate Certificate in Health and Social Wellbeing	Six (6) months full-time study. <i>Part-time study options available to domestic students only.</i>	Bachelor degree with a major in a relevant field, such as health sciences, social sciences, liberal arts, or education (demonstrated through the provision of academic transcript) OR relevant working experience and professional training over at least three (3) years; for example, in the health, social services or education sector (demonstrated through the provision of a CV or evidence of professional training, such as a certificate of completion, and a written outline of relevance and importance of undertaking study in health and social wellbeing to current or future roles).	Domestic \$8,600.00* International \$10,800.00 <i>*FEE-HELP available to eligible Australian citizens</i>
Graduate Diploma in Health and Social Wellbeing	Twelve (12) months full-time study. <i>Part-time study options available to domestic students only.</i>	Bachelor degree with a major in a relevant field, such as health sciences, social sciences, liberal arts, or education (demonstrated through the provision of academic transcript) OR a Graduate Certificate with a focus on health (demonstrated through the provision of academic transcript).	Domestic \$17,200.00* International \$21,600.00 <i>*FEE-HELP available to eligible Australian citizens</i>
Master of Arts (Health and Social Wellbeing)	Eighteen (18) months full-time study. <i>Part-time study options available to domestic students only.</i>	Bachelor degree with a major in a relevant field, such as health sciences, social sciences, liberal arts, or education (demonstrated through the provision of academic transcript) OR an appropriate combination of a Bachelor degree in education, health sciences, liberal arts, social work, social services, community welfare, counselling or psychology (demonstrated through the provision of academic transcript) and relevant work experience and professional training in an area related to the proposed degree (demonstrated through the provision of a CV or evidence of professional training, such as a certificate of completion) OR a Graduate Certificate with a focus on health and with credit average performance (demonstrated through the provision of academic transcript) OR a Graduate Diploma with a focus on health (demonstrated through the provision of academic transcript). Note: Applicants who are not eligible for direct entry to this course but are eligible for entry to the Graduate Certificate or Graduate Diploma, can transition to the Master's degree, upon successful completion of the Graduate Certificate and Graduate Diploma requirements.	Domestic \$25,800.00* International \$32,400.00 <i>*FEE-HELP available to eligible Australian citizens</i>

Mental Health

Course	Duration	Entry requirements	Indicative total course tuition fees [#]
Graduate Certificate in Mental Health	Six (6) months full-time study. <i>Part-time study options available to domestic students only.</i>	Bachelor degree in a relevant field, such as health sciences, social sciences, liberal arts, or education (demonstrated through the provision of academic transcript) OR relevant working experience and professional training over at least three (3) years, for example, in the health, social services or education sector (demonstrated through the provision of a CV or evidence of professional training, such as a certificate of completion, and a written outline of relevance and importance of undertaking study in mental health to current or future roles).	Domestic \$8,600.00* International \$10,800.00 <i>*FEE-HELP available to eligible Australian citizens</i>
Graduate Diploma in Mental Health	Twelve (12) months full-time study. <i>Part-time study options available to domestic students only.</i>	Bachelor degree with a major in a relevant field, such as health sciences, social sciences, liberal arts, or education (demonstrated through the provision of academic transcript) OR a Graduate Certificate with a focus on health (demonstrated through the provision of academic transcript).	Domestic \$17,200.00* International \$21,600.00 <i>*FEE-HELP available to eligible Australian citizens</i>
Master of Mental Health	Eighteen (18) months full-time study. <i>Part-time study options available to domestic students only.</i>	Bachelor degree with a major in a relevant field, such as health sciences, social sciences, liberal arts, or education (demonstrated through the provision of academic transcript) OR a Graduate Diploma with a focus on health (demonstrated through the provision of academic transcript) OR a Graduate Certificate with a focus on health and credit average performance (demonstrated through the provision of academic transcript). Note: Applicants who are not eligible for direct entry to this course but are eligible for entry to the Graduate Certificate or Graduate Diploma, can transition to the Master's degree, upon successful completion of the Graduate Certificate and Graduate Diploma requirements.	Domestic \$25,800.00* International \$32,400.00 <i>*FEE-HELP available to eligible Australian citizens</i>

Humanistic Buddhism

Course	Duration	Entry requirements	Indicative total course tuition fee [#]
Graduate Certificate in Humanistic Buddhism	Six (6) months full-time study. <i>Part-time study options available to domestic students only.</i>	Bachelor degree, or equivalent qualification, OR relevant work experience in a Buddhist profession or workplace for at least three (3) years full-time or six (6) years part-time (demonstrated through the provision of a CV).	Domestic \$8,000.00* International \$9,600.00 <i>*FEE-HELP available to eligible Australian citizens</i>

Additional Information

English Language Requirements

All classes at Nan Tien Institute (NTI) are taught in English. In addition to the academic requirements for course admission, all students are required to demonstrate a minimum level of English language proficiency, either through a recognised English language test, previous studies, or citizenship. The [Selection and Admissions Policy](#) details NTI's English Language Requirements.

The minimum English language test scores required for direct entry are provided below (English language test results must be no more than two years old at the time of application).

English language test

IELTS Academic Test: Overall score from 6.5, with no sub-band score less than 6.0 (listening, reading, writing and speaking).

C1 Advanced: Overall score from 176, with no score less than 169 in any paper.

PTE Academic: Overall score from 62, with no band score less than 54.

TOEFL iBT: Overall score from 79, with no score lower than 13 for reading, 12 for listening, 18 for speaking and 21 for writing.

Students who do not achieve the English language test scores required for direct entry (as outlined above), but who achieve test scores equivalent to an overall IELTS score of 6.0, with no sub-band score less than 5.5, may receive a conditional offer to study with NTI following the successful completion of a recognised English for Academic Purposes (EAP) course.

NTI partners with Canterbury Language Academy (CLA) to provide students with EAP courses that will allow them to succeed academically. Students can contact

the Student Services Office for further details about studying with Canterbury Language Academy.

Previous study in English

Students who can demonstrate that they have successfully completed a substantial component (at least one-year full-time study) of an Australia higher education degree (at [AQF Level 7](#) or higher), within the past two (2) years (and while studying on a student visa), may meet NTI's English language requirements. Students can demonstrate this by providing their academic transcripts from an accredited Australian higher education institution.

Students may also meet NTI's English language requirements if they have successfully completed two (2) years of higher education study with a recognised institution (within the last two years) where:

- the language of instruction was English, **OR**
- the institution is in a country where the official language is English

Exemptions based on a student's previous study in English are granted on a case-by-case basis. A student's previous study in English does not guarantee course admission.

Citizenship

Students who are a citizen of one (1) of the following countries may be exempt from providing evidence of English language proficiency:

- United Kingdom
- United States of America
- New Zealand
- Canada
- Republic of Ireland

Exemptions based on a student's citizenship are granted on a case-by-case basis. Citizenship does not guarantee course admission.

Students who have any questions about the English language requirements for studying with NTI can contact Student Services for further information.

Students in final year undergraduate studies

Applicants who are in the final year of their undergraduate studies may submit a current official transcript showing their completed subjects and grades. Applicants may be granted conditional admission subject to the successful completion of the undergraduate degree prior to the commencement of the postgraduate course at Nan Tien Institute.

Tuition Fees

- #The indicative total course tuition fee stated for each course is an estimate based on the standard course duration, standard course progression, and the current tuition fee. The indicative total course tuition fee may increase if a student is required to repeat a subject, if additional electives are taken, or if electives are selected outside of the award course.
- NTI's tuition fees, non-tuition fees, and refunds are governed by the [Fees, Charges and Refunds Policy](#).
- All fees are stated in Australian Dollars (AUD).
- Tuition fees are quoted for the 2022 academic year only. Tuition fees are subject to increase annually.
- Tuition fees do not include non-tuition fees, cost of living in Australia, cost of study materials, travel, library charges, field trips or other incidentals, or Overseas Student Health Cover (OSHC).
- Non-tuition fees are detailed in the table below, and are also outlined in the Fees and Charges Register attached to the [Fees, Charges and Refunds Policy](#).

Non-Tuition Fees

Enrolment fees	
Domestic award enrolment fee	\$100.00 (Mental Health courses only)
International award enrolment fee	\$100.00 per award
Reinstatement fee	\$50.00
Repeating subject tuition fee	Current full tuition fee applicable
Late payment fees	
Late payment of tuition fees	\$50.00
Instalment plans	
Tuition fee instalment plans	\$0.00
Graduation fees	
Graduation ceremony attendance	\$50.00 per student per ceremony
Sundry fees	
Student ID card replacement	\$10.00
Replacement testamur/ certificate of attendance	\$50.00 each
Additional transcript	\$10.00 each

International Student Rights and Responsibilities

ESOS Legislative Framework

The [Education Services for Overseas Students Act 2000](#) (ESOS Act), establishes legislative requirements and standards to assure the quality of Australian education and training institutions offering courses to international students studying on a student visa.

Education institutions (such as NTI) can only deliver education services to international students on a student visa in Australia if they are registered on the [Commonwealth Register of Institutions and Courses for Overseas Students](#) (CRICOS).

In order to be registered with CRICOS providers must have met, and continue to meet, the requirements of the ESOS Act and [National Code of Practice for Providers of Education and Training to Overseas Students 2018](#) (the National Code). NTI is a registered provider with CRICOS (provider code 03233C).

International students studying with NTI have the following rights under the ESOS Act:

- ❑ The right to receive current and accurate information about NTI's courses, fees, modes of study, and other important information from NTI and your agent.
- ❑ The right to have access to support services, complaints processes, and information about changes to your enrolment with NTI.
- ❑ The right to sign a written agreement with NTI before paying your fees. A Letter of Offer and Acceptance Form issued by NTI form this written agreement. You are not required to pay any fees to NTI until you read your Letter of Offer, sign, and submit the Acceptance Form attached.
- ❑ The right to receive assistance under the [Tuition Protection Service](#) (TPS). The TPS is a placement and refund service for international students, which protects students if an institution is unable to teach their course.

Institutions have the following responsibilities to international students under the ESOS Act:

- ❑ To offer orientation and support services to help you live and study in Australia.
- ❑ To provide contact details for support staff available to help you.
- ❑ To let you know if you can apply for course credit
- ❑ To let you know when your enrolment with NTI can be deferred, suspended, or cancelled.
- ❑ To let you know NTI's requirements for satisfactory progress in the course you are studying, and the support services available to you if you are not progressing well.
- ❑ To let you know if attendance will be monitored for your course
- ❑ To let you know about NTI's complaints and appeals processes

Students can find more information about the student rights and institutional responsibilities legislated by the ESOS Act by visiting the [Department of Education, Skills and Employment](#) website, or by visiting the [Study in Australia](#) website. Further information about your student rights and responsibilities are provided within the International Student Guide.

Student Visa Responsibilities

If you are studying with NTI on a student visa, you are responsible for complying with the conditions of your visa. The details and conditions of your student visa are stated in the visa grant letter issued by the [Department of Home Affairs](#) (DHA). You can also check your visa status and conditions through [VEVO](#) (Visa Entitlement Verification Online). Some of your student responsibilities include:

Reporting Your Residential Address and Change of Details

As per the ESOS Act, international students must update NTI of their Australian residential address **within seven (7) days of arriving in Australia**. To inform NTI, you must email the Student Services Office (enquiry@nantien.edu.au) to confirm your Australian residential address in writing.

You must inform the Student Services Office of any further changes to your Australian residential address (for example, if you move to a new house or apartment) within seven (7) days of the changes. You are also required to notify the Student Services Office if your other contact details change, such as your overseas address, phone/mobile number, personal email address, or emergency contact person. You must inform Student Services of any changes to these contact details via email, within seven (7) days of any changes.

Maintaining Overseas Student Health Cover

Overseas Student Health Cover (OSHC) is designed to cover the cost of basic medical and hospital care for international students while they study in Australia. **OSHC is compulsory** for you, your spouse/partner, and any dependants included on your student visa application. You must maintain OSHC for the entire duration of your studies with NTI. [DHA](#) advises that failure to provide proof of OSHC will result in your visa application being refused.

OSHC is provided by a number of different Australian health insurers. Please visit the [Private Health](#) website for more information on health insurers who offer OSHC. You can also find out more information on OSHC on the [Study in Australia](#) website.

Maintaining Enrolment and Full-Time Study Load

International students studying on a student visa must maintain their enrolment in a registered course. If a student's enrolment is deferred, suspended, or cancelled, the ESOS Act requires NTI to report this change in enrolment status to DHA (please see the **Enrolment Suspension and Cancellation** section of the International Student Guide for more information).

You must complete your studies within the standard full-time duration of your course (as is registered with CRICOS). This means that you must maintain a full-time study load throughout your studies with NTI. The standard full-time study load is eight (8) subjects per year and four (4) subjects per semester. It is your responsibility to ensure that you maintain a full-time study load.

There are specific circumstances in which you may exceed the standard full-time duration of your course (such as an approved leave of absence). Further details about these circumstances are explained in the [Student Enrolment Policy](#).

The duration of your course may be shortened if you receive recognition of prior learning (RPL). Further information about RPL is detailed below, and in the [Recognition of Prior Learning Policy](#). If an approved RPL request results in reduced course duration, you will be informed in writing of this decision and the consequent shortening of your Confirmation of Enrolment (CoE).

International students can contact the Student Services Office with any questions they have regarding subject enrolment, subject withdrawal, reduction in study load, or applying for RPL.

Maintaining Satisfactory Course Progress

International students studying on a student visa must meet their course progress requirements. NTI's Student Enrolment Policy provides detailed information about the course progress requirements for international students.

A student who passes more than fifty per cent (50%) of the credit points they attempt in a semester will meet their course progress requirements.

For example: A student who is enrolled in four subjects (6 credit points each) in Semester 1, passes three subjects (18 credit points). As they have achieved 18 of their 24 credit points, they have met their course progress requirements.

A student who fails more than fifty per cent (50%) of the credit points they attempt in a semester will fail to meet their course progress requirements.

For example: A student who is enrolled in four subjects (6 credit points each) in Semester 2, fails three subjects (18 credit points). As they failed more than half of their total 24 credit points, they do not meet their course progress requirements.

If you do not meet your course progress requirements, you will be reported to your Head of Program and the Dean of Studies. An intervention strategy will be put in place to help you achieve satisfactory course progress going forward. Further information about informal and formal intervention strategies is detailed in the [Student Enrolment Policy](#).

If you do not comply with an intervention strategy, or fail to achieve satisfactory course progress going forward, you may have your enrolment suspended or cancelled and will be reported to the DHA. Further information about suspension and cancellation of enrolment may be found below, or within the [Student Enrolment Policy](#).

Any student with concerns about their course progress should contact their Head of Program ([Faculty and Staff](#)) or the Student Services Office as soon as possible.

Maintaining Education Arrangements for School-Age Dependents

International students travelling to Australia with school-age dependents (children aged between 5 and 18 years) may be required to arrange schooling/education for their dependents. You should refer to the [DHA website](#), and the conditions listed on your visa grant letter for further information. School fees in Australia vary depending on the age of a child, whether a school is public or private, and which state or territory the school is located in. Please refer to the [Study in Australia website](#) for further information.

Not Exceeding the Restricted Work Hours

International students can work a maximum of forty (40) hours every two weeks (also known as a fortnight) during the semester, and unlimited hours during semester breaks. International students (and any family members accompanying them to Australia) must not start working in Australia until the student's course officially starts (for example, when the student's first semester begins).

You can contact the Student Services Office to request a Holiday Letter which confirms your enrolment with NTI, and also confirms NTI's semester dates (including breaks).

Students working in Australia should refer to the [DHA website](#) and the [Study in Australia website](#) for further information about work restrictions associated with a student visa. Further information about the rights and conditions for international students working in Australia can be found in the **Student Safety and**

Wellbeing section of the **International Student Guide**.

SECTION 3 COURSE INFORMATION

Applied Buddhist Studies

Program Introduction

Buddhism is 2,500 Years old. The art of quiet contemplation seems a world apart from the frantic competition of modern life and work. Yet Buddhist philosophy trains the skilful mind to see human values and understand the causes and effects of human action. Deep reflection on the Buddhist story brings new perspectives to people who work in teaching and the caring professions. You can also apply Buddhist teachings to business in the pursuit of ethical enterprise and environmental conservation. In this program, the theory of Buddhism and other religious systems is integrated with experiential learning and meditation, giving a personal experience of Buddhist spiritual values in daily life.

The program is organised in three (3) levels – Graduate Certificate, Graduate Diploma and Master of Arts – which form a nested sequence of courses. The flexible structure allows you to pursue your studies as far as your interests take you.

Graduate Certificate in Applied Buddhist Studies

CRICOS Course Code: **072349G**

CRICOS Provider Number: **03233C**

Duration: One (1) semester of full-time study or equivalent in part-time study (domestic students only). On the successful completion of the Graduate Certificate, you can proceed to the Graduate Diploma and the Master of Arts (Applied Buddhist Studies) with credits from the subjects already completed.

Course Structure: The qualification requires the completion of 4 (four) subjects (24 credit points) as follows:

One (1) core subject:

ABS901 Introduction to Buddhism

Three (3) electives from the Applied Buddhist Studies Program but may include one (1) subject from the Health and Social Wellbeing Program or the Humanistic Buddhism Program:

NTI900 Critical Inquiry

ABS902 Mindfulness: Theory and Practice

ABS903 Research Methods of Religious Studies

ABS904 Buddhist Ethics

ABS920 Buddhism and Interreligious Understanding

ABS921 Buddhism, Environment and Sustainability

ABS922 Buddhism and Modern Society

ABS923 Health as Buddhist Practice

ABS930 Tradition and Change

ABS931 Selected Readings of Buddhist Meditation Literature

ABS932 Mindfulness and Conflict Transformation

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

ABS941 Indian Buddhism

ABS942 Buddhist Theories of Mind

ABS943 Meditation Practices in Chinese Buddhism

ABS944 Mindfulness and Cognitive Science

Note: Not all electives are offered each semester. Please check on the NTI website, or with the Student Services Office on the scheduled subjects.

Graduate Diploma in Applied Buddhist Studies

CRICOS Course Code: **072350D**

CRICOS Provider Number: **03233C**

Duration: Two (2) semesters of full-time study or equivalent in part-time study (domestic students only). On the completion of the Graduate Diploma, you can proceed to the Master of Arts (Applied Buddhist Studies) with credits from the subjects already completed.

Course Structure: The qualification requires the completion of 8 (eight) subjects (48 credit points) as follows:

Two (2) core subjects:

ABS901 Introduction to Buddhism

ABS902 Mindfulness: Theory and Practice

Six (6) electives from the Applied Buddhist Studies Program but may include a maximum of two (2) subjects from the Health and Social Wellbeing Program or the Humanistic Buddhism Program:

NTI900 Critical Inquiry

ABS903 Research Methods of Religious Studies

ABS904 Buddhist Ethics

ABS920 Buddhism and Interreligious Understanding

ABS921 Buddhism, Environment and Sustainability

ABS922 Buddhism and Modern Society

ABS923 Health as Buddhist Practice

ABS930 Tradition and Change

ABS931 Selected Readings of Buddhist Meditation Literature

ABS932 Mindfulness and Conflict Transformation

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

ABS941 Indian Buddhism

ABS942 Buddhist Theories of Mind

ABS943 Meditation Practices in Chinese Buddhism

ABS944 Mindfulness and Cognitive Science

Note: Not all electives are offered each semester. Please check on the NTI website, or with the Student Services Office on the scheduled subjects.

Master of Arts (Applied Buddhist Studies)

CRICOS Course Code: **072351C**

CRICOS Provider Number: **03233C**

Duration: Three (3) semesters of full-time study or equivalent in part-time study (domestic students only).

Course Structure: The qualification requires the completion of ten (10) subjects and a Research Project (total 72 credit points) as follows:

Four (4) core subjects:

ABS901 Introduction to Buddhism

ABS902 Mindfulness: Theory and Practice

ABS904 Buddhist Ethics

ABS950 Research Project (12 credit points)*

**Subject to approval and may be substituted by two (2) 6 credit point elective subjects.*

Seven (7) electives from the Applied Buddhist Studies Program but may include a maximum of three (3) subjects from the Health and Social Wellbeing Program or the Humanistic Buddhism Program.

NTI900 Critical Inquiry

ABS903 Research Methods of Religious Studies

ABS920 Buddhism and Interreligious Understanding

ABS921 Buddhism, Environment and Sustainability

ABS922 Buddhism and Modern Society

ABS923 Health as Buddhist Practice

ABS930 Tradition and Change

ABS931 Selected Readings of Buddhist Meditation Literature

ABS932 Mindfulness and Conflict Transformation

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

ABS941 Indian Buddhism

ABS942 Buddhist Theories of Mind

ABS943 Meditation Practices in Chinese Buddhism

ABS944 Mindfulness and Cognitive Science

Note: Not all electives are offered each semester. Please check on the NTI website, or with the Student Services Office on the scheduled subjects.

Course Advice

Contact: Venerable Dr Juewei

Acting Head of Program, Applied Buddhist Studies

Email: juewei@nantien.edu.au

Subject Information

ABS901 Introduction to Buddhism

Credit points: 6 (six)

Type: Core for all courses in Applied Buddhist Studies Program

This subject is an introduction to the fundamentals of Buddhist thought. Students will examine ideas around the origin and development of Buddhism, key Buddhist doctrines, and the basic concepts of Buddhist philosophy across various traditions. The spiritual meaning of life from the Buddhist perspective will be critically examined. The role of Buddhist philosophy, meditation, and practice in approaching morality and ethics, as well as contemporary developments in global Buddhism, will be introduced and critically appraised.

This subject contributes to the course aims through its (a) in-depth introduction to key concepts and practices of the Buddhist tradition across sectarian and historical boundaries, from its origin to later developments spanning 2,500 years; (b) reflective critical student essay and presentation showing evidence of application of religious studies and/or social science research methods; and (c) critical, inquiring assimilation of Buddhist philosophy and practice through open debate and discussion, innovative angles of interpretation, and experiential immersion in meditation. This subject provides the essential foundation for further studies in Buddhism and a portal to other subjects such as Healing Traditions: Buddhism and Psychotherapy, Mindfulness: Theory and Application, and Philosophy of Mind in Buddhism.

ABS902 Mindfulness: Theory and Practice

Credit points: 6 (six)

Type: Core for Graduate Diploma of Applied Buddhist Studies and Master of Arts (Applied Buddhist Studies); elective for Graduate Certificate in Applied Buddhist Studies.

This subject examines the systems of meditative practice taught in Buddhist traditions, focusing on mindfulness as the key component in the Buddhist doctrinal framework. It explores the theoretical foundations for meditative practice as well as the practical methods and techniques of meditation, and it also looks at the variety of applications of mindfulness in new contexts and environments. The subject places emphasis both on theory and on practice: apart from the study and critical examination of primary and secondary sources on Buddhist meditation, the students also explore several techniques and aspects of mindfulness in practice. They are expected to devote two hours per day to the practice of mindfulness and record and reflect on their experiences. The classes are accompanied by practical sessions of meditation as appropriate to the development of each topic.

ABS903 Research Methods of Religious Studies

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies.

This subject is an introduction to critical thinking and the various modes of research used in Applied Buddhist Studies. The basic skills and processes associated with developing research questions, reviewing relevant literature and conducting research will be discussed. Qualitative and quantitative research methods will be reviewed.

The subject will also cover key basic principles in academic writing, including referencing and citation methods. As part of the subject, students will be encouraged to develop their own original ideas and formulate research proposals that demonstrate their understanding of applied research. This subject particularly focuses on the principles of research and critical evaluation, which are key skills required in the process of reviewing and expanding the literature based on Buddhism and its applications. The subject also covers the basics in academic writing to help students present discussion and arguments effectively in written form.

ABS904 Buddhist Ethics

Credit points: 6 (six)

Type: Core for the Master of Arts (Applied Buddhist Studies) and elective for Graduate Certificate in Applied Buddhist Studies and Graduate Diploma of Applied Buddhist Studies.

This subject provides an overview of Buddhist ethics in different traditions; it also examines issues arising from their application in the contemporary world. After outlining the framework of Buddhist ethics, a number of contemporary issues are reviewed and discussed using the lens of Buddhist ethical traditions: issues examined include the natural world (environment, animals, conservation), abortion, suicide, euthanasia, war, gender and sexuality, economics, social responsibility, health etc.

Increasing individual ethical behaviour is at the heart of Buddhist traditions: understanding the nature of ethical choices and behaviours is also fundamental to a sound comprehension of Buddhism. This subject presents an introduction to the major areas of ethical consideration important in Buddhist teachings and then critically investigates the Buddhist response in relation to contemporary moral dilemmas, thereby highlighting possible contributions from - or gaps in - traditional Buddhist paradigms and perspectives.

ABS920 Buddhism and Interreligious Understanding

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

The subject focuses on a theory of religion, spirituality, and interfaith dialogue. Firstly, it presents secularisation processes and outlines the foundations of religious studies, it then proceeds with an examination of fundamental issues in the history and development of the major world religions, including Christianity, Islam, Hinduism, and Buddhism from a comparative and interfaith perspective. In the theoretical component, the major methodological approaches will be presented and examined, and in the practical part readings of key texts, related to the subject outlined, will be discussed in the context of modern societal problems such as economic, political and gender issues, and approaches to conflict resolution and peace. The subject outlines the main features of contemporary feminist philosophy of

religion, drawing particularly from the works of Luce Irigaray. Additionally, the subject aims to investigate the role and future of religion and interfaith dialogue in our globalised world. Students will also explore how Buddhist perspectives could inform and contribute to contemporary interfaith dialogue.

ABS921 Buddhism, Environment and Sustainability

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

This subject examines the relationship between Buddhist traditions, including contemporary Buddhist practice, and global issues in sustainability and environment. It explores both classic and new sources of Buddhist environmentalism, as well the position of environmentalism from other spiritual paths. Spiritual traditions have a key role in engaging creative responses to environmental and associated social challenges. This subject will analyse scales of Buddhist environmentalism from the global to the personal and situate them in both local and global geographic contexts. The subject places emphasis both on theory and on practice: apart from the study and critical examination of primary and secondary sources on Buddhist environmentalism, students will participate in field activities examining local environmental issues. The theoretical framework, which is accompanied by practical field sessions on local environmental issues included as appropriate in the time devoted to each topic.

ABS922 Buddhism and Modern Society

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

The various schools of Buddhism teach systems of beliefs and practices based on the principles of change and inter-dependence. This subject surveys how major Buddhist Schools today respond to contemporary issues and events around the world by adapting and reinterpreting the ancient doctrines to the modern world. This process is studied in both directions: how traditional Buddhist communities adapt to modernity and how Buddhist teachings are interpreted, reinvented or embraced. The topics include Buddhist responses to globalisation, science and technology, economics, consumerism, workplace management, ethical leadership, bio-ethics, gender issues and environmental sustainability. This subject will provide an opportunity to discuss how Buddhists in East Asia, South Asia and the west can continue to grow the religion in the future.

ABS923 Health as Buddhist Practice

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

This subject will explore the meaning of health and illness and how different traditions - especially the Greek-origin European 'science' tradition, Indian-origin Buddhist understandings, and traditional Chinese medical approaches - conceive of and act on mind-body health and ill health. The subject content will include the philosophy, history and political economy of health practices as they have developed within different cultural and environmental contexts. Students will be introduced to a range of different medical approaches including indigenous Australian, Ayurveda and traditional Chinese as well as examining the reality of mainstream science-based medicine as it exists in Western societies.

A range of practices that are said to influence health will be taught. Students will be asked to adopt and critically examine the impact of one practice on their own health. How does one's own experience compare to the reported expected outcomes and evidence base for this practice? What does the practice tell us about the ideas that are the implicit underpinnings of such a practice? It is hoped that the mix of theoretical input

and student experiences will allow us to explore health and illness in depth and in new ways.

ABS930 Tradition and Change

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

The subject is intended as a comprehensive survey of Buddhism from its early beginnings to the present day. It aims to give students an insight into the origins and the spread of Buddhism across Asia and beyond. The course will familiarise students with the rich spectrum of Buddhist traditions and schools of philosophy and give an overview of their developments from the early beginning till the present day. Special attention will be given to the rich variety of Buddhist practices, particularly to meditation.

The lectures will provide a comprehensive survey of tradition and change in Buddhist thought and practices throughout the history, while specific topics (such as politics, gender issues, society and environment in Buddhist context) will be investigated through film viewing, seminars, group discussions and projects. Exploration of various facets of Buddhism will provide an opportunity for deeper appreciation and understanding of Buddhism as a living tradition, which is expanding fast beyond Asia and becoming a transnational religion of the 21st century.

ABS931 Selected Readings of Buddhist Meditation Literature

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

The subject aims to cultivate students' analytical ability and understanding of Buddhist textual traditions from which the teachings and practices of modern Buddhism have developed.

It focuses on textual representations of Buddhist meditation (mindfulness in particular) which is perceived to be at the heart of Buddhism. The subject explores how different methods of meditative practices are viewed and presented in some of the most influential texts on Buddhist meditation (such as the Satipaṭṭhāna-sutta) within major Buddhist traditions. The selected texts on meditation are read in English translation, critically analysed, and their relevance for contemporary meditation practices discussed and reflected upon. Since the texts read in this course are on meditation, various meditative techniques are also explored in practice.

The subject informs students on different methodological approaches to textual analysis, provides foundations and background for a deeper understanding of Buddhist meditation within its historical and cultural framework and its relation to contemporary meditation practices such as mindfulness, applied in a variety of new contexts.

ABS932 Mindfulness and Conflict Transformation

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

The subject explores Buddhist peace work and conflict transformation strategies for social well-being and peaceful co-existence. It presents "good practices" of Buddhist inclusive communities, characteristics and benefits of a moral culture (such as keeping peace with nature, non-violence, Buddhist peace principles and ethics, etc.). Since the preparation for peace on the social level has to start with individual transformation, the greater part of the course will be dedicated to intrapsyche change based on mindfulness theory and practice.

The students will explore several techniques and aspects of conflict transformation combined with mindfulness in practice. They are expected to devote two hours per day to the practice of mindfulness in the conflict transformation process and record and reflect on their experiences. The subject assumes a basic knowledge of Buddhism or elements of mindfulness achieved through the preliminary readings.

ABS933 Buddhist Art as Visual Communication

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

The aim of this subject is to teach the knowledge and interpretative skills necessary to fully engage with Buddhist material culture. The subject will be structured thematically across four (4) days, with the fifth day for presentations during an excursion to the Art Gallery of NSW. It will start with a brief assessment of Buddhist visual culture, before presenting the evolution of the image of the historical Buddha Sakyamuni, including aniconic and synoptic representations. Other sessions will include an analysis of the characteristics and distinguishing qualities of diverse buddhas and bodhisattvas (with special attention to Avalokitesvara); symbols that convey the values and beliefs of Buddhism; the generation of merit through commissions; the visualisation of a deity; and the power of inscribed dharani and 'seed' syllables.

In this intensive course there will be sessions devoted to the visual communication of Buddhist teachings, e.g., the Wheel of the Six Realms of Existence, the Pure Lands, and the mandala. Select teachers, such as the First Patriarch of Zen, Bodhidharma, and noted monks, lamas, and laymen, will be considered as well.

ABS940 Naturalisation of Buddhism in China and Beyond

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

This subject is divided into two parts. The first part provides a historical survey of the impact of the different Buddhist traditions on Chinese culture and vice versa. China is selected because of the successful sinicisation process that includes the transformation of various Buddhist traditions and their interactions with indigenous philosophy, culture and religious practices from the turn of the Common Era to the present. The second part of the subject continues the exploration of how this naturalised form of Buddhism maintains its relevance to communities worldwide. In this final section, the successful acculturation process (as seen in Buddhism becoming one of the three pillars of traditional Chinese religions) is also examined in the light of how Humanistic Buddhism can play a role in global Buddhist communities in the 21st century.

ABS941 Indian Buddhism

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

The foundations of all later schools of Buddhism were laid in India, this course focuses specifically on doctrinal and historical events that were formative of the entire tradition before its eventual decline and disappearance from India. This course recounts the history of Indian Buddhism and covers the teachings and precepts of the different perspectives held in that period. After initial thematic approaches, the course then focuses on specific sites as heuristic windows to explore key issues relevant to Indian Buddhism, e.g. the role of Aśoka, the varieties of textual evidence, the accounts of Chinese pilgrims etc.

ABS942 Buddhist Theories of Mind

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

This subject aims to introduce to students the philosophy of mind and consciousness and approaches to psychology in early Buddhism and Indian Mahayana Buddhism. The focus of the subject

will be on the Yogacara school of Mahayana Buddhism. However, as it is important for students to be familiar with pre-Yogacarin Buddhist thought, the subject will begin with an introduction to the conception of mind in early Buddhism. Then, both the thoughts of the Prajnaparamita Sutras and that of the Madhyamaka School will be taught. Following that, the subject turns to the Yogacara School and focuses on various topics related to the notions of mind and consciousness, the psychology of freedom, rational psychology, and salient Yogacara and Madhyamaka features of Buddhist Tantric psychology.

ABS943 Meditation Practices in Chinese Buddhism

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

This course will offer students an intellectually engaged study of the tradition and meditation practices of Chinese Chan (later Japanese Zen) Buddhism, strongly based in the experience of the practice itself. The course will proceed by continually interweaving direct meditation experience with historically informed critical reflection upon Chan and its underlying tenets and philosophy, in a way that will both build on and enrich studies in Buddhist meditative thought and practices encountered in other NTI course offerings.

The unit will provide an overview of the historical and cultural circumstances that shaped the Mahayana tradition of Chan ('Zen') Buddhism in China, from 6th century CE through the Tang and Song dynasties, with attention to its engagement with pre-existing Daoist philosophy, while offering students direct experience of the two primary streams of Chan meditation practice - 'Silent Illumination', and 'Koan Introspection' - that emerged in the classical period, and were carried into Japan as Soto and Rinzai streams of practice. Some significant aspects of the different cultural expressions of Chan (Zen) that have formed as Zen moved into a Western context will also be explored.

ABS944 Mindfulness and Cognitive Science

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

The subject "Mindfulness and Cognitive science" examines the foundations as well as some of the most recent developments in the field of cognitive science – a rapidly growing area of research, integrating insights from a broad spectrum of disciplines concerned with the study of the human mind. The aim of the subject is to put this relatively young research project vis-à-vis the two and a half millennia old Buddhist exploration in the same area.

The subject begins with an interdisciplinary overview of the so-called paradigms of cognitive science, each of them representing one of the views on the nature of mind. The following paradigms are examined:

- Information-processing paradigm
- Cognitivist paradigm
- Embodied cognition
- Phenomenology.

The latter position is explored in more detail: some of the most recent developments in the study of lived human experience are examined theoretically and experientially. Together, the students will investigate how modern science of lived experience relates to Buddhist studies of the same subject. By studying research papers, cases, personal accounts, and through inquiry into their own personal experiences, the students will be encouraged to compare, validate and critically examine the methods and insights of both cultures.

The subject will end with the examination of intersections between mindfulness meditation and scientific studies of consciousness. Students will be encouraged to compare and reflect on the validity of knowledge obtained by each of the paths. Special attention will be drawn to the parallels between mindfulness and phenomenological reduction.

ABS950 Research Project

Credit points: 12 (twelve)

Type: Core for Master of Arts (Applied Buddhist Studies)*

**Subject to approval may be substituted by two (2) 6 credit point elective subjects*

This subject provides experience and training in a significant research project. Students will work on their specific research project in conjunction with their supervisor, engaging in the stages of the research process related to critical review of the literature, designing their project, considering ethical dimensions of their study, and collecting data. The emphasis of this unit is on the application of research knowledge gained in other units to the practical conduct of the individual project, culminating in a written thesis and a presentation at a professional seminar. Students will work under the guidance of their research supervisor and be guided through the stages of the research process.

Health and Social Wellbeing

Program Introduction

Health, social wellbeing, and individual and collective happiness are at the core of healthy societies. This program will assist you in developing skills and knowledge to enhance your career in this domain, enrich your work with others, and play an influential role in community development and transformation.

Studying Health and Social Wellbeing at Nan Tien Institute allows you to gain relevant skills, knowledge, and insights, that are vital for professional and personal development; you will also be studying with students from around the world in a unique environment that actively supports and encourages:

- Exploration of the interdependence of mind, body, and emotions.
- An evidence-based, experiential, holistic understanding of the development and promotion of health and wellbeing practices to benefit individuals, communities, and societies.
- Exploring the importance of integrating principles of health, wellness and harmony into life, and work, to develop and maintain good mental and physical health, help prevent chronic lifestyle disease, and enhance productivity, enjoyment of life, interpersonal relationships, and personal fulfilment.

The Health and Social Wellbeing courses are relevant to people working in a diverse range of fields. For example:

- Counselling and therapy
- Mental health
- Nursing
- Allied health
- Psychology/psychiatry
- Social work
- Palliative care and pain management
- Health services/health promotion
- Chronic illness/disability/rehabilitation
- Education
- Nutrition, sport and exercise science
- Business/Management
- HR, mentoring, life coaching
- Organisational development
- Complementary medicine

The subjects in the Health and Social Wellbeing program draw on a broad range of evidence-based approaches and tools for health and wellbeing, whilst embodying Buddhist philosophy in practice - via contemplative pedagogical approaches and experiential learning. Throughout the program, you will be encouraged and supported in the development of personal and professional skills and practices to foster and enhance self-awareness, personal growth, professional and spiritual development, healthy relationships, and life-long education.

Graduate Certificate in Health and Social Wellbeing

CRICOS Course Code: **082517C**

CRICOS Provider Number: **03233C**

Duration: One (1) semester of full-time study or equivalent in part-time study (domestic students only).

Course Structure: The qualification requires the completion of four (4) subjects (24 credit points) as follows:

Three (3) core subjects

HSW801 Mind Body Wellness

HSW902 Nutrition through the Lifespan

HSW903 Research Methods and Evidence Based Practice

One (1) elective to be chosen from the schedule below:

NTI900 Critical Inquiry

HSW905 Compassion at Work

HSW906 Social and Cultural Wellbeing

HSW917 Mindful and Compassionate Leadership

ABS901 Introduction to Buddhism

ABS923 Health as Buddhist Practice

Note: Not all electives are offered each semester. Please check on the NTI website, or with the Student Services Office on the scheduled subjects.

Graduate Diploma in Health and Social Wellbeing

CRICOS Course Code: **082516D**

CRICOS Provider Number: **03233C**

Duration: Two (2) semesters of full-time study or equivalent in part-time study (domestic students only).

Course Structure: The qualification requires the completion of eight (8) subjects (48 credit points) as follows:

Five (5) core subjects

HSW801 Mind-Body Wellness

HSW902 Nutrition through the Lifespan

HSW903 Research Methods and Evidence-Based Practice

HSW904 Social Policy, Health and Welfare

HSW912 Coaching and Counselling for Health and Wellbeing

Three (3) electives to be chosen from the schedule below:

NTI900 Critical Inquiry

HSW905 Compassion at Work

HSW906 Social and Cultural Wellbeing

HSW807 Applied Mindfulness for Professionals

HSW913 Approaches to Care with Older Adults

HSW917 Mindful and Compassionate Leadership

ABS901 Introduction to Buddhism

ABS902 Mindfulness Theory and Practice

ABS904 Buddhist Ethics

ABS921 Buddhism, Environment and Sustainability

ABS923 Health as Buddhist Practice

Note: Not all electives are offered each semester. Please check on the NTI website, or with the Student Services Office on the scheduled subjects.

Master of Arts (Health and Social Wellbeing)

CRICOS Course Code: **082515E**

CRICOS Provider Number: **03233C**

Duration: Three (3) semesters of full-time study or equivalent in part-time study (domestic students only).

Course Structure: The qualification requires the completion of twelve (12) subjects (72 credit points) as follows:

Eight (8) core subjects

HSW801 Mind-Body Wellness

HSW902 Nutrition through the lifespan

HSW903 Research Methods and Evidence-Based Practice

HSW904 Social Policy, Health and Welfare

HSW912 Coaching and Counselling for Health and Wellbeing

HSW914 Mental Health and Wellness

HSW915 Arts Therapy

HSW916 Healing Traditions Buddhism and Psychotherapy

HSW950 Research Project (12 credit points) *

** Subject to approval, may be substituted by two (2) 6 credit point elective subjects.*

Two (2) elective subjects* to be chosen from the schedule below:

NTI900 Critical Inquiry

HSW905 Compassion at Work

HSW906 Social and Cultural Wellbeing

HSW807 Applied Mindfulness for Professionals

HSW911 Wellness Promotion and Evaluation

HSW913 Approaches to Care with Older Adults

HSW917 Mindful and Compassionate Leadership

ABS901 Introduction to Buddhism

ABS902 Mindfulness Theory and Practice

ABS904 Buddhist Ethics

ABS921 Buddhism, Environment and Sustainability

ABS923 Health as Buddhist Practice

ABS944 Mindfulness and Cognitive Science

Note: Not all electives are offered each semester. Please check on the NTI website, or with the Student Services Office on the scheduled subjects.

Course Advice

Contact: Dr Nadine Levy

Head of Health and Social Wellbeing

Email: n.levy@nantien.edu.au

Subject Information

NTI900 Critical Inquiry

Credit points: 6 (six)

Type: Elective for all courses in Health and Social Wellbeing

The subject explores a series of contemporary topics to help students develop critical thinking, research and communication skills. It will support students in their first session of study; facilitate an understanding of the nature and structure of their degrees; provide resources and peer support to enhance academic and digital literacies needed for success in their degree; and help students plan for their post-university careers.

This subject is designed to prepare postgraduate students, many of whom are from diverse cultural backgrounds, to be successful in their postgraduate studies. The subject strengthens existing academic abilities and literacies, usually gained through undergraduate study, and introduces contemporary topics to help students develop critical thinking, research and communication skills. The subject includes an introduction to contemplative inquiry which underpins the postgraduate curriculum.

- Academic writing and language
- Academic communication
- Academic Assessment
- Research and inquiry
- Critical reading and listening
- Contemplative inquiry
- Self-directed learning

HSW801 Mind-Body Wellness

Credit points: 6 (six)

Type: Core for all courses in Health and Social Wellbeing

This subject examines wellness within both personal and professional contexts. It explores the psychological, emotional, physical, social, and environmental factors that contribute to, or work against, the health and wellbeing of individuals, groups, and societies. It critically examines mind-body wellness research, considering its validity, limitations, and potential applications. It provides students with

advanced knowledge of mind-body therapies and evidence-based interventions that have been proven to assist individuals to improve mind-body wellness. Finally, it outlines ways to encourage positive work cultures and practice and to promote global and societal wellbeing.

HSW902 Nutrition through the Lifespan

Credit points: 6 (six)

Type: Core for all courses in Health and Social Wellbeing.

This subject takes a lifespan perspective to nutrition, diet and exercise, addressing nutritional requirements fundamental to human growth through the lifespan, drawing on different health and science disciplines to provide a basis for understanding nutrition. You will discuss the many factors that impact on healthy food choices and how foods can be utilised to enhance wellbeing.

Nutrition and health

- World view of nutrition and health trends
- Food as treatment
- Phytonutrients and medicinal properties
- Evaluation of nutritional status of foods
- Alcohol, tobacco and smoking

Nutrition for life

- Nutrition through the lifespan
- Energy balance and healthy body weight
- Diet, health and eating disorders
- Nutrition and physical activity

Quality of food

- Farming, food production and regulation
- Epidemiology, social factors, food choices
- Health promotion and food

HSW903 Research Methods and Evidence-Based Practice

Credit points: 6 (six)

Type: Core for all courses in Health and Social Wellbeing

Evidence-based practice (EBP) is central to contemporary health research and practice. In this subject, you will learn how to approach research in the health and social sciences by effectively searching the literature, critically appraising evidence, and assessing its significance. You will learn how to apply scientific methods and statistical principles to a variety of

research situations and questions and to understand the ways in which knowledge in the health and social sciences is validated and communicated.

Complementary and alternative medicine is a thriving sector of health care. Case studies will enable you to study the philosophies and practices and supporting evidence base for selected therapies such as meditation, traditional medicine, qigong, yoga, spiritual healing, acupuncture, hypnotherapy, shiatsu, iridology, kinesiology.

- Exploring health research and evidence-based practice
- Ethical issues of research in health practice
- Basic statistical concepts
- Appraising evidence

HSW904 Social Policy, Health and Welfare

Credit points: 6 (six)

Type: Core for Master of Arts (Health and Social Wellbeing) and Graduate Diploma of Health and Social Wellbeing

This first part of the subject examines the nature of public health and public health policy frameworks and issues and explores the cultural and social dimensions of health and wellness and the economic and political environment in which health policies and strategies are developed and implemented. The importance of social justice and equity in health care is emphasised.

The second part of the subject treats health promotion, a process for individuals, carers, communities and populations to increase control over their health by addressing the determinants of health and achieving improved health outcomes. You will practice skills needed to conduct a needs analysis and plan and evaluate an intervention for a health promotion project.

Public health

- History, philosophy and ethics of public health
- Formulation and implementation of policy
- Global, national and local issues
- Case studies of specific groups

Health promotion

- Core health promotion values, principles and key policy documents

- Personal perspectives on health and wellbeing including physical activity, mental health, nutrition, coping skills and resilience
- Buddhist philosophy and perspectives on health, wellness and social wellbeing

HSW905 Compassion at Work

Credit points: 6 (six)

Type: Elective for all courses in Health and Social Wellbeing

Compassion has been identified as a priority area for improvement in health care. Explicit training in compassion is now required within health care settings which are becoming increasingly complex and fast paced. This subject examines the implications of compassion in health care for individuals, organisations and society. It draws from the growing field of Compassion Science, which suggests that compassion is central to positive outcomes in health care. This subject examines physiological, psychological, philosophical and sociological evidence, which proposes a positive correlation between compassionate health care enhanced by contemplative practice and staff and clients' quality of life.

The scientific evidence on the impact of compassion in health care settings is used to prepare students to cultures of compassion at work which are understood to contribute to lower absenteeism, employee burnout, higher job satisfaction, commitment and accountability. This subject is grounded in a strength-based, resilience-building approach while offering both applied and theoretical experience of compassion for personal and professional development in health care.

- The individual: an introduction to compassion, contemplation, self-awareness and self-compassion
- The interpersonal: compassion and the other, understanding compassion competence
- Society: applied compassion, compassionate workplaces and their impacts on society

HSW906 Social and Cultural Wellbeing

Credit points: 6 (six)

Type: Elective for all courses in Health and Social Wellbeing

This subject addresses health and social services in the culturally and socially diverse world in which we live and work. Indigenous experience of health and wellness is a major theme, and you will gain an appreciation of the achievements and needs of Indigenous Australians. The subject examines cultural

awareness in the context of the helping professionals for people working in multi-cultural settings with different health and cultural philosophies and practices, and the impact of cultural diversity on health outcomes and the delivery of health care.

- Equity, culture and diversity for the helping professions
- Indigenous experience of health, wellness, health services and health outcomes
- Expectations of professional health and social services in a diverse society

HSW807 Applied Mindfulness for Professionals

Credit points: 6 (six)

Type: Elective for Master of Arts (Health and Social Wellbeing) and Graduate Diploma of Health and Social Wellbeing

Students will explore definitions of mindfulness from a range of standpoints, including psychological, physiological, secular, Buddhist, and sociological. Students will reflect on what mindfulness means to them in relation to their own lives, as a term, a practice, and a force.

Empirical and phenomenological research on mindfulness will be examined, as well as specific approaches to applying mindfulness for self-care and the care of those seeking help in professional contexts. Students will understand the theory, principles, and practice of mindfulness and the way it can facilitate physical and mental wellbeing. Students will gain an understanding of the ways in which mindfulness can be offered in a trauma-informed manner. Students will investigate a specific area of mindfulness application in detail, reflectively engaging with the potential benefits and limitations of mindfulness in relation to their chosen context. Students will develop the skills needed to effectively apply this understanding in both professional and personal contexts.

HSW911 Wellness Promotion and Evaluation

Credit points: 6 (six)

Type: Elective for Master of Arts (Health and Social Wellbeing)

This subject develops the theory and practice of wellness assessment and health analysis and the analysis and interpretation of selected diagnostic information pertaining to wellness. You will explore the approaches to the assessment of health for individuals and society and the analysis of signs, symptoms and pathologies and develop the skills for making prescriptions for healthy lifestyles and health promotion.

Health and social wellbeing

- Health risk appraisal
- Wellness assessment
- Environmental health

Health measurement and interpretation

- Electrophysiological measurement
- Biological sampling and wellness-oriented biochemical, toxicological and hematological testing
- Fitness testing and nutritional assessments

Health diagnosis and promotion

- Traditional, complementary and alternative medicine systems
- Epidemiology
- Occupational health and therapy

HSW912 Coaching and Counselling for Health and Wellbeing

Credit points: 6 (six)

Type: Core for Master of Arts (Health and Social Wellbeing) and Graduate Diploma of Health and Social Wellbeing

Promoting, motivating, and supporting health, wellbeing, and positive behaviour change, is a highly valued and necessary competency for many professional roles, particularly in the areas of health/mental health, psychology/counselling/coaching, disability and rehabilitation, complementary medicine, welfare, community outreach, human resources, and management. Many people, however, would like to feel better equipped and trained in this area of their work. In this subject, you will examine a range of evidence-based and best-practice approaches to coaching and counselling for health and wellbeing,

and develop practical skills via peer and client practice, under supervision.

- Coaching and counselling domains, core competencies, research, theory and best practice approaches
- Developing the practitioner-client relationship
- Empathy and compassion
- Professional, ethical practice
- Importance of supervision
- Goals and motivation
- Advanced communication skills for coaches/counsellors

HSW913 Approaches to Care with Older Adults

Credit points: 6 (six)

Type: Elective for Master of Arts (Health and Social Wellbeing) and Graduate Diploma of Health and Social Wellbeing

Given a choice, the majority of older people would prefer to live in their own homes despite disabilities, loneliness and the problems of health care. In this subject, you will consider the healthcare needs of older people and the ways in which older people are represented through the media, health and social policies and legislation, and the way that these representations impact on their lives and their access to health care services.

Physiological changes associated with ageing

- Screening and assessment tools

Determinants of healthy ageing

- Nutrition, physical activity, and sexuality
- Use of complementary medicines

Health care needs of an ageing population

- Value of evidence in informing priority setting and planning for services
- National Service Standards

Implications of population ageing

- Social support and distribution of social resources in later life
- Risk factors, social disadvantage and isolation

Aged care and palliation issues

- Communication regarding end-of-life care

HSW914 Mental Health and Wellness

Credit points: 6 (six)

Type: Core for Master of Arts (Health and Social Wellbeing)

Mental health and wellness, and pro-active approaches to integrated mental health care, are fundamental to the development of healthy communities, and the wellbeing of individuals and those around them. This subject explores a range of factors that work for and against long-term robust mental health, from a micro and a macro perspective – the individual through to the broader society.

You will explore the impact on individuals and their immediate community and the potential for integrated care approaches.

Subject content includes therapeutic approaches and tools that significantly enhance mental health; critical analysis of the concepts of health, wellness and illness. Lifestyle, and societal structure factors; mindfulness therapeutic practices; resilience, flourishing, mindfulness, positive wellbeing.

Stereotype and stigma

- Environment, culture, adaptive ability
- Family, community, professional services, government policy and planning
- Antecedents
- Promotion of resilience, attachment, a sense of belonging and empowerment

Mental health and wellness

- Genetic theories, vulnerability and resilience
- Mental health and wellness across the lifespan
- Adversity and growth
- Early identification and intervention
- Changes within mood, thought and behaviour
- Equanimity and equilibrium

Therapeutic approaches

- Wellness, personal responsibility and the dignity of risk
- Social justice and human rights
- Buddhist perspectives
- Legislation, ethics, compassion and care
- Therapeutic communication
- Therapeutic modalities

HSW915 Arts Therapy

Credit points: 6 (six)

Type: Core for Master of Arts (Health and Social Wellbeing)

This subject offers students far-reaching opportunities to learn and experience a range of verbal and non-verbal arts therapy approaches, such as painting, working with photo cards and psychodrama as well as therapeutic interventions used in different educational and clinical health care settings. The course is highly experiential, academically rigorous and practice-orientated.

Through focusing on unconscious processes and how they can be utilised in combination with evidence-based practices, participants are exposed to experiences that stimulate emotion and provide opportunity for reflection.

The contemplative component of the program focuses on mindfulness, equanimity and compassion. Accessing the individual's inner wisdom and creative intelligence are also core goals of this course.

- Theories and techniques in Arts Therapy
- Assessment techniques of Arts Therapy
- Clinical Arts Therapy
- Psychopathology
- Child, family and group Arts Therapy
- Arts Therapy and spiritual growth

HSW916 Healing Traditions: Buddhism and Psychotherapy

Credit points: 6 (six)

Type: Core for Master of Arts (Health and Social Wellbeing)

In the last decade, there has been an exponential increase in interest in the relationship between Buddhism and Psychotherapy. 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 and foundations 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.

- Introduction to Buddhism and psychotherapy
- Comparing Buddhist and Western psychologies
- Mindfulness-based therapies
- Mindfulness in dynamic/analytic psychotherapies
- Integrated Buddhist psychotherapy
- Factors of Enlightenment and its contribution to wellbeing

HSW917 Mindful and Compassionate Leadership

Credit points: 6 (six)

Type: Elective for all courses in Health and Social Wellbeing

This subject will empower students to develop a mindful and compassionate approach to leadership that is responsive to contemporary issues and challenges. Through the exploration of personal beliefs, values and strengths, students will develop a comprehensive understanding of what it means to lead in this changing, modern world. Drawing on contemporary insights from neuroscience, behavioral science, leadership studies and the wisdom traditions, students will develop a leadership approach underpinned by emotional intelligence, mindful presence, restorative conversation, and the logic of compassion. Through practice, reflection, discussion and role-play students will develop a deep understanding of western and eastern approaches to leadership and a personal leadership vision. This subject will be of great value to leaders and managers in all fields who aspire to lead more mindfully and compassionately. Students will come to understand and practice ethical relational responsibility, lead in ways that develop trust and a sense of safety in the leader and the organization. The skills and understanding that students deepen through this subject will enhance their personal life and relationships.

On completion of this subject, students will be able to:

- Comparatively analyse western and eastern leadership styles
- Understand the logic of compassion and the ethics of relational responsibility
- Employ skillful action, reflection and mindful contemplation to continuously develop as a leader
- Assess situations accurately, including crises, and make appropriate decisions to foster beneficial outcomes for themselves, others and the common good.

HSW950 Research Project (12 credit points)

Credit points: 12 (twelve)

Type: Core for Master of Arts (Health and Social Wellbeing)*

**Subject to approval may be substituted by two (2) 6 credit point elective subjects*

This subject provides experience and training in a significant research project. Students will work on their specific research project in conjunction with their supervisor, engaging in the stages of the research process related to critical review of the literature, designing their project, considering ethical dimensions of their study, and collecting data. The emphasis of this unit is on the application of research knowledge gained in other units to the practical conduct of the individual project, culminating in a written thesis and a presentation at a professional seminar.

Students will work under the guidance of their research supervisor and be guided through the stages of the research process.

Mental Health

Program Introduction

Studying mental health programs at NTI provides you with the knowledge and skills to understand the professional approaches during people's recovery from mental health conditions such as mind and body wellness, nutrition, healing traditions, alternative therapies, and society and environment. The multidisciplinary curriculum combines contemporary scientific evidence and traditional approaches with first-person mindful and contemplative learning to deliver personal and professional development in education. While you develop knowledge and skills to care for the wellbeing of others, you will also develop practices to care for your own mind and body wellbeing, protecting you against burnout, empathic distress and compassion fatigue.

Subjects have been structured to provide students with several perspectives on how biological, environmental, social and lifestyle choices affect mental wellbeing. The subjects take a positive, strength-based approach to understand mental health, severe challenges to mental health and recovery. The contribution of Buddhist philosophy and contemplative pedagogy provides a focus on ethical and moral dilemmas within a compassionate and empathetic framework.

The courses are underpinned by scholarly enquiry and evidenced-based approaches to mental health and wellbeing. Graduates are prepared to play leading roles in community development and transformation in the area of mental health.

Graduates will:

- Demonstrate advanced knowledge of mental health and wellbeing for individuals and within society, including key theoretical perspectives in evidenced-based mental health and wellness and develop the ability to synthesise and apply insights in work and daily life.
- Demonstrate advanced understanding of mental health and wellbeing from a lived experience perspective that considers the impact of biological, psychological, social, lifespan and cultural factors.
- Incorporate Buddhist principles in the development of an ethical, empathetic and

compassionate approach to understanding and responding to people experiencing mental health conditions.

- Command analytical and critical skills for analysing evidence related to mental health care, for critiquing research, solving problems, and for designing and developing strategies for individuals, workplaces and communities.
- Cultivated contemplative practice supportive of self-transformative learning in which individualised viewpoints give way to sustaining multiple dynamically changing and even contradictory viewpoints.
- Gain a range of practical skills for deep therapeutic communication and therapeutic intervention.
- Develop attributes of good communication and leadership and an informed appreciation of ethical standards to lead organisational and community transformation for a sustainable society.

The coverage is specific to the field of Mental Health and encourages students to develop a clear understanding of themselves, prior to determining the needs of others, including family, community and society.

Graduate Certificate in Mental Health

CRICOS Course Code: **0100333**

CRICOS Provider Number: **03233C**

Duration: One (1) semester of full-time study or equivalent in part-time study (domestic students only).

Course Structure: The qualification requires the completion of four (4) subjects (24 credit points) as follows:

Four (4) core subjects

NTI900 Critical Inquiry

MH901 Mind-Body Wellness

HSW905 Compassion at Work

MH914 Mental Health and Wellness

Graduate Diploma in Mental Health

CRICOS Course Code: **0100334**

CRICOS Provider Number: **03233C**

Duration: Two (2) semesters of full-time study or equivalent in part-time study (domestic students only)

Course Structure: The qualification requires the completion of eight (8) subjects (48 credit points) as follows:

Eight (8) core subjects

NTI900 Critical Inquiry

MH901 Mind-Body Wellness

HSW905 Compassion at Work

MH914 Mental Health and Wellness

MH903 Research Methods and Evidenced-Based Practice

MH912 Coaching and Counselling for Health and Wellbeing

MH913 Older Person's Mental Health

MH916 Healing Traditions -Buddhism and Psychotherapy

Master of Mental Health

CRICOS Course Code: **0100335**

CRICOS Provider Number: **03233C**

Duration: Three (3) semesters of full-time study or equivalent in part-time study (domestic students only).

Course Structure: The qualification requires the completion of twelve (12) subjects (72 credit points) as follows:

Twelve (12) core subjects

NTI900 Critical Inquiry

MH901 Mind-Body Wellness

HSW905 Compassion at Work

MH914 Mental Health and Wellness

MH903 Research Methods and Evidenced-Based Practice

MH912 Coaching and Counselling for Health and Wellbeing

MH913 Older Person's Mental Health

MH916 Healing Traditions: Buddhism and Psychotherapy

MH902 Nutrition and Mental Health

MH904 Ethics, Mental Health and Buddhism

MH915 Therapy Through Art

MH921 Mindful Nature Connection

Course Advice

Contact: Dr Susan Sumskis

Head of Mental Health

Email: s.sumskis@nantien.edu.au

Subject Information

NTI900 Critical Inquiry

Credit points: 6 (six)

Type: Core

The subject explores a series of contemporary topics to help students develop critical thinking, research and academic communication skills. It will provide teaching resources and peer support to enhance students' academic and digital literacies needed for success in their degree and post-university careers.

The subject includes an introduction to contemplative inquiry which underpins the postgraduate curriculum, and the core content of this subject includes the following

- Academic writing and language
- Academic communication
- Academic Assessment
- Research and inquiry
- Critical reading and listening
- Contemplative inquiry
- Self-directed learning

MH901 Mind-Body Wellness

Credit points: 6 (six)

Type: Core

In this subject, from a mind-body perspective, students will explore and analyse psychological, emotional, physical, social, and environmental factors that can contribute to, or work against, the mental health and wellbeing of individuals and societies. The subject is designed to enable students to explore and critically analyse: 1. principles of and research in, mind-body wellness in the context of mental health; 2. the range of primary mind-body modalities available for mental health. The pedagogical approach will be a mix of collaborative learning via group discussions, personal and group online research, presented information, experiential learning, and relevant readings and multi-media resources.

MH902 Nutrition and Mental Health

Credit points: 6 (six)

Type: Core

This subject takes a lifespan perspective to nutrition, diet and exercise, addressing nutritional requirements fundamental to human growth through the lifespan, drawing on different health and science disciplines to provide a basis for understanding nutrition in the context of mental health. Increasing evidence has emerged, suggesting a link between dietary habits and mental health treatment. Students will discuss the many factors that impact on healthy food choices for people experiencing mental health conditions and how foods can be utilised to enhance mental health and wellbeing.

MH903 Research Methods and Evidenced-Based Practice

Credit points: 6 (six)

Type: Core

Evidence-based practice (EBP) is central to contemporary health research and practice. In this subject, students will learn how to conduct research in mental health by effectively searching the literature, critically appraising the levels of evidence, and assessing its significance. Students will also critically analyse mental health research from an ethical perspective and will understand the importance of lived experience perspectives in research. Students will learn how to apply scientific methods and statistical principles to a variety of research questions and to understand how knowledge in the health and social sciences is validated and communicated.

MH904 Ethics, Mental Health and Buddhism

Credit points: 6 (six)

Type: Core

This subject provides an overview of ethics in the context of the experience of mental ill-health which can place individuals in a disadvantaged position, sometimes through diminished autonomy. Normative ethical approaches could be problematic when applied to the moral deliberations of mental health care, such as the medicalisation of behaviour, coercion and involuntary treatment. The ethical challenges within mental health care will be explored through different frameworks and traditions, including medical ethics and the core concepts of Buddhism. This subject also explores some contemporary concern, including the natural world (environment, animals, conservation, bioethics), death and dying (abortion, suicide, euthanasia, war), health, gender and sexuality, business and social responsibility. The individual ethical behaviour is at the heart of this subject: understanding the nature of ethical choices is fundamental to a sound comprehension of Buddhism. This subject critically investigates a range of responses in relation to contemporary moral dilemmas, thereby highlighting possible contributions from—or gaps in—traditional Buddhist paradigms and perspectives.

HSW905 Compassion at Work

Credit points: 6 (six)

Type: Core

Compassion has been identified as a priority area for improvement in health care. Explicit training in compassion at work is now required, especially in health care settings which are becoming increasingly complex and fast paced. This subject examines the implications of compassion in health care for individuals, organisations and society. The growing field of compassion science suggests that compassion is central to positive outcomes in health care.

This subject examines physiological, psychological, philosophical and sociological evidence, and the relationship between compassionate health care (enhanced by contemplative practice) and staff and clients' quality of life.

Compassion science evidence is used to prepare students to cultures of compassion at work which are

understood to contribute to lower absenteeism, employee burnout, higher job satisfaction, commitment and accountability. This subject is grounded in a strength-based, resilience-building approach while offering both applied and theoretical experience of compassion for personal and professional development in health care. This includes:

- The individual: an introduction to compassion, contemplation, self-awareness and self-compassion
- The interpersonal: compassion and the other, understanding compassion competence
- Society: applied compassion, compassionate workplaces and their impacts on society

MH912 Coaching and Counselling for Health and Wellbeing

Credit points: 6 (six)

Type: Core

Coaching and counselling involve promoting, motivating, and supporting health, wellbeing, and positive behaviour change; it is a highly valued and necessary competency for many professional roles, particularly in the areas of health, such as mental health, psychology, disability and rehabilitation, complementary medicine, welfare, as well as in community outreach, human resources, and management. Many professionals would like to be better equipped and trained in this area of their work. In this subject, students will examine a range of evidence-based and best-practice approaches to coaching and counselling for health and wellbeing and develop practical skills via peer and client practice in the classroom, under supervision.

MH913 Older Person's Mental Health

Credit points: 6 (six)

Type: Core

The older people face challenges such as disabilities, loneliness and the problems of health care. This subject considers the healthcare needs of older people, their representations in the media, health and social policies and legislation, and analyses their impact on the mental health and wellbeing of the older people. Case studies will be used to evaluate the importance of a range of factors on older people's mental health, such as having a sense of meaning and purpose, a sense of belonging, achieving balance through social networks, service to others, nutrition, and physical activity. Contemporary evidence on severe challenges to mental wellbeing such as dementia, bereavement and end of life care, will be critically analysed. The role of compassion within healthcare provision for older people will be reflected upon. Students will develop an advanced understanding of theories and methods for facilitating healthy ageing. A Buddhist perspective on death and dying are explored in this subject.

MH914 Mental Health and Wellness

Credit points: 6 (six)

Type: Core

A state of mental wellbeing is defined as every individual having the opportunity to realise their own potential, cope with the normal stresses of life and work and make a positive contribution to society. Rapidly evolving knowledge based on a person's lived experience, research evidence and the emergence of new technologies are forcing revision of historical truths, beliefs, traditions and approaches to mental health and wellness. This subject explores recent developments in our understanding of mental health and wellbeing, including severe challenges to mental health, the impact on the lives of people having these experiences and their families, and how people can recover and go on to flourish in life.

MH915 Therapy Through Art

Credit points: 6 (six)

Type: Core

The emerging correlations between health and art are being recognised as important determinants of health and wellbeing. Healthy individuals create healthy societies. This subject explores Mental Health, Art and Culture in a broader context and how they relate to individual and societal wellbeing. Art is a form of psychotherapy for individuals, families, and groups in which the participants engage in artistic processes within a therapeutic relationship. Art can be practiced within therapy and as therapy. Art is a valuable therapeutic approach to a wide range of psychological, social and physical conditions. This subject examines the models and methods of art therapy and explores its use in a range of mental health conditions.

MH916 Healing Traditions: Buddhism and Psychotherapy

Credit points: 6 (six)

Type: Core

In the last decade, there has been an exponential increase in interest in the relationship between Buddhism and Psychotherapy. 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 used 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.

MH921 Mindful Nature Connection

Credit points: 6 (six)

Type: Core

This subject examines the relationship between Buddhist traditions, including contemporary Buddhist practice, and global issues in sustainability and environment. It explores both classic and new sources of Buddhist environmentalism, as well the position of environmentalism from other spiritual paths. Spiritual traditions have a key role in engaging creative responses to environmental and associated social challenges. This subject will analyse scales of Buddhist environmentalism from the global to the personal and situate them in both local and global geographic contexts. The subject places emphasis both on theory and on practice: apart from the study and critical examination of primary and secondary sources on Buddhist environmentalism, students will participate in field activities examining local environmental issues. The theoretical framework, which is accompanied by practical field sessions on local environmental issues, is included as appropriate in the time devoted to each topic.

Humanistic Buddhism

Program Introduction

The Humanistic Buddhism program at Nan Tien Institute, the first of its kind in Australasia, trains individuals to cope with challenges in an increasingly dynamic and interdependent modern world using Buddhist principles and values.

The program brings a spirit of creativity and openness to the intellectual exploration of meaning within your personal and professional life. You will study a range of subjects on Buddhist history, thought, and praxis. Being very close to Nan Tien Temple, you will have an opportunity to experience and study this religious setting (in terms of social engagement, worship, and organisation) as an example to inspire further pursuits.

In addition, the program will prepare you across disciplines and beyond, with regular faculty members and visiting lecturers in a diverse range of specialties.

Graduate Certificate in Humanistic Buddhism

CRICOS Course Code: **097542A**

CRICOS Provider Number: **03233C**

Duration: One (1) semester of full-time study or equivalent in part-time study (domestic students only). On the successful completion of the Graduate Certificate, you can proceed to the Graduate Diploma and the Master of Arts (Applied Buddhist Studies) with credits from relevant subjects already completed.

Course Structure: The qualification requires the completion of four (4) subjects (24 credit points) as follows:

Two (2) core subjects:

HB901 Foundational Texts in Humanistic Buddhism
HB902 Principles of Professional Engagement

Two (2) electives to be chosen from the schedule below:

ABS901 Introduction to Buddhism
ABS904 Buddhist Ethics
ABS920 Buddhism and Interreligious Understanding
ABS922 Buddhism and Modern Society
ABS923 Health as Buddhist Practice

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

NTI900 Critical Inquiry

Note: Not all electives are offered each semester. Please check on the NTI website, or with the Student Services Office on the scheduled subjects.

Course Advice

Contact: Venerable Dr Juewei

Head of Program, Humanistic Buddhism

Email: juewei@nantien.edu.au

Subject Information

HB901 Foundational Texts in Humanistic Buddhism

Credit points: 6 (six)

Type: Core

This subject serves as a survey of texts contributing to the development of Humanistic Buddhism worldwide. Students will become acquainted with recent scholarship on doctrines and historical development based on key passages from canonical texts such as Majjhima Nikāya, Buddhacarita, Diamond Sūtra, Platform Sūtra, Lotus Sūtra, Bodhicaryāvatāra, Vimalakīrti Sūtra and Sumati Sūtra. A study of more recent commentaries of these sūtras by humanistic Buddhist masters aims to cultivate students' analytical ability and understanding of contemporary interpretation. In addition, the subject informs students about different methodological approaches to textual analysis, issues with translation, as well as the writings and lives of exemplary Buddhist practitioners.

HB902 Principles of Professional Engagement

Credit points: 6 (six)

Type: Core

This subject provides students with advanced skill development and understanding of best practices in engaging the public and devotees. Building upon materials covered in previous aspects of the course, students will explore the effectiveness of a variety of communication and teaching strategies in multicultural and multi-faith communities. A learning environment is provided from which students can analyse best practices, appraise competencies, and apply theory in the teaching and exercise of humanistic values and Buddhist wisdom in a contemplative and ethical manner. Topics covered include ethical engagement, teaching methodologies, contemplative learning strategies, religious promotion, and project management in both faith-based and secular communities. Guest lecturers will be invited to share best practices and facilitate learning activities.

SECTION 4 CROSS INSTITUTIONAL STUDIES

Nan Tien Institute offers cross-institutional study opportunities to students from other Australian universities, allowing subjects undertaken to count towards your degree. Cross-institutional study is available for all semesters. The subjects listed below are available to undergraduate students.

It is recommended that you check subject availability via the online timetable. You may submit your application and supporting documentation via the [online application form here](#).

Subject Information

ABS701 Introduction to Buddhism

Credit points: 6 (six)

Type: Elective

This subject is an introduction to the fundamentals of Buddhist thought. Students will examine ideas around the origin and development of Buddhism, key Buddhist doctrines, and the basic concepts of Buddhist philosophy across various traditions. The meaning of life from the Buddhist perspective will be critically examined. The role of Buddhist philosophy, meditation, and practice in approaching morality and ethics, as well as contemporary developments in global Buddhism, will be introduced and critically appraised. This subject contributes to the course aims through its (a) in-depth introduction to key concepts and practices of the Buddhist tradition across sectarian and historical boundaries, from its origin to later developments spanning 2,500 years; (b) reflective critical student essay and presentation showing evidence of application of religious studies and/or social science research methods; and (c) critical, inquiring assimilation of Buddhist philosophy and practice through open debate and discussion, innovative angles of interpretation, and experiential immersion in meditation.

This subject provides the essential foundation for further studies in Buddhism and a portal to other subjects such as Healing Traditions: Buddhism and Psychotherapy, Mindfulness: Theory and Application, and Philosophy of Mind in Buddhism

ABS702 Mindfulness: Theory and Practice

Credit points: 6 (six)

Type: Elective

This subject examines the systems of meditative practice taught in Buddhist traditions, focusing on mindfulness as the key component in the Buddhist doctrinal framework. It explores the theoretical foundations for meditative practice as well as the practical methods and techniques of meditation, and it also looks at the variety of applications of mindfulness in new contexts and environments.

The subject places emphasis both on theory and on practice: apart from the study and critical examination of primary and secondary sources on Buddhist meditation, the students also explore several techniques and aspects of mindfulness in practice. They are expected to devote two hours per day to the practice of mindfulness and record and reflect on their experiences. The classes are accompanied by practical sessions of meditation as appropriate to the development of each topic.

HSW701 Mind-Body Wellness

Credit points: 6 (six)

Type: Elective

In this subject, from a mind-body perspective, you will explore and analyse psychological, emotional, physical, social, and environmental factors that can contribute to, or work against, the health and wellbeing of individuals and societies. The subject will examine mind-body wellness research from a range of perspectives, as well as exploring practical tools and interventions to assist others in improving mind-body wellness.

HSW702 Nutrition through the Lifespan

Credit points: 6 (six)

Type: Elective

This subject takes a lifespan perspective to nutrition, diet and exercise, addressing nutritional requirements fundamental to human growth through the lifespan, drawing on different health and science disciplines to provide a basis for understanding nutrition. You will discuss the many

factors that impact on healthy food choices and how foods can be utilised to enhance wellbeing.

ABS704 Buddhist Ethics

Credit points: 6 (six)

Type: Elective

This subject provides an overview of Buddhist ethics in different traditions; it also examines issues arising from their application in the contemporary world. After outlining the framework of Buddhist ethics, a number of contemporary issues are reviewed and discussed using the lens of Buddhist ethical traditions: issues examined include the natural world (environment, animals, conservation), abortion, suicide, euthanasia, war, gender and sexuality, economics, social responsibility, health etc.

Increasing individual ethical behaviour is at the heart of Buddhist traditions: understanding the nature of ethical choices and behaviours is also fundamental to a sound comprehension of Buddhism. This subject presents an introduction to the major areas of ethical consideration important in Buddhist teachings and then critically investigates the Buddhist response in relation to contemporary moral dilemmas, thereby highlighting possible contributions from - or gaps in - traditional Buddhist paradigms and perspectives.

ABS721 Buddhism, Environment and Sustainability

Credit points: 6 (six)

Type: Elective

This subject examines the relationship between Buddhist traditions, including contemporary Buddhist practice, and global issues in sustainability and environment. It explores both classic and new sources of Buddhist environmentalism, as well the position of environmentalism from other spiritual paths. Spiritual traditions have a key role in engaging creative responses to environmental and associated social challenges.

This subject will analyse scales of Buddhist environmentalism from the global to the personal and situate them in both local and global geographic contexts. The subject places emphasis both on theory and on practice: apart from the study and critical examination of primary and secondary sources on Buddhist environmentalism, students will participate

in field activities examining local environmental issues.

ABS723 Health as Buddhist Practice

Credit points: 6 (six)

Type: Elective

In this subject, you will explore the meaning of health and illness and how different traditions - especially the Greek-origin European 'science' tradition, Indian-origin Buddhist understandings, and traditional Chinese medical approaches - conceive of and act on mind-body health and ill health. The subject content will include the philosophy, history and political economy of health practices as they have developed within different cultural and environmental contexts. You will be introduced to a range of different medical approaches including indigenous Australian, Ayurveda and traditional Chinese as well as examining the reality of mainstream science-based medicine as it exists in Western societies.

You will be taught a range of practices that are said to influence health. You will be asked to adopt and critically examine the impact of one practice on your own health. How does your own experience compare to the reported expected outcomes and evidence base for this practice? What does the practice tell us about the ideas that are the implicit underpinnings of such a practice? It is hoped that the mix of theoretical input and student experiences will allow us to explore health and illness in-depth and in new ways.

NTI700 Critical Inquiry

Credit points: 6 (six)

Type: Elective

This subject is designed to prepare students, many of whom are from diverse cultural backgrounds, to be successful in their studies at an institute of higher education. The subject identifies and strengthens existing academic abilities and literacies and introduces contemporary topics to help students develop critical thinking, academic writing, academic literacy, communication and research skills. The subject includes an introduction to contemplative inquiry which aims to facilitate student personal development and self-direction within academic study.

HSW705 Compassion at Work

Credit points: 6 (six)

Type: Elective

Compassion is identified as a priority area for improvement in health care. Explicit training in compassion is now required within health care settings which are becoming increasingly complex and fast-paced.

This subject examines the implications of compassion in health care for individuals, organisations and society. It draws from the growing field of Compassion Science, which suggests that compassion is central to positive outcomes in health care. This subject examines physiological, psychological, philosophical and sociological evidence, which proposes a positive correlation between compassionate health care enhanced by contemplative practice and staff and clients' quality of life.

Compassion science evidence on the impact of compassion in health care settings is used to prepare students to cultures of compassion at work which are understood to contribute to lower absenteeism, employee burnout, higher job satisfaction, commitment and accountability. This subject is grounded in a strength-based, resilience-building approach while offering both applied and theoretical experience of compassion for personal and professional development in health care.

HSW707 Applied Mindfulness for Professionals

Credit points: 6 (six)

Type: Elective

The subject will explore definitions of mindfulness from both western and Buddhist perspectives. Empirical research on the study of mindfulness will be reviewed as well as specific approaches to applying mindfulness for self-care and the care of those seeking help in a health context. Students will explore the theory, principles, and practice of mindfulness, including health, wellbeing, resilience, and neuroplasticity benefits, and application to conditions of stress, physical and mental wellbeing. Students will investigate a specific area of mindfulness application in detail.

- Defining mindfulness in a secular way
- An overview of various secular applications

of mindfulness

- An overview of various Buddhist applications of mindfulness
- Reviewing the literature and evidence-based practice
- Application of mindfulness in health settings
- Challenges of training in mindfulness in secular settings
- Challenges of personal mindfulness practice
- The facilitators understanding and practice of mindfulness

HSW714 Mental Health and Wellness

Credit points: 6 (six)

Type: Elective Mental health and wellness, and proactive approaches to integrated mental health care, are fundamental to the development of healthy communities, and the wellbeing of individuals and those around them. This subject explores a range of factors that work for and against long-term robust mental health, from a micro and a macro perspective – the individual through to the broader society.

You will explore the impact on individuals and their immediate community and the potential for integrated care approaches.

Subject content includes therapeutic approaches and tools that significantly enhance mental health; critical analysis of the concepts of health, wellness and illness. Lifestyle, and societal structure factors; mindfulness therapeutic practices; resilience, flourishing, mindfulness, positive wellbeing.

Stereotype and stigma

- Environment, culture, adaptive ability
- Family, community, professional services, government policy and planning
- Antecedents
- Promotion of resilience, attachment, a sense of belonging and empowerment

Mental health and wellness

- Genetic theories, vulnerability and resilience
- Mental health and wellness across the lifespan
- Adversity and growth
- Early identification and intervention
- Changes within mood, thought and behaviour
- Equanimity and equilibrium

Therapeutic approaches

- Wellness, personal responsibility and the dignity of risk
- Social justice and human rights
- Buddhist perspectives
- Legislation, ethics, compassion and care
- Therapeutic communication
- Therapeutic modalities

HSW715 Arts Therapy

Credit points: 6 (six)

Type: Elective

Art is a form of psychotherapy for individuals, families and groups in which the participants engage in artistic processes within a therapeutic relationship. It is a valuable therapeutic approach to a wide range of psychological, social and physical conditions. This subject examines the diversity of art therapy models and methods.

Through focusing on unconscious processes and how they can be utilised in combination with evidence-based practices, participants are exposed to experiences that stimulate emotion and provide an opportunity for reflection.

The contemplative component of the program focuses on mindfulness, equanimity and compassion. Accessing the individual's inner wisdom and creative intelligence are also core goals of this course.

MH716 Healing Traditions: Buddhism and Psychotherapy

Credit points: 6 (six)

Type: Elective

'Healing Traditions: Buddhism and Psychotherapy - Mindfulness for the Helping Professions' is an ideal study opportunity for anyone interested in the interface between Buddhism and Psychotherapy, and the significant advantages this new spiritual dimension of psychotherapy has on modern life.

This theoretical and experiential subject looks at contemporary mental and psychological disorders and diseases and examines how Buddhism and Psychotherapy practices can respond, manage and impact on them.

In the last decade, there has been an exponential increase in interest in the relationship between Buddhism and Psychotherapy. This subject explores

the interface between Buddhism and psychotherapy and the therapeutic actions of Buddha's core teachings 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 is discussed, demonstrated and practised.

The subject also covers the Buddhist and psychological concepts and foundations of suffering pertaining to psychological distress, psychic pain, difficult relationship issues, stress-induced diseases, addictions, ageing, sickness and death. There will be experiential exercises to cultivate various clinically beneficial meditative practices. Content also touches on the social, cultural and ethical issues involved in the Integration of Buddhism and Psychotherapy for health professionals.

SECTION 6 SERVICES

Reception

Students can contact reception for all general enquiries, or to be connected with members of academic and support staff. Students can also visit reception to receive their student ID card, return library books outside of library hours, and to request a locker card. The reception desk is open from 8.30am – 5pm, Monday through Friday, and is located on the Ground floor.

Phone (02) 4258 0700

Student Services Office

Students can visit the Student Services Office for assistance with course enrolments, subject enrolments and withdrawals, subject selection advice, payment of tuition fees, disability and wellness support, and more. International students can contact the Student Services Office with any questions they have about studying with NTI and living in Australia. Student Services does not only provide assistance, it helps connect students with relevant support services. The Student Services Office is open from 9.00am – 4.30pm Monday through Friday, and is located on Level 2, Room 2.03.

Student Services and Academic Support Manager
Veronika Penberthy-Groves

Student Services Officer Gabi Harding

Phone (02) 4258 0740

Email enquiry@nantien.edu.au

Disability and Wellness Support

Students with a health condition or wellness concern are encouraged to contact the Student Services and Academic Support Manager to discuss any assistance or support services that could be put in place to alleviate the impact on their studies. Students can make an appointment with the Student Services and Academic Support Manager to discuss any wellness concerns, for assistance with applying for a reasonable adjustment plan or academic consideration, or for advice on available support services.

Student Services and Academic Support Manager
Veronika Penberthy-Groves

Phone (02) 4258 0741

Email enquiry@nantien.edu.au

Library

Nan Tien Institute library is located on the Ground Floor of the Wollongong Campus (231 Nolan Street, Unanderra). The library collection and electronic holdings provide academic support to NTI students and staff, and the campus library facilities may be accessed during the opening hours of the Library as shown at <https://www.nantien.edu.au/library/>.

Students, staff and registered community members may borrow materials from the physical collection. To arrange to borrow an item, drop into the library during opening hours or contact the Librarian via phone on +61(0) 2 4258 0744 or email at library@nantien.edu.au. Books can also be sent out by mail to enrolled students (who will need to pay return postage). Serials, journals and some other special materials cannot be borrowed but may be used in the library. Access to course texts is not guaranteed but is subject to student numbers, and students should be prepared to find their own access if all library copies are on loan.

Nan Tien Institute has access to the following online databases for research: JSTOR, ProQuest and EBSCOhost, and Ebook Central, which provide a very wide range of academic articles and ebooks in the humanities and social sciences. Enrolled students can obtain access to these databases through the Nan Tien Institute Student Portal, and students may seek support via the library website or by contacting library staff.

Nan Tien Institute is a member of Libraries Australia and has an inter-library loan arrangement with major national repositories to source books and articles. Academic staff and students enrolled in the Research Project are eligible to request inter-library loans to assist with their research. For assistance requesting an inter-library item please contact library staff. The library also has a reciprocal borrowing agreement with the University of Wollongong, which allows NTI staff and students to borrow from UOW Library's main collection. Collections not available for loan are Short Loans, Law Primary, Law Reference, Media items, Journals and Theses. Some online databases are available on-site only with assistance from UOW library staff (i.e. they cannot be accessed remotely or from home). Visit the NTI library website for details on how to apply for UOW borrowing privileges.

Librarian Jamila Choubassi
Phone (02) 4258 0744
Email library@nantien.edu.au

IT Support

Support is available to all students who require assistance with matters related to IT Services. IT Support is located on Level 2, Room 2.03

IT Support

Email itsupport@nantien.edu.au

Academic Support

Academic Support Officers are available to assist students with academic writing, referencing, understanding assessments and more. Students can contact the Student Services Office to make an appointment with an Academic Support Officer.

Academic Support Officer Dr Camille Rouliere

Academic Support Officer Helen Kennett

Email academicsupport@nantien.edu.au

Consultation with staff

All teaching staff, whether full time or sessional staff, are available for onsite, email and synchronous and asynchronous online student consultation during the semester. During on-campus or Zoom intensive teaching weeks, special time slots are usually set aside for consultation in person during teaching time.

Information on the teaching staff and how to contact them is provided to students through the Learning & Assessment Guides for the subjects and via the clickable link on the main webpage of each subject's NTiLearn site.

Learning Resources

Access to learning resources at NTI has no unexpected barriers, costs or technology requirements for students, including for students needing academic consideration, reasonable adjustment and distance (online) learnings. Students have access to learning support services that are consistent with the requirements of their course, mode of study and their learning needs. Student learning support is a design feature of NTI's electronic learning management system (NTiLearn).

NTiLearn is a Moodle based student learning platform which provides student with 24-hour access to learning content and links to resource materials for academic and student development and support. NTiLearn also offers student opportunities of virtual face-to-face discussions with teachers using the Zoom videoconferencing platform. On campus student support services operate within business hours and can be accessed in person, via phone, via email and the online learning platform.

Subject materials

Subject outlines and required readings are also reviewed and updated by academic staff prior to teaching each subject. Subject revisions are approved by the Education Committee, and where required, the Academic Board. Subject materials are made available via NTiLearn four weeks prior to the first day of teaching. Educational content is provided in formats compatible with multiple devices (phone, tablet, PC, Mac, Android, Windows, etc.).

New students

All new students receive an orientation to NTiLearn, and the support materials contained therein upon enrolment in their first subject. International students receive an additional demonstration of online systems, library and support systems, and student policies and procedures during NTI's international student orientation sessions.

Accommodation

Nan Tien Institute (NTI) appreciates that finding a suitable place to stay is of fundamental importance to students' success and wellbeing. Therefore, NTI provides accommodation options to students in the International Student Guide and Student Handbook.

On-campus accommodation

The Pilgrim Lodge's unique 3.5-star accommodation is located on the grounds of Nan Tien Temple – the largest Buddhist Temple in the Southern Hemisphere. The Lodge overlooks the peaceful Temple, beautiful lotus pond, award-winning gardens and out to the magnificent Illawarra Escarpment.

NTI is just a five-minute walk away, across the pedestrian bridge which connects Nan Tien Temple and NTI's campus.

NTI students are eligible to receive a 20 per cent discount on accommodation at the Pilgrim Lodge. Students can contact the Pilgrim Lodge directly for prices and availability. Please visit the [Nan Tien Temple website](#) for more information.

Off-campus accommodation

Students moving to the area can use the following links to find off-campus accommodation. The companies listed below are all independent, private businesses and are not owned or operated by NTI.

It is your responsibility to make sure your private accommodation suits your needs. Any rental agreement or arrangement you enter into is strictly between you and the private accommodation provider. Each provider will have their own application process. You'll need to contact them to find out how to apply.

To find out more about your tenancy rights in NSW, please visit the NSW Fair Trading website. You should ensure you know your tenancy rights before signing a rental agreement.

- [Domain.com.au](#)
- [Flatmates.com.au](#)
- [Realestate.com.au](#)
- [Property.com.au](#)
- [Rent.com.au](#)

Students who are looking for temporary accommodation near NTI's campus can use the following links to find accommodation in the local area:

- [Booking.com.au](#)
- [Trivago.com.au](#)
- [AirBNB.com.au](#)

Dining and Entertainment

Nan Tien Art Café

Nan Tien Art Café is located on the ground floor of the Nan Tien Institute campus. Serving delicious coffees and teas, healthy vegetarian western-style meals and snacks, as well as boutique chocolates and gelato. Open to students and to the visiting public on Tuesday to Sunday from 10.00am to 3.00pm.

Tea House of Nan Tien Temple

The Dew Drop Inn Tea House is located in Nan Tien Temple grounds. It provides a tranquil and attractive setting to enjoy a wide variety of exotic teas, coffees as well as an a la carte lunch menu. Sample some traditional oriental cuisine and other Australian cafe style meals surrounded by natural timber decor, Buddhist artifacts and views of the Temple gardens.

For the menu and opening hours, please contact +61 2 4272 0639

<http://www.nantien.org.au/en/facility/dew-drop-inn>

Dining Hall of Nan Tien Temple

The Dining Hall is open to the public every day except Mondays from 11.30 am - 2.00 pm (weekdays) and 11.30 am - 2.30 pm (weekends).

It is located in the Temple on level 3. The Dining Hall can accommodate up to 200 diners and provides a variety of selections of healthy vegetarian foods based on traditional and modern recipes. All meals are prepared in the kitchen of Nan Tien Temple by experienced chefs. There is also a private dining room, which seats up to 80 diners. Group bookings for morning or afternoon tea and catering can be arranged.

Eating out and entertainment

VisitNSW.com, the official tourism site for Destination NSW, a department of NSW Government provides abundant information on local places of interest, restaurants, events and activities. "There's plenty of great things to do in the region, from relaxing on gorgeous beaches, hang-gliding above the sparkling ocean and fun water sports to discovering the Science Space museum. You can even visit the Nan Tien Temple, the largest Buddhist temple in the Southern Hemisphere"

<https://www.visitnsw.com/destinations/south-coast/wollongong-and-surrounds>