



STUDENT
HANDBOOK
2025

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, Mental Health and Applied Mindfulness, as well as customised Continuing Professional Development (CPD) programs.

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 [Admission 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.</i>	An Australian Bachelor degree or higher, OR an overseas qualification equivalent to an Australian Bachelor degree or higher, OR relevant work experience and professional training equivalent to an Australian Bachelor degree or higher, as judged by the Applied Buddhist Studies Head of Program. The onus is on the applicant to provide sufficient evidence of the equivalence (e.g. demonstrated through the provision of a CV, evidence of professional training, a referee's or employer's recommendation etc.).	Domestic \$10,080.00* International \$12,200.00 <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.</i>	An Australian Bachelor degree or higher, OR an overseas qualification equivalent to an Australian Bachelor degree or higher.	Domestic \$20,160.00* International \$24,400.00 <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.</i>	An Australian Bachelor degree or higher, OR an overseas qualification equivalent to an Australian Bachelor degree or higher.	Domestic \$30,240.00* International \$36,600.00 <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.</i>	An Australian Bachelor degree or higher, OR an overseas qualification equivalent to an Australian Bachelor degree or higher, OR professional training equivalent to an Australian Bachelor degree or higher in fields including, but not limited to, health sciences, social sciences, liberal arts, fitness, wellness, or education and/or work experience demonstrating complex postgraduate level communication, analytical and critical thinking skills. Applications will be assessed by the Head of Health and Social Wellbeing program, on a case-by-case basis. The onus is on the applicant to provide sufficient evidence of the equivalence and eligibility via interviews, study motivation statements and appropriate documentation (such as CV, evidence of professional training, a referee's or employer's recommendation, and other relevant evidence).	Domestic \$11,000.00* International \$13,600.00 <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.</i>	An Australian Bachelor degree or higher, OR an overseas qualification equivalent to an Australian Bachelor degree or higher.	Domestic \$22,000.00* International \$27,200.00 <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.</i>	An Australian Bachelor degree or higher, OR an overseas qualification equivalent to an Australian Bachelor degree or higher.	Domestic \$33,000.00* International \$40,800.00 <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.</i>	<p>An Australian Bachelor degree or higher, with a major in a relevant field, such as nursing, psychology, social work, counselling, or related health care roles. Applications may be considered on a case-by-case basis from other disciplines such as social sciences, liberal arts, or education and must include a 500-word personal statement articulating the applicant's motivations, goals, and how their background prepares them for the program. OR</p> <p>An overseas qualification equivalent to an Australian Bachelor degree or higher with a major in a relevant health sciences field, such as nursing, psychology, social work, counselling, or related health care roles. Applications may be considered on a case-by-case basis from other disciplines such as social sciences, liberal arts, or education and must include a 500-word personal statement articulating the applicant's motivations, goals, and how their background prepares them for the program. OR</p> <p>3-5 years relevant work experience and professional training equivalent to an Australian Bachelor degree or higher, in a relevant field, such as counselling (e.g. mental health counsellor, crisis intervention), human services (e.g. case manager, social worker), youth work (e.g. youth counsellor, child protection worker), community work (e.g. community mental health worker, outreach coordinator), or related fields that involve supporting individuals' mental health and wellbeing, as judged by the Head of Program. The onus is on the applicant to provide sufficient evidence of the equivalence (e.g. demonstrated through the provision of a combination of CV, portfolio of relevant work, evidence of certification/membership with relevant professional association, referee's or employer's recommendation etc.).</p> <p>The Mental Health program may require an interview as part of the application process, particularly for:</p> <ul style="list-style-type: none"> <input type="checkbox"/> applicants from non-health science backgrounds <input type="checkbox"/> candidates applying through the work experience pathway <input type="checkbox"/> cases where additional information is needed to make an admission decision <p>The interview will be conducted by the Head of Program or designated Faculty Member and will assess the applicant's suitability for the program, understanding of the field, and alignment with program</p>	<p>Domestic \$11,000.00* International \$13,600.00</p> <p><i>*FEE-HELP available to eligible Australian citizens</i></p>

		<p>goals. Interviews may be conducted in person, via video conference, or by phone, depending on circumstances. Applicants selected for an interview will be notified via email with further instructions.</p> <p>Please note that an interview does not guarantee admission to the program.</p>	
Graduate Diploma in Mental Health	<p>Twelve (12) months full-time study.</p> <p><i>Part-time study options available.</i></p>	<p>An Australian Bachelor degree or higher, with a major in a relevant field, such as nursing, psychology, social work, counselling, or related health care roles. Applications may be considered on a case-by-case basis from other disciplines such as social sciences, liberal arts, or education and must include a 500-word personal statement articulating the applicant's motivations, goals, and how their background prepares them for the program. OR</p> <p>An overseas qualification equivalent to an Australian Bachelor degree or higher with a major in a relevant health sciences field, such as nursing, psychology, social work, counselling, or related health care roles. Applications may be considered on a case-by-case basis from other disciplines such as social sciences, liberal arts, or education and must include a 500-word personal statement articulating the applicant's motivations, goals, and how their background prepares them for the program. OR</p> <p>The Mental Health program may require an interview as part of the application process, particularly for:</p> <ul style="list-style-type: none"> <input type="checkbox"/> applicants from non-health science backgrounds <input type="checkbox"/> cases where additional information is needed to make an admission decision <p>The interview will be conducted by the Head of Program or designated Faculty Member and will assess the applicant's suitability for the program, understanding of the field, and alignment with program goals. Interviews may be conducted in person, via video conference, or by phone, depending on circumstances. Applicants selected for an interview will be notified via email with further instructions.</p> <p>Please note that an interview does not guarantee admission to the program.</p>	<p>Domestic \$22,000.00* International \$27,200.00</p> <p><i>*FEE-HELP available to eligible Australian citizens</i></p>

<p>Master of Mental Health</p>	<p>Eighteen (18) months full-time study.</p> <p><i>Part-time study options available.</i></p>	<p>An Australian Bachelor degree or higher, with a major in a relevant field, such as nursing, psychology, social work, counselling, or related health care roles. Applications may be considered on a case-by-case basis from other disciplines such as social sciences, liberal arts, or education and must include a 500-word personal statement articulating the applicant's motivations, goals, and how their background prepares them for the program. OR</p> <p>An overseas qualification equivalent to an Australian Bachelor degree or higher with a major in a relevant health sciences field, such as nursing, psychology, social work, counselling, or related health care roles. Applications may be considered on a case-by-case basis from other disciplines such as social sciences, liberal arts, or education and must include a 500-word personal statement articulating the applicant's motivations, goals, and how their background prepares them for the program. OR</p> <p>The Mental Health program may require an interview as part of the application process, particularly for:</p> <ul style="list-style-type: none"> <input type="checkbox"/> applicants from non-health science backgrounds <input type="checkbox"/> cases where additional information is needed to make an admission decision <p>The interview will be conducted by the Head of Program or designated Faculty Member and will assess the applicant's suitability for the program, understanding of the field, and alignment with program goals. Interviews may be conducted in person, via video conference, or by phone, depending on circumstances. Applicants selected for an interview will be notified via email with further instructions.</p> <p>Please note that an interview does not guarantee admission to the program.</p>	<p>Domestic \$33,000.00* International \$40,800.00</p> <p><i>*FEE-HELP available to eligible Australian citizens</i></p>
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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.</i>	An Australian Bachelor degree or higher, OR an overseas qualification equivalent to an Australian Bachelor degree or higher, OR relevant work experience and professional training equivalent to an Australian Bachelor degree or higher, as judged by the Humanistic Buddhism Head of Program. The onus is on the applicant to provide sufficient evidence of the equivalence (e.g. demonstrated through the provision of a CV, evidence of professional training, a referee's or employer's recommendation etc.).	Domestic \$10,080.00* International \$12,200.00 <i>*FEE-HELP available to eligible Australian citizens</i>

Applied Mindfulness

Course	Duration	Entry requirements	Indicative total course tuition fee [#]
Graduate Certificate in Applied Mindfulness	Six (6) months full-time study. <i>Part-time study options available.</i>	An Australian Bachelor degree or higher, OR an overseas qualification equivalent to an Australian Bachelor degree or higher, OR relevant work experience and professional training equivalent to an Australian Bachelor degree or higher, as judged by the Applied Mindfulness Head of Program. The onus is on the applicant to provide sufficient evidence of the equivalence (e.g. demonstrated through the provision of a CV, evidence of professional training, a referee's or employer's recommendation etc.).	Domestic \$10,770.00* International \$13,250.00 <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 [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.

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 Australian 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, **AND**
- 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.

Applicants can be asked to attend an interview in order to assess their English language proficiency.

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
- Singapore
- South Africa

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 2025 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*	\$100.00
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

*charged if enrolment has been cancelled by NTI or after two instances of student initiated withdrawal

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-eight (48) 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 skillful 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.

In 2025, the Applied Buddhist Studies program will be offered through both on campus and online delivery.

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. 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:

Two (2) core subjects:

ABS801 Introduction to Buddhism

ABS802 Mindfulness: Theory and Practice

Two (2) electives from the list below but may include one (1) subject from the Health and Social Wellbeing Program:

NTI800 Critical Inquiry

ABS904 Buddhist Ethics

ABS920 Buddhism and Interreligious Understanding

ABS922 Buddhism and Modern Society

ABS923 Health as Buddhist Practice

ABS931 Selected Readings of World Buddhist Literature

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

HB801 Foundational Texts in Humanistic Buddhism

HB802 Principles of Professional Engagement

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. 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:

Three (3) core subjects:

ABS801 Introduction to Buddhism

ABS802 Mindfulness: Theory and Practice

ABS904 Buddhist Ethics

Five (5) electives from the list below but may include a maximum of two (2) subjects from the Health and Social Wellbeing Program:

NTI800 Critical Inquiry

ABS920 Buddhism and Interreligious Understanding

ABS922 Buddhism and Modern Society

ABS923 Health as Buddhist Practice

ABS931 Selected Readings of World Buddhist Literature

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

HB801 Foundational texts in Humanistic Buddhism

HB802 Mindfulness: Theory and 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 (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.

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

Five (5) core subjects:

ABS801 Introduction to Buddhism

ABS802 Mindfulness: Theory and Practice

ABS903 Research Methods of Applied Buddhist Studies

ABS904 Buddhist Ethics

NTI951 Capstone Seminar

Seven (7) electives from the list below but may include a maximum of three (3) subjects from the Health and Social Wellbeing Program:

NTI800 Critical Inquiry

ABS920 Buddhism and Interreligious Understanding

ABS922 Buddhism and Modern Society

ABS923 Health as Buddhist Practice

ABS931 Selected Readings of World Buddhist Literature

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

HB801 Foundational Texts in Humanistic Buddhism

HB802 Principles of Professional Engagement

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, Applied Buddhist Studies &
Humanistic Buddhism
Email: juewei@nantien.edu.au

Subject Information

ABS801 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 traditions. Students will examine the origin and development of Buddhism, key doctrines, and common concepts such as the Four Nobles' Truths, the Eightfold Nobles' Path, Dependent Origination, Karma, Samsara and Nirvana. The role of Buddhist thought and practice in approaching morality and ethics will be introduced and critically appraised.

This subject gives students a foundation for exploring Buddhist studies by critically engaging with sources for Shakyamuni's life and teaching and the development of Buddhist communities throughout Asia up to the modern period.

ABS802 Mindfulness: Theory and Practice

Credit points: 6 (six)

Type: Core for all courses in Applied Buddhist Studies Program

This subject examines the systems of meditative practice taught in a variety of Buddhist traditions, focusing on mindfulness as the key component in the Buddhist framework. It explores the theoretical foundations for meditative practice, as well as the practical methods and techniques of meditation, in the textual and experiential context of existent Buddhist lineages, it also examines the variety of applications of mindfulness in new non-Buddhist contexts and environments. The subject emphasizes the intimate connection between theory and practice. In addition to the study and critical examination of primary and secondary sources on Buddhist meditation, the subject also demonstrates several techniques of mindfulness in practice. Students are expected to devote two hours per class 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 Applied Buddhist Studies

Credit points: 6 (six)

Type: Core for the Master of Arts (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 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.

This subject focuses on introducing students to important research methods in the field of religion and the ethics of fieldwork where human subjects are involved. With close reference to the research question, students learn to design their research with the most appropriate methods for their study. 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 Graduate Diploma in Applied Buddhist Studies and the Master of Arts (Applied Buddhist Studies) and elective for the Graduate Certificate in 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.

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 the theory of religion and interfaith dialogue. Firstly, it outlines the foundations of religious studies, then proceeds with an examination of issues in the joint history and development of major world religions, as examples Christianity, Hinduism, and Buddhism, from a comparative perspective. In the theoretical component, the major methodological approaches will be presented and examined, and in the practical part readings of key texts will be discussed in the context of modern societal problems such as economic, political and gender issues, and approaches to conflict resolution and peace. Additionally, the subject investigates the role and future of religion and interfaith dialogue in our globalised world. Students will also explore how Buddhist perspectives could inform or contribute to contemporary interfaith dialogue.

ABS922 Buddhism and Modern Society

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

This subject explores how Buddhism interacts with and responds to contemporary global and local forces, including modernity, globalisation, postmodern and neoliberal critiques, examining diverse manifestations in various cultural contexts. To this end, students will enhance their scholarly communication skills, use advanced tools for research, and apply critical theories to understand the impact of cultural, historical and societal factors on contemporary Buddhist practices.

ABS923 Health as Buddhist Practice

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

This subject will be informationally and experientially rich, beginning with a contemporary assessment of the notion of "Health as Buddhist Practice as *Health*",

reflecting the spiral pattern of open spiritual engagement.

The various modern categories of health, happiness, illness, wellness and cure will be considered first, both individually and socially, before reviewing life in the historical Buddha's time. Both the pervading philosophies and practices concerning life, illness and treatment (ayurvedic, Shamanistic and similar) at that time, together with relevant Buddhist suttas will be presented. The Buddhist understanding of medicine will also be covered, including illness in the physical, psychological and spiritual domains, and the Five Aggregates. The belief in the Buddha as "The Great Physician", the appearance of the *Vejjavatapada* (the doctors' oath) and the various health-related items within the Vinaya Pitaka will be analysed. The course will also cover aspects of spiritual health, namely the related concepts of the Three Characteristics of Existence, teachings related to Birth, Life and Death, the soteriological exegesis of Samsara and the Four noble Truths (Tasks), including the Eightfold Path, Karma, Dependent Arising, the evolution of Bodhicitta and the Bodhisattva, and teachings on happiness.

The deficiencies and dilemmas of modern biomedical healthcare, despite "evidence-based care", will be presented, together with the emergence of effective Buddhist insights and principles, notably a broad spectrum of mindfulness-based interventions, which are subject to ongoing research. Increasingly, mindfulness and a variety of meditational approaches are being taught to the "well" and the suffering, to children, students, stressed or depressed adults, employees (notably health professionals, the policy, the military) and to the elderly.

There will be presentations of the experience of seriously ill people to demonstrate the vital role of Dharma-informed treatment. There will be frequent opportunities to practice meditation, of various styles, partly guided, to develop some stress-management, self-understanding and self-compassion, to experience some happiness and perhaps some self-transformation.

ABS931 Selected Readings of World Buddhist Literature

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

The subject develops the skills to critically read and understand the range of Buddhist literary genres and their ways of communicating to audiences. Focusing on influential texts of each major Buddhist tradition, students will explore the cultural paradigms in which these texts originated, and the multivalent roles of Buddhist literature including as ritual texts and objects of worship. Students will examine the relationship of written texts to oral transmission, and the different ways that Buddhist literature is read across cultures, including individually, collectively, silently and vocally. The subject aims to inform students on different methodological approaches to Buddhist textual analysis. It highlights how historical and cultural conditioning shapes not only the content of Buddhist literature, but the ways that texts have been composed and read by followers.

ABS933 Buddhist Art as Visual Communication

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

Buddhism had a globalising effect on the art of Asia, as it spread from the Indian subcontinent to local cultures across the Silk Road and maritime trade routes. Buddhist Art as Visual Communication is a survey of the spread and evolution of Buddhist art.

The subject begins by looking at the origins of Buddhist art in the reliquaries and images of the historical Buddha Shakyamuni in South Asia. Further sessions explore visionary cave paintings, iconography of diverse buddhas and bodhisattvas, mandalas, sacred syllables and other localised cultural art forms, including contemporary. The subject pays special attention to the functions of Buddhist art in communicating the Buddha's life story, verbal and tacit Buddhist meaning, meditation and ritual practices, and in the formation and community dynamics. The subject looks overall at the localised processes of cultural integration that underlie the global spread of Buddhist art.

ABS940 Naturalisation of Buddhism in China and Beyond

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

This subject offers an advanced introduction to the history, doctrines, beliefs and practices of Buddhism in China. The first part explores the transition from 'Buddhism in China' to 'Chinese Buddhism' with a 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 continues to transform and is assimilated by other cultures.

NTI800 Critical Inquiry

Credit points: 6 (six)

Type: Elective for all courses in Applied Buddhist Studies

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.

NTI951 Capstone Seminar

Credit points: 6 (six)

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

This subject is structured as a seminar in which two or more students participate actively in the process of knowledge generation. Students translate a topic of interest or concern into a research inquiry by defining, developing and refining it to build a case for the literature review. They then identify leading scholars or masters, classic texts, watershed publications or presentations, and current debates in the chosen topic of interest by reviewing the literature. Students will acquire the skills needed to evaluate, critique and synthesise key sources in their field of inquiry. While expanding their knowledge of a field of inquiry, they will become aware of the structures, approaches, best practices, sources of authority, and protocols that govern the field. This subject provides

opportunities for students to offer and receive feedback in class through peer review.

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.

In 2025, the Health and Social Wellbeing program will be offered through both on campus and online delivery.

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.

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 list below:

NTI800 Critical Inquiry

HSW905 Compassion at Work

HSW917 Mindful and Compassionate Leadership

ABS801 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.

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 list below:

NTI800 Critical Inquiry
HSW905 Compassion at Work
HSW807 Applied Mindfulness for Professionals
HSW917 Mindful and Compassionate Leadership
ABS801 Introduction to Buddhism
ABS802 Mindfulness Theory and Practice
ABS904 Buddhist Ethics
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.

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

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

NTI800 Critical Inquiry
HSW905 Compassion at Work
HSW807 Applied Mindfulness for Professionals
HSW917 Mindful and Compassionate Leadership
HSW950 Research Project (12 credit points)
ABS801 Introduction to Buddhism
ABS802 Mindfulness Theory and Practice
ABS904 Buddhist Ethics
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.

Course Advice

Contact: Dr Nadine Levy

Head of Program, Health and Social Wellbeing & Applied Mindfulness

Email: n.levy@nantien.edu.au

Subject Information

NTI800 Critical Inquiry

Credit points: 6 (six)

Type: Elective for all courses in Health and Social Wellbeing

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.

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.

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.

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.

HSW905 Compassion at Work

Credit points: 6 (six)

Type: Elective for all courses in Health and Social Wellbeing

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.

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.

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.

HSW914 Mental Health and Wellness

Credit points: 6 (six)

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

A state of wellbeing is defined as every individual having the opportunity to realise their own potential, cope with the normal stresses of life, work productively and fruitfully and make a contribution to their community. Rapidly evolving evidence and the emergence of new research 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 and the

associated impact on the lives of people having these experiences and their families and communities.

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.

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.

HSW917 Mindful and Compassionate Leadership

Credit points: 6 (six)

Type: Elective for all courses in Health and Social Wellbeing

Mindfulness and compassion have never been more important for leadership in these VUCA times (volatile, uncertain, complex and ambiguous). Mindful and compassionate leadership creates a 'ripple effect', which begins with self and flows outward to people, organisations and society. An important aim is to impart a sense of safety and trust in an organisation's leaders and in the organization. In this subject, students will have an applied and immersive experience of mindful and compassionate leadership in action through a synergy of western and eastern approaches to leadership. This subject synthesises evidence from neuroscience, behavioural science, leadership studies and the wisdom traditions to offer unique perspectives and practices in leadership. Students will also come to understand the meaning of restorative practices, and the ethics of relational responsibility. Exploring personal beliefs, values and strengths will lead to a comprehensive understanding of "self" as a leader. The subject will embrace robust and searching discussion, practice, role-playing and reflection – supporting the development of an individual leadership vision that is applied to real-life examples through assessment. Students will discover, practice and embody an approach to leadership that is underpinned by emotional intelligence, mindful presence, restorative conversations, and employing the logic of compassion and thereby exemplifying the ripple effect of leadership for VUCA times. Students will also be equipped to understand the impact and outcomes of being a mindful and compassionate leader.

HSW950 Research Project (12 credit points)

Credit points: 12 (twelve)

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

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.

In 2025, the Mental Health program will be offered through online delivery.

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.

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

Four (4) core subjects

NTI800 Critical Inquiry
MH801 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.

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

Eight (8) core subjects

NTI800 Critical Inquiry
MH801 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.

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

Twelve (12) core subjects

NTI800 Critical Inquiry
MH801 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: Sylvia Neubacher
Head of Program, Mental Health
Email: s.neubacher@nantien.edu.au

Subject Information

NTI800 Critical Inquiry

Credit points: 6 (six)

Type: Core

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.

MH801 Mind-Body Wellness

Credit points: 6 (six)

Type: Core

This subject provides a comprehensive exploration of how mind-body principles contribute to mental health and wellbeing. Students will critically analyse the psychological, emotional, physical, social and environmental factors that can enhance or undermine wellness in individuals and communities.

The subject focuses on contemporary research and practical applications of mind-body wellness, with an emphasis on mental health. Students will explore a range of mind-body modalities and therapies, including their evidence base and relevance to promoting holistic wellbeing.

MH902 Nutrition and Mental Health

Credit points: 6 (six)

Type: Core

In this subject, students will explore the critical role of nutrition in the prevention, management, and treatment of mental health conditions, including eating disorders. Through evidence-based research and practical applications, students will examine how nutrients interact with brain physiology, the nervous system, and mental health outcomes. They will critically evaluate the factors influencing food choices for individuals experiencing mental health conditions, including cultural, social and environmental determinants. The subject will also emphasise how nutrition can be harnessed to

mitigate the adverse effects of treatments and support holistic recovery.

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.

Inherent ethical challenges within mental health care will be explored through the lens of differing frameworks and traditions, including medical ethics and the core concepts of Buddhism.

This subject also explores a range of issues of 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.

Increasingly 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 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.

MH912 Coaching and Counselling for Health and Wellbeing

Credit points: 6 (six)

Type: Core

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 and 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, 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, under supervision.

MH913 Older Person's Mental Health

Credit points: 6 (six)

Type: Core

Given a choice, the majority of older people would prefer to live in their own homes despite challenges such as disabilities, loneliness and the problem of health care. This subject considers the healthcare needs of older people and the ways in which older people are represented through the media, health and social policies and legislation. The way that these representations impact on the mental health and wellbeing of older people and their access to healthcare will be analysed. Case studies will be used to evaluate the importance of having a sense of meaning and purpose, a sense of belonging, and achieving balance through social networks, service to others, nutrition, and physical activity. Research on 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 advanced understanding of theories and methods for facilitating healthy ageing. 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 potential, cope with the normal stresses of life and make a positive contribution to their community. Mental health is deeply interconnected with one's relationships, environment and broader societal context. Rapidly evolving knowledge based on a person's lived experiences, research evidence and the emergence of new technologies, challenges traditional beliefs encouraging us to rethink our approaches to mental health and wellness. This subject explores recent developments in our understanding of mental health and wellbeing,

including significant challenges, their impact on the lives of individuals and their families, and how people can be supported in cultivating resilience, meaning and wellbeing through compassionate care and mental health support.

MH915 Therapy through Art

Credit points: 6 (six)

Type: Core

The emerging correlations between health, art and culture 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 use within 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 will explore definitions of mindfulness and nature from both western and Buddhist perspectives. Integrating research and experiential learning, the subject covers Buddhist environmental philosophy, psychology, and ethics, while fostering skills in mindfulness, compassion and resilience. Emphasising intercultural proficiency in therapeutic practices, students critically reflect on their environmental relationships, deepening their personal and professional application of mindfulness. The multidisciplinary approach encourages understanding of interconnectedness with nature as a pathway to wellbeing. Upon completion, students are equipped to apply these insights to cultivate balance and enhance overall wellness in their lives, work and communities.

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.

In 2025, the Humanistic Buddhism program will be offered through both on campus and online delivery.

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. On the successful completion of the Graduate Certificate in Humanistic Buddhism, 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:

HB801 Foundational Texts in Humanistic Buddhism

HB802 Principles of Professional Engagement

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

ABS801 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

NTI800 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, Applied Buddhist Studies & Humanistic Buddhism

Email: juewei@nantien.edu.au

Subject Information

HB801 Foundational Texts in Humanistic Buddhism

Credit points: 6 (six)

Type: Core

This subject surveys key passages of canonical texts that contribute to the development of humanistic Buddhist values such as compassion, wisdom, committed service and practice across the Theravāda, Mahāyāna and Vajrayāna traditions. A study of more recent commentaries by humanistic Buddhist masters aims to cultivate students' analytical ability and understanding of contemporary interpretation.

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

- Demonstrate reflective understanding of the development of the 'humanistic' concept in Buddhism based on eastern and western definitions as well as identify its impact on personal and communal growth (including the deep connection to everything else).
- Critically summarise and evaluate humanistic Buddhist texts from different traditions and/or cultural paradigms.
- Pose questions, investigate and analyse humanistic Buddhist values and evaluate the findings through academic reports.

HB802 Principles of Professional Engagement

Credit points: 6 (six)

Type: Core

This subject provides student practitioners with specialised skill development and understanding of best practices in engaging with others in values-based issues. 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 application 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.

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

- Articulate the significance of humanistic bodhisattva values such as compassion, wisdom, committed service and practice through the development, delivery and evaluation of presentation materials for teaching purpose.
- Develop and evaluate interpersonal and intrapersonal resources for incorporating spiritual practice in light of foundational themes in Humanistic Buddhism.
- Demonstrate specialised knowledge of how to integrate the bodhisattva values of compassion, wisdom, committed service and practice into ethical engagement with others.
- Deeply reflect on the experience of engaging with others in values-based issues.

Applied Mindfulness

Program Introduction

This course examines the origins, applications, and proven benefits of mindfulness. Students will develop a scholarly and experiential understanding of mindfulness and its applications.

The course will examine the Buddhist origins of mindfulness and the ways mindfulness techniques have been used to inquire deeply, cultivate practical wisdom, and alleviate suffering across cultures and throughout history. Students will develop the capacity to apply their learning in a variety of professional contexts, including leadership, workplaces, health and educational settings.

Students will gain the skills to navigate personal and professional challenges with greater clarity, wisdom, and compassion, and clarify their values, ethics and purpose. They will develop the skills to transmit mindfulness knowledge and skills within professional, community and leadership contexts.

This course takes an interdisciplinary approach drawing on our expertise in mindfulness teaching, compassion science, Buddhist studies, sociology, leadership and coaching, and mindfulness and neuroscience. It includes a mindfulness retreat and the opportunity to reflect on how to integrate a personal practice into daily life to engender greater wellbeing, insight and compassion.

Graduates will demonstrate:

- advanced knowledge of applied mindfulness and its applications in various personal and professional contexts, including leadership, the workplace and health settings
- advanced knowledge of the Buddhist origins of mindfulness
- advanced knowledge of the link between mindfulness, compassion, and practical wisdom
- a strong personal practice of mindfulness and the capacity to critically reflect on its benefits and implications
- the skills to critically analyse and evaluate approaches to mindfulness and mindfulness-based interventions

- the skills to transmit mindfulness knowledge, skills and ideas within professional, community and leadership contexts

In 2025, the Applied Mindfulness program will be offered through both on campus and online delivery.

Graduate Certificate in Applied Mindfulness

CRICOS Course Code:

CRICOS Provider Number: **03233C**

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

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

Four (4) core subjects:

HSW807 Applied Mindfulness for Professionals

ABS802 Mindfulness: Theory and Practice

HSW917 Mindful and Compassionate Leadership

HSW905 Compassion at Work

Course Advice

Contact: Dr Nadine Levy

Head of Program, Health and Social Wellbeing & Applied Mindfulness

Email: n.levy@nantien.edu.au

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 the origin and development of Buddhism, key doctrines, and common concepts such as the Four Noble Truths, the Eightfold Nobles' Path, Dependent Origination, Karma, Samsara and Nirvana. The role of Buddhist thought and practice in approaching morality and ethics will be introduced and critically appraised. This subject gives students a foundation for exploring Buddhist studies by critically engaging with sources for Shakyamuni's life and teaching and the development of Buddhist communities throughout Asia up to the modern period.

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.

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.

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.

ABS723 Health as Buddhist Practice

Credit points: 6 (six)

Type: Elective

This subject will be informationally and experientially rich, beginning with a contemporary assessment of the notion of “Health as Buddhist Practice as *Health*”, reflecting the spiral pattern of open spiritual engagement.

The various modern categories of health, happiness, illness, wellness and cure will be considered first, both individually and socially, before reviewing life in the historical Buddha’s time. Both the pervading philosophies and practices concerning life, illness and treatment (ayurvedic, Shamanistic and similar) at that time, together with relevant Buddhist suttas will be presented. The Buddhist understanding of medicine will also be covered, including illness in the physical, psychological and spiritual domains, and the Five Aggregates. The belief in the Buddha as “The Great Physician”, the appearance of the *Vejjavatapada* (the doctors’ oath) and the various health-related items within the Vinaya Pitaka will be analysed. The course will also cover aspects of spiritual health, namely the related concepts of the Three Characteristics of Existence, teachings related to Birth, Life and Death, the soteriological exegesis of Samsara and the Four noble Truths (Tasks), including the Eightfold Path, Karma, Dependent Arising, the evolution of Bodhicitta and the Bodhisattva, and teachings on happiness.

The deficiencies and dilemmas of modern biomedical healthcare, despite “evidence-based care”, will be presented, together with the emergence of effective Buddhist insights and principles, notably a broad spectrum of mindfulness-based interventions, which are subject to ongoing research. Increasingly, mindfulness and a variety of meditational approaches are being taught to the “well” and the suffering, to children, students, stressed or depressed adults, employees (notably health professionals, the police, the military) and to the elderly.

There will be presentations of the experience of seriously ill people to demonstrate the vital role of Dharma-informed treatment. There will be frequent opportunities to practice meditation, of various styles, partly guided, to develop some stress-management, self-understanding and self-compassion, to cultivate happiness and self-transformation.

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.

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 subject.

MH716 Healing Traditions: Buddhism and Psychotherapy

Credit points: 6 (six)

Type: Elective

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 life.

SECTION 6 SERVICES

Reception

Students can contact reception for all general enquiries. The reception is open from 9.00am – 5pm, Monday through Friday, and is located on the Ground floor.

Phone (02) 4258 0700

Student Services Office

Students can contact 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.

Director, Student Services 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 Director, Student Services 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 Director, Student Services to discuss any wellness concerns, for assistance with applying for a reasonable adjustment plan or academic consideration, or for advice on available support services.

Director, Student Services Veronika Penberthy-Groves

Phone (02) 4258 0741

Email enquiry@nantien.edu.au

Library

Nan Tien Institute Library is open from, 9.30am – 5.00pm Monday through Thursday and 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. All students studying online can request chapter scans, and online students located within Australia may also request postal loans (students will need to pay return postage). Serials 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, Perlego, 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.

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>