NAN TIEN INSTITUTE OF HIGHER EDUCATION

Student Handbook | 2027



Nan Tien Institute
231 Nolan St Unanderra, NSW 2526 Australia

(+61) 02 4258 0740
enquiry@nantien.edu.au
www.nantien.edu.au

A MESSAGE FROM THE PRESIDENT



Welcome to Nan Tien Institute (NTI)!

NTI is a private, non-profit, government accredited, Australian higher education provider, offering courses in the areas of Buddhist studies, health and wellbeing.

NTI is one of a relatively small number of institutions in the world offering postgraduate studies grounded in Buddhist wisdom and values. NTI is proud to welcome students from all over the world. Our students are empowered with an education that is mobile, crosses geographic precincts, cultural, digital, and educational borders, and has numerous transferable and adaptable applications.

NTI prides itself on being a truly international organisation that provides all students with a safe, nurturing, and culturally understanding environment that encourages excellence.

We look forward to welcoming you to NTI in 2027.

VISION

To support and inspire learning and the pursuit of research and creative practice that provides the local region with a place for the exchange of western and oriental arts and culture, and contributes to the advancement and integration of knowledge, cultural and ethical understanding for the benefit of humanity in an increasingly complex and globally interdependent world

MISSION

To educate students in a context informed by Buddhist wisdom and values through the academic study of the arts, education, human welfare, religion and other disciplines, and facilitate cultural understanding and appreciation between East and West. The courses and research projects aim to foster academic study through reflection and experiential learning in order to make constructive contributions to humanity and society.

VALUES

- Compassion
- Wisdom
- Committed Service
- Practice

NTI Ranked #1

Nan Tien Institute has been ranked #1 among Australian Postgraduate Non- University Higher Education Institutions in the 2025 Quality Indicators for Learning and Teaching (QILT) Student Experience Survey, achieving an outstanding 98.6% positive student experience rating

CONTENTS



NTI HISTORY 05

APPLIED BUDDHIST STUDIES 07

Course Advice and Overview 08

Graduate Certificate in Applied Buddhist Studies 09

Graduate Diploma in Applied Buddhist Studies 10

Master of Arts (Applied Buddhist Studies) 11

Subject Information 12



HEALTH AND SOCIAL WELLBEING 15

Course Advice and Overview 16

Graduate Certificate in Health and Social Wellbeing 17

Graduate Diploma in Health and Social Wellbeing 18

Master of Arts (Health and Social Wellbeing) 19

Subject Information 20



MENTAL HEALTH 24

Course Advice and Overview 25

Graduate Certificate in Mental Health 26

Graduate Diploma in Mental Health 27

Master of Mental Health 28

Subject Information 29



HUMANISTIC BUDDHISM 34

Course Advice and Overview 35

Graduate Certificate in Humanistic Buddhism 36

Subject Information 37



APPLIED MINDFULNESS 38

Course Advice and Overview 39

Graduate Certificate in Applied Mindfulness 40

Subject Information 41



SINGLE SUBJECT STUDY 42

Cross- Institutional Subjects 43

Auditing a Subject 43

Non award with Assessment 43



SERVICES 44

Student Services Office 45

Disability and Wellness Support 45

NTI Library 45

IT Support 46

Academic Support 46

Consultation with Staff 47

Learning Resources 47

Subject Materials 47

New Students 48

Accommodation

- On Campus 48
- Off-Campus 48

Dining and Entertainment 49

- NTI Art Café 49
- Nan Tien Temple Tea House 49
- Dining Hall of Nan Tien Temple 49
- Eating Out and Entertainment 49

01

NTI History



NTI HISTORY

Background and History



Since the grand opening of Nan Tien Temple in 1995, the Temple has been dedicated to sharing and promoting Buddhism, as well as fostering mutual 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 marked the beginning of an exciting opportunity for NTI to grow in a unique and inspiring setting. NTI commenced teaching in 2011 from rooms within Nan Tien Temple while its campus was under construction. 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.

Education is a core mission of Fo Guang Shan, whose founder, Grand Master Hsing Yun, has established 5 higher education institutions and 16 Buddhist colleges worldwide over the past 30 years. These institutions aim to share Buddhist wisdom and to contribute to a well-informed, harmonious 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



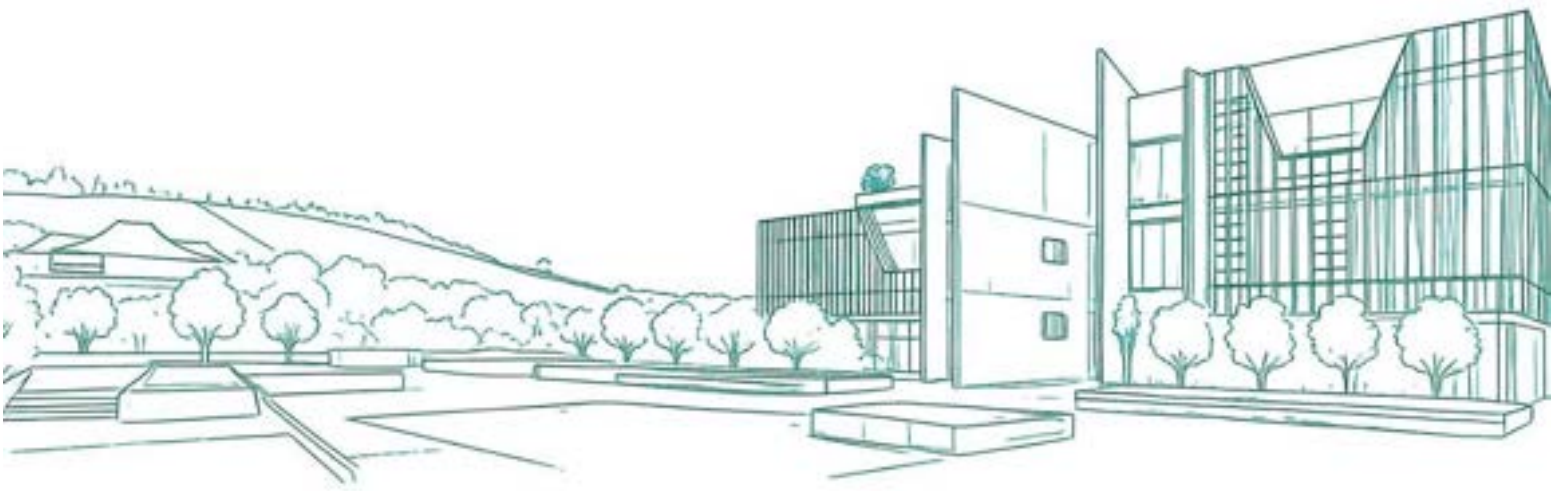
Nan Tien Institute (NTI) is Australia's first higher education institution dedicated to providing a holistic and enlightened learning experience for the 21st century, grounded in humanistic Buddhism values. NTI is a non-profit private institute of higher education, registered and accredited by the Tertiary Education Quality and Standards Agency (TEQSA), and welcomes students from Australia and around the world.

NTI offers postgraduate programs in Applied Buddhist Studies, Health and Social Wellbeing, Humanistic Buddhism, Mental Health and Applied Mindfulness.

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

NTI is dedicated to:

- Supporting the growth and development of students in a harmonious, values-based environment.
- Preparing graduates to meet the challenges and to thrive in an interconnected global society.
- Encouraging scientific inquiry and its application to social challenges.
- Applying the knowledge and skills obtained through studies of science and the humanities, to address real-world problems.
- Building a community of scholars, practitioners and students who combine academic excellence with spiritual enrichment, becoming compassionate and engaged members of society.



02

Applied Buddhist Studies



APPLIED BUDDHIST STUDIES



Course Advice

Contact: Venerable Associate Professor Juewei
Head of Program, Applied Buddhist Studies & Humanistic Buddhism

Email: juewei@nantien.edu.au

Program Introduction

Buddhism, with a history spanning over 2,500 years, offers a profound tradition of quiet contemplation that contrasts sharply with the pace and pressures of modern life. At its core, Buddhist philosophy cultivates a discerning mind – one that appreciates human values and understands the causes and consequences of human actions. Through deep reflection on Buddhist teachings, individuals gain fresh perspectives that are particularly valuable in education, healthcare and other caring professions. Beyond these fields, Buddhist principles can also inform ethical business practices and support environmental sustainability.

This program combines the study of Buddhist theory and other religious systems with experiential learning and meditation, providing a practical and personal engagement with spiritual values in everyday life.

The program is organised in three (3) levels – Graduate Certificate, Graduate Diploma and Master of Arts – forming a nested sequence of courses. This flexible design allows you to progress and tailor your learning journey to your interests and goals.

In 2026, the Applied Buddhist Studies program will be available through both on campus and online delivery.

Courses offered

- Graduate Certificate in Applied Buddhist Studies
- Graduate Diploma in Applied Buddhist Studies
- Master of Arts (Applied Buddhist Studies)

Graduate Certificate in Applied Buddhist Studies

COURSE DETAILS

CRICOS	072349G
DURATION	6 months full-time (part-time available)
DELIVERY	On campus / Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher OR relevant work experience and professional training equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $11,900 / International $12,400 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Graduate Certificate in Applied Buddhist Studies* provides an engaging introduction to Buddhist history, philosophy, and contemporary thought through a series of graduate-level subjects.

Students explore the origins, development, and global influence of Buddhism while examining its relevance to contemporary life and society. Combining academic study with experiential learning, the course encourages students to deepen their understanding through reflection, practice, and the practical application of Buddhist principles. This unique approach fosters personal growth, ethical leadership, and spiritual self-reliance.

This course provides a strong foundation and pathway to further academic study, or is an opportunity for personal enrichment and professional development.

COURSE STRUCTURE

The course requires the completion of 4 subjects (24 credit points).

Core subjects

ABS801 Introduction to Buddhism
ABS802 Mindfulness: Theory and Practice

Elective subjects

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

NTI800 Critical and Contemplative 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*****
HB801 Foundational Texts in Humanistic Buddhism
HB802 Principles of Professional Engagement

*****Prerequisite/corequisite: ABS801 Introduction to Buddhism*

Note: Not all subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Graduate Diploma in Applied Buddhist Studies

COURSE DETAILS

CRICOS	072350D
DURATION	1 year full-time (part-time available)
DELIVERY	On campus / Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $23,800 / International $24,800 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Graduate Diploma in Applied Buddhist Studies* is a course designed for students who wish to deepen their understanding of Buddhism and explore its relevance in today's world. The course offers engaging graduate-level study across Buddhist history, philosophy, culture, and contemporary practice.

Through a combination of academic inquiry and practical application, you will gain a deeper appreciation of Buddhist teachings and their role in addressing modern social, ethical, and personal challenges. The course encourages critical thinking, reflective practice, and analytical skills, helping you connect Buddhist perspectives with contemporary issues and professional contexts.

This course equips you to apply the principles of Buddhism in everyday life and professional settings, and it provides a strong foundation for further academic study and personal enrichment.

COURSE STRUCTURE

The course requires the completion of 8 subjects (48 credit points).

Core subjects

ABS801 Introduction to Buddhism
ABS802 Mindfulness: Theory and Practice
ABS904 Buddhist Ethics
ABS920 Buddhism and Interreligious Understanding
ABS922 Buddhism and Modern Society

Elective subjects

3 electives from the list below but may include 1 subject from the Health and Social Wellbeing Program:

NTI800 Critical and Contemplative Inquiry
ABS923 Health as Buddhist Practice
ABS931 Selected Readings of World Buddhist Literature*****
ABS933 Buddhist Art as Visual Communication*****
HB801 Foundational Texts in Humanistic Buddhism
HB802 Principles of Professional Engagement

*******Prerequisite/corequisite: ABS801 Introduction to Buddhism*

Note: Not all subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Master of Arts (Applied Buddhist Studies)

COURSE DETAILS

CRICOS	072351C
DURATION	1.5 years full-time (part-time available)
DELIVERY	On campus / Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $35,700 / International $37,200 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Master of Arts (Applied Buddhist Studies)* is an advanced program for students seeking deeper understanding of Buddhist thought, history, philosophy, and its relevance in the modern world. Combining graduate-level subjects with substantial independent research, the program explores Buddhism from both academic and practical perspectives.

Students explore the development and influence of Buddhism across cultures, its dialogue with other religious traditions, and its approaches to ethics, leadership, wellbeing, and social responsibility. The program also considers how Buddhist principles can be applied to personal, professional, and community life.

Designed to develop advanced research and analytical skills, the course prepares students to undertake independent scholarly inquiry in Buddhist and religious studies, while providing a strong foundation for further academic study, professional practice, or personal enrichment.

COURSE STRUCTURE

The course requires the completion of 12 subjects (72 credit points).

Core subjects

ABS801 Introduction to Buddhism
ABS802 Mindfulness: Theory and Practice
ABS903 Research methods of Applied Buddhist Studies*****
ABS904 Buddhist Ethics
ABS920 Buddhism and Interreligious Understanding
ABS922 Buddhism and Modern Society
NTI951 Capstone Seminar

Elective subjects

5 electives from the list below but may include 2 subjects from the Health and Social Wellbeing Program:

NTI800 Critical and Contemplative Inquiry
ABS923 Health as Buddhist Practice
ABS931 Selected Readings of World Buddhist Literature*****
ABS933 Buddhist Art as Visual Communication*****
HB801 Foundational Texts in Humanistic Buddhism
HB802 Principles of Professional Engagement

*******Prerequisite/corequisite: ABS801 Introduction to Buddhism*

Note: Not all subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Subject Information

ABS801 Introduction to Buddhism *(6 credit points)*



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 *(6 credit points)*



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, it also examines the variety of applications of mindfulness in new non-Buddhist contexts and environments.

The subject emphasises 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 *(6 credit points)*



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 *(6 credit points)*



This subject explores the foundational concepts and values of Buddhist ethics, with a particular emphasis on the Five Precepts and their relevance in contemporary contexts. Students will critically engage with these ethical principles, reflecting on their personal ethical positions and the implications of these teachings for modern moral dilemmas. Through discussions and evaluations of real-world applications, students will develop a deeper understanding of how Buddhist traditions address ethical challenges today.

This subject encourages students to examine the interplay between the Five Precepts, contemporary Buddhist ethics, and current issues, fostering reflective insights into ethical behaviour and decision-making in various spheres of life.

ABS920 Buddhism and Interreligious Understanding *(6 credit points)*



The subject focuses on the theory of religion and interfaith dialogue. Firstly, it presents secularisation processes and outlines the foundations of religious studies. It then proceeds with an examination of fundamental issues in the history and development of major world religions, including Christianity, Islam, Hinduism, and Buddhism from a comparative and interfaith perspective. Readings of relevant key texts will be discussed in the context of modern and historical societal problems, as well as approaches to conflict resolution and peace.

The subject will explore major methodological approaches in religious studies. Including the main features of contemporary feminist and decolonial theories in the study of religions. Additionally, the subject aims to investigate the role and future of religion and interfaith dialogue in our globalised world. Students will explore how Buddhist perspectives could inform and contribute to contemporary interfaith dialogue.

ABS922 Buddhism and Modern Society *(6 credit points)*



This subject explores how Buddhism engages with contemporary challenges. Students will develop advanced knowledge of global Buddhism, including modernist, postmodern and neoliberal currents, examining diverse manifestations in various cultural contexts. Students will analyse and synthesise the interactions between Buddhism and modern society, critically review contemporary dynamics, and reflect on how their positionalities influence interpretation.

Students will engage with advanced research tools such as GenAI tools. This subject also emphasises the application of reflective skills suited to advanced academic inquiry.

ABS923 Health as Buddhist Practice *(6 credit points)*



This subject examines areas of convergence, tension and potential integration between modern scientific and Buddhist approaches to health and wellbeing. The subject traces the evolution of Buddhism's relationship with medical systems from the early Pali cannon, through the Mahayana and Vajrayana traditions, alongside evolving definitions and attitudes to health in modern medical science and frameworks such as those of the World Health Organization.

Students explore the opportunities and obstacles for collaboration between these two distinct approaches to health and wellbeing, including the promises and challenges of researching traditional medical approaches with *modern* research methods. Time is devoted to mental health, and how Buddhist practices and frameworks are increasingly adopted in the field, including the growing area of spiritual care in prevention, treatment and palliative contexts.

ABS931 Selected Readings of World Buddhist Literature *(6 credit points)*



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 *(6 credit points)*



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.

NTI951 Capstone Seminar *(6 credit points)*



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.

03

Health and Social Wellbeing



HEALTH AND SOCIAL WELLBEING



Course Advice

Contact: Dr Nadine Levy

Head of Program, Health and Social Wellbeing & Applied Mindfulness

Email: n.levy@nantien.edu.au

Program Introduction

Health, social wellbeing, and the happiness of individuals and communities form the foundation of healthy societies. This program is designed to help you build the knowledge and practical skills needed to advance your career in this field, enrich your work with others, and contribute meaningfully to community development and positive social change.

Studying Health and Social Wellbeing at Nan Tien Institute offers you the opportunity to gain essential insights and competencies for both professional and personal growth. You will learn in a unique, supportive environment alongside students from around the globe, with a focus on:

- Exploring the interdependence of mind, body, and emotions.
- Developing an evidence-based, experiential, and holistic understanding of health and wellbeing practices that benefit individuals, communities, and societies.
- Integrating principles of health, wellness, and harmony into everyday life and work to maintain mental and physical health, prevent chronic lifestyle diseases, and enhance productivity, life satisfaction, relationships, and personal fulfilment.

The Health and Social Wellbeing courses are relevant to people working in a diverse range of fields, including counselling and therapy, mental health, nursing, allied health, psychology and psychiatry, social work, palliative care and pain management, health services and health promotion, chronic illness, disability and rehabilitation, education, nutrition, sport and exercise science, business an management, HR, mentoring and life coaching, organizational development and 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.

Courses offered

- Graduate Certificate in Applied Buddhist Studies
- Graduate Diploma in Applied Buddhist Studies
- Master of Arts (Health and Social Wellbeing)

Graduate Certificate in Health and Social Wellbeing

COURSE DETAILS

CRICOS	072517C
DURATION	6 months full-time (part-time available)
DELIVERY	On campus / Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher OR relevant work experience and professional training equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $11,900 / International $12,400 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Graduate Certificate in Health and Social Wellbeing* offers a holistic approach to health and wellbeing through flexible study, enriched by mindful and contemplative practices.

Students are encouraged to cultivate their own wellbeing while developing the knowledge and skills to support the health and social needs of others. This distinctive approach recognizes that effective and sustainable caring requires self-awareness, resilience and self-care, helping students address the challenges of burnout and compassion fatigue.

With its unique combination of embodied, holistic and contemplative learning, the course provides a contemporary and enriching postgraduate education experience for those seeking to make a positive impact in their communities and professional practice.

COURSE STRUCTURE

The course requires the completion of 4 subjects (24 credit points).

Core subjects

HSW801 Mind-Body Wellness
HSW902 Nutrition and Mental Health
HSW903 Research Methods and Evidence-Based Practice

Elective subjects

1 elective to be chosen from the list below:
NTI800 Critical and Contemplative Inquiry
HSW905 Compassion at Work
HSW915 Therapy through Art
HSW916 Healing Traditions: Buddhism and Psychotherapy
HSW917 Mindful and Compassionate Leadership
ABS801 Introduction to Buddhism
ABS923 Health as Buddhist Practice

Note: Not all subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Graduate Diploma in Health and Social Wellbeing

COURSE DETAILS

CRICOS	082516D
DURATION	1 year full-time (part-time available)
DELIVERY	On campus / Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $23,800 / International $24,800 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Graduate Diploma in Health and Social Wellbeing* offers a holistic approach to health and wellbeing, combining contemporary knowledge with mindful and contemplative approaches to learning.

Designed to deepen students' understanding of the factors that shape individual and community wellbeing, the course encourages students to explore health from persona, professional, and social perspectives. A distinctive feature of study at NTI is the integration of self-care into the learning experience, recognizing that sustainable care for others begins with caring for yourself.

Students develop the knowledge, skills and resilience needed to support the wellbeing of individuals and communities while helping to prevent burnout and compassion fatigue in professional practice.

COURSE STRUCTURE

The course requires the completion of 8 subjects (48 credit points).

Core subjects

HSW801 Mind-Body Wellness
HSW902 Nutrition and Mental Health
HSW903 Research Methods and Evidence-Based Practice
HSW904 Social Policy, Health and Welfare
HSW912 Coaching and Counselling for Health and Wellbeing

Elective subjects

3 electives to be chosen from the list below:
NTI800 Critical and Contemplative Inquiry
HSW905 Compassion at Work
HSW807 Applied Mindfulness for Professionals
HSW915 Therapy through Art
HSW916 Healing Traditions: Buddhism and Psychotherapy
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 subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Master of Arts (Health and Social Wellbeing)

COURSE DETAILS

CRICOS	082515E
DURATION	1.5 years full-time (part-time available)
DELIVERY	On campus / Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $35,700 / International $37,200 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Master of Arts (Health and Social Wellbeing)* is an advanced program that explores innovative and holistic approaches to health, wellbeing and social care, through contemporary scholarship, contemplative learning and independent research.

Integration of mindfulness, self-awareness and self-care into the learning experience will assist students to develop knowledge, resilience and professional capabilities needed to support others effectively while maintaining their own wellbeing.

Graduates are equipped to make a positive and sustainable contribution across health, community, social, and leadership settings, with a strong foundation for further academic or professional development.

COURSE STRUCTURE

The course requires the completion of 12 subjects (72 credit points).

Core subjects

HSW801 Mind-Body Wellness
HSW902 Nutrition and Mental Health
HSW903 Research Methods and Evidence-Based Practice
HSW904 Social Policy, Health and Welfare
HSW912 Coaching and Counselling for Health and Wellbeing
MH914 Mental Health and Wellness
HSW915 Therapy through Art
HSW916 Healing Traditions: Buddhism and Psychotherapy

Elective subjects

4 electives to be chosen from the list below:
NTI800 Critical and Contemplative Inquiry
HSW905 Compassion at Work
HSW807 Applied Mindfulness for Professionals
HSW917 Mindful and Compassionate Leadership
HSW950 Research Project
ABS801 Introduction to Buddhism
ABS802 Mindfulness: Theory and Practice
ABS904 Buddhist Ethics
ABS923 Health as Buddhist Practice
NTI951 Capstone Seminar

Note: Not all subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Subject Information

HSW801 Mind-Body Wellness *(6 credit points)*



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 and Mental Health *(6 credit points)*



In this subject, students will explore the critical role of nutrition in the prevention, management, and treatment of mental health conditions. Through evidence-based research and practical applications, students will examine how nutrients interact with brain physiology, the nervous system, and mental health outcomes. Students 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.

HSW903 Research Methods and Evidence-Based Practice *(6 credit points)*



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 *(6 credit points)*



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 *(6 credit points)*



Compassion is a priority area for improvement in health care. Explicit training in compassion is now required within increasingly complex and fast-paced health care settings. This subject examines the implications of compassion in health care for individuals, organisations and society, drawing on compassion science, which suggests that compassion is central to positive outcomes in health care.

This subject examines physiological, psychological, philosophical and sociological evidence, linking compassionate health care and contemplative practice to improved quality of life for staff and clients.

Students examine the impact of compassion in health care settings and its contribution to lower absenteeism, burnout, higher job satisfaction, commitment and accountability. This subject uses a strength-based, resilience-building approach, while offering applied and theoretical experience of compassion for personal and professional development in health care.

HSW807 Applied Mindfulness for Professionals *(6 credit points)*



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, along with 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 applicati0on 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 *(6 credit points)*



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.

MH914 Mental Health and Wellness *(6 credit points)*



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 contribution to their community. Mental Health is deeply interconnected with one's relationships, environment, and broader social context. Rapidly evolving knowledge based on 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.

HSW915 Therapy through Art *(6 credit points)*



This subject offers students advanced, integrative engagement with expressive arts therapy approaches, including Mindfulness-Based Art and Nature-Based Art Therapy, within contemporary health and social wellbeing contexts. Students critically analyse and apply the foundations of arts therapy across diverse settings.

Through experiential learning using modalities such as painting, collage, photo-language, calligraphy, and music, students evaluate arts-based interventions and their ethical, culturally responsive, and evidence-informed application.

Students design and evaluate an arts-based therapeutic program for a defined cohort while developing reflexive practice, creativity, mindfulness, compassion, and professional self-awareness.

HSW916 Healing Traditions: Buddhism and Psychotherapy *(6 credit points)*



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 *(6 credit points)*



In an era of volatility, uncertainty, complexity, and ambiguity (VUCA), this subject develops advanced capabilities in mindful and compassionate leadership. Students critically analyse and compare eastern and western leadership frameworks, while appraising their own leadership attributes, including bias and relational impact. Through an applied and immersive approach, students engage with the ethical foundations of leadership, including compassion, relational responsibility, and restorative communication. Structured reflective and contemplative practices support the development of embodied presence, self-awareness, and ongoing leadership growth.

Students apply these insights to complex, real-world situations, exercising sound judgement and evaluating leadership outcomes. Learning is experiential and dialogical, integrating theory, practice, and reflection. By the end of the subject, students can clearly communicate and justify a coherent approach to mindful and compassionate leadership in professional contexts.

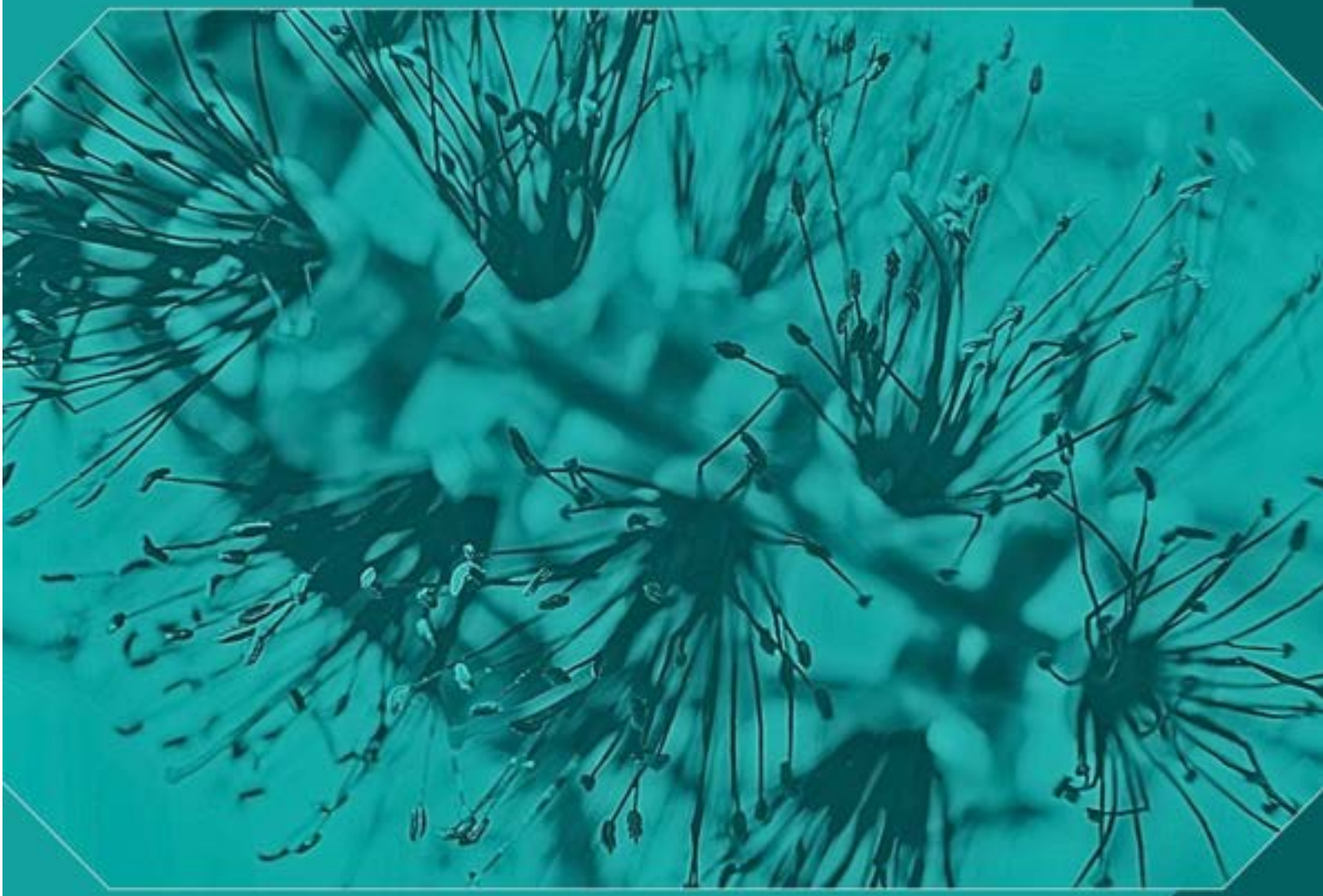
HSW950 Research Project *(12 credit points)*



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 data collection techniques. The emphasis of this subject is on the application of research knowledge gained in other subjects to the development of the individual project, culminating in a written thesis and a presentation at a professional seminar.

04

Mental Health



MENTAL HEALTH



Course Advice

Contact: Dr Nadine Levy
Head of Program, Mental Health
Email: n.levy@nantien.edu.au

Program Introduction

NTI's Mental Health courses are designed to prepare graduates to respond effectively to the growing complexity of mental health challenges in society. NTI combines evidence-based mental health education with its unique contemplative pedagogy, creating a learning environment that is both academically rigorous and personally transformative. Students explore contemporary mental health practices alongside Buddhist philosophy of mind, mindfulness, and compassion-based approaches, fostering deep self-awareness and resilience.

All courses offer flexibility for students balancing work, study and personal commitments. Courses are taught in small, interactive classes by experienced educators and health professionals who provide personalised support throughout your learning journey.

NTI's Mental Health courses are ideal for professionals in health-related fields, education, leadership, and community roles, or individuals committed to personal and professional growth. This program is suited to those who see mental health knowledge as essential for creating meaningful and sustainable change and the courses equip students with advanced skills to deliver ethical, evidence-based and compassionate care.

Courses offered

- Graduate Certificate in Mental Health
- Graduate Diploma in Mental Health
- Master of Mental Health

Graduate Certificate in Mental Health

COURSE DETAILS

CRICOS	0100333
DURATION	6 months full-time (part-time available)
DELIVERY	Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher OR 3.5 years relevant work experience and professional training equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $11,900 / International $12,400 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Graduate Certificate in Mental Health* offers a holistic approach to health and wellbeing, delivered in a supportive and contemplative learning environment.

Designed for health and helping professionals, the course combines contemporary mental health knowledge with mindfulness, ethics, and compassion. Students develop practical skills to support people experiencing mental health challenges while also learning strategies to maintain their own wellbeing and resilience.

The unique approach of integrating contemplative practice and self-case into the learning journey helps students cultivate the knowledge, confidence and compassion needed to make a positive difference in the lives of others, while fostering their own personal and professional growth.

COURSE STRUCTURE

The course requires the completion of 4 subjects (24 credit points).

Core subjects

NTI800 Critical and Contemplative Inquiry
MH801 Mind-Body Wellness in Mental Health
HSW905 Compassion at Work
MH914 Mental Health and Wellness

Note: Not all subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Graduate Diploma in Mental Health

COURSE DETAILS

CRICOS	0100334
DURATION	1 year full-time (part-time available)
DELIVERY	Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $23,800 / International $24,800 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Graduate Diploma in Mental Health* offers a distinctive postgraduate pathway for professionals seeking to deepen their knowledge and skills in mental health.

Delivered fully online, the program combines contemporary mental health theory with NTI's unique contemplative approach to learning, integrating mindfulness, reflection, and self-awareness alongside evidence-based practice. Students are encouraged to develop not only professional expertise but also the resilience and insight needed for sustainable practice in healthcare, education, and community settings.

The course offers a flexible range of subjects that can be tailored to students' professional interests and career goals. Graduates are well prepared to make a meaningful impact in mental health settings, with the option to continue their studies further.

COURSE STRUCTURE

The course requires the completion of 8 subjects (48 credit points).

Core subjects

NTI800 Critical and Contemplative Inquiry
MH801 Mind-Body Wellness in Mental Health
HSW905 Compassion at Work
MH914 Mental Health and Wellness
MH904 Mental Health and Wellness

Elective subjects

3 electives to be chosen from the list below:
MH902 Nutrition and Mental Health
MH912 Interpersonal Skills for Mental Health Professionals
MH913 Mental Health in Ageing
MH915 Therapy through Art
MH921 Mindful Nature Connection
HSW807 Applied Mindfulness for Professionals
HSW917 Mindful and Compassionate Leadership
ABS923 Health as Buddhist Practice

Note: Not all subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Master of Mental Health

COURSE DETAILS

CRICOS	0100335
DURATION	1.5 years full-time (part-time available)
DELIVERY	Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $35,700 / International $37,200 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Master of Mental Health* offers an advanced and distinctive postgraduate pathway for professionals seeking to deepen their expertise in mental health and wellbeing.

Delivered fully online, the program combines contemporary mental health theory with NTI's unique contemplative approach to learning. Through the integration of mindfulness, compassion, ethical awareness, and evidence-based practice, students develop the knowledge, resilience, and insight needed to support others while maintaining their own wellbeing.

Designed to foster both professional growth and personal development, the course equips graduates with advanced skills to lead and contribute effectively across healthcare, education, community, and organizational settings, while providing a strong foundation for career advancement and lifelong learning.

COURSE STRUCTURE

The course requires the completion of 12 subjects (72 credit points).

Core subjects

NTI800 Critical and Contemplative Inquiry
MH801 Mind-Body Wellness in Mental Health
HSW905 Compassion at Work
MH914 Mental Health and Wellness
MH904 Mental Health and Wellness
MH903 Research Methods in Mental Health
MH916 Healing Traditions: Buddhism and Psychotherapy

Elective subjects

5 electives to be chosen from the list below:
MH902 Nutrition and Mental Health
MH912 Interpersonal Skills for Mental Health Professionals
MH913 Mental Health in Ageing
MH915 Therapy through Art
MH921 Mindful Nature Connection
HSW807 Applied Mindfulness for Professionals
HSW917 Mindful and Compassionate Leadership
ABS923 Health as Buddhist Practice

Note: Not all subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Subject Information

NTI800 Critical and Contemplative Inquiry *(6 credit points)*



Rooted in NTI's contemplative pedagogy, this subject is designed to prepare students to succeed in their postgraduate studies by focusing on three interconnected areas: reflexivity, discernment and engagement.

Reflexivity: students will consolidate existing academic abilities and literacies while developing reflective and relational practices that support learning within and beyond the classroom.

Discernment: students will strengthen critical thinking, research and communication skills through engagement with contemporary topics, including interaction with emerging technologies as both tool and object of critique.

Engagement: students will be supported in developing an academic voice that is both rigorous and self-aware, enabling them to situate their contributions within broader scholarly and societal contexts.

MH801 Mind-Body Wellness in Mental Health *(6 credit points)*



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 *(6 credit points)*



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 in Mental Health *(6 credit points)*



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 *(6 credit points)*



This subject explores the ethical dimensions of mental health care through both Western and Buddhist perspectives. Students critically examine diverse ethical frameworks and apply them to complex dilemmas in psychiatric and community mental health contexts, including issues of autonomy, coercion, cultural diversity, addiction, end-of-life care, suicide, and systemic inequality.

Buddhist ethical concepts such as karma, ethical intention, and the precepts are explored in relation to professional codes of ethics, mental health legislation, and dominant Western frameworks such as utilitarianism and principlism. While Western traditions often centre on rule-based or outcome-oriented judgements, Buddhist ethics foreground intentionality, compassion, and relational awareness. This invites students to consider how differing worldviews shape ethical understanding and action in mental health practice.

Contemplative methods such as mindful reflection and ethical inquiry support students to develop an ethically grounded, culturally responsive, and compassionate approach to decision-making. The subject also engages emerging ethical issues, including those arising from technological developments such as artificial intelligence (AI), data use, and digital mental health interventions.

HSW905 Compassion at Work *(6 credit points)*



Compassion is a priority area for improvement in health care. Explicit training in compassion is now required within increasingly complex and fast-paced health care settings. This subject examines the implications of compassion in health care for individuals, organisations and society, drawing on compassion science, which suggests that compassion is central to positive outcomes in health care.

This subject examines physiological, psychological, philosophical and sociological evidence, linking compassionate health care and contemplative practice to improved quality of life for staff and clients.

Students examine the impact of compassion in health care settings and its contribution to lower absenteeism, burnout, higher job satisfaction, commitment and accountability. This subject uses a strength-based, resilience-building approach, while offering applied and theoretical experience of compassion for personal and professional development in health care.

MH912 Interpersonal Skills for Mental Health Professionals *(6 credit points)*



Effective interpersonal communication is central to contemporary mental health and helping contexts. Professionals working across mental health, health, and community settings are increasingly required to engage in relational and culturally responsive communication that supports wellbeing, recovery, and positive change. This work also requires reflective capacity, intrapersonal awareness and sensitivity to the ways personal responses, assumptions, and communication patterns shape relational practice.

This subject introduces students to a range of evidence-based interpersonal approaches relevant to mental health and wellbeing contexts, including person-centred, strengths-based, and solution-focused approaches. Through experiential learning activities, reflective practice, and interpersonal helping conversations, students will cultivate and refine communication, reflective listening, and relational skills.

MH913 Mental Health in Ageing *(6 credit points)*



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 *(6 credit points)*



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 *(6 credit points)*



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 *(6 credit points)*



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 *(6 credit points)*



This subject will explore definitions and frameworks of mindfulness and nature connection 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.

05

Humanistic Buddhism



HUMANISTIC BUDDHISM



Course Advice

Contact: Venerable Associate Professor Juewei
Head of Program, Applied Buddhist Studies & Humanistic Buddhism
Email: juewei@nantien.edu.au

Program Introduction

Nan Tien Institute offers the first Humanistic Buddhism program in Australasia, designed to help individuals navigate the challenges of today's dynamic and interconnected world through 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 engage with a range of subjects on Buddhist history, thought, and practice. Located near Nan Tien Temple, this NTI's program provides unique opportunities to experience and study this vibrant religious setting – its social engagement, worship and organisational structure – as inspiration for further learning.

In addition, you will benefit from a multidisciplinary approach, with subjects taught by experienced faculty and visiting lecturers from diverse fields.

Courses Offered:

- Graduate Certificate in Humanistic Buddhism

Graduate Certificate in Humanistic Buddhism

COURSE DETAILS

CRICOS	097542A
DURATION	6 months full-time (part-time available)
DELIVERY	On campus / Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher OR 3.5 relevant work experience and professional training equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $11,900 / International $12,400 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Graduate Certificate in Humanistic Buddhism* offers an enriching postgraduate experience for students seeking a deeper understanding of Buddhist philosophy, practice, and its relevance in contemporary life. Through the study of history, culture, texts, and lived traditions, students explore the key themes and values of Humanistic Buddhism from both academic and practical perspectives.

The course encourages critical engagement with contemporary issues while fostering personal growth through contemplative reflection and self-inquiry. Students develop greater self-awareness, a stronger sense of purpose, and the knowledge and skills to make meaningful contributions to their communities and professions.

Open to students from all Buddhist traditions, the course is particularly valuable for those involved in Buddhist organisations, education, community work, leadership, or values-based professional practice. Supported by experienced academics and visiting specialists from diverse fields, graduates gain the insight and confidence to promote compassion, mindfulness, ethical leadership, and positive social impact in a wide range of settings.

COURSE STRUCTURE

The course requires the completion of 4 subjects (24 credit points).

Core subjects

HB801 Foundational Texts in Humanistic Buddhism
HB802 Principles of Professional Engagement

Elective subjects

2 electives to be chosen from the list 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*****
NTI800 Critical and Contemplative Inquiry

*******Prerequisite/corequisite: ABS801 Introduction to Buddhism*

Note: Not all subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Subject Information

HB801 Foundational Texts in Humanistic Buddhism *(6 credit points)*



This subject explores the historical and philosophical evolution of Humanistic Buddhism, tracing its roots in early Buddhist teachings to its modern reinterpretation. It examines key passages from canonical texts across Theravāda, Mahāyāna, and Vajrayāna traditions, highlighting values such as compassion, lobing-kindness, and wisdom. Through a study of more recent commentaries by Humanistic Buddhist masters, students will gain insight into how these values are interpreted and articulated in contemporary contexts.

The subject emphasises analytical study of foundational texts and their modern interpretations, deepening understanding of Humanistic Buddhism's principles and development. By engaging with these texts, students will critically analyse and articulate these values through modern language and media.

HB802 Principles of Professional Engagement *(6 credit points)*



This subject explores ethical professional engagement through the bodhisattva values of committed service and embodied practice, offering frameworks applicable to both Buddhist and secular practitioners. Students develop competencies in identifying and communicating the key elements of a bodhisattva model of engagement. They apply Buddhist teachings to organisational ethics through structured practice methodologies.

Students also evaluate the bodhisattva values of committed service and practice through applied practice scenarios. Emphasising practice-based learning modules, the subject connects ancient wisdom with contemporary challenges in professional ecosystems.

06

Applied Mindfulness



APPLIED MINDFULNESS



Course Advice

Contact: Dr Nadine Levy
Head of Program, Health and Social Wellbeing & Applied Mindfulness
Email: n.levy@nantien.edu.au

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

Courses Offered:

- Graduate Certificate in Applied Mindfulness

Graduate Certificate in Applied Mindfulness

COURSE DETAILS

CRICOS	114971A
DURATION	6 months full-time (part-time available)
DELIVERY	On campus / Online
ENTRY REQUIREMENTS	Australian Bachelor degree or higher OR overseas qualification equivalent to Australian Bachelor degree or higher OR 3.5 relevant work experience and professional training equivalent to Australian Bachelor degree or higher
IELTS	Overall 6.5 (R: 6; W: 6; L:6; S: 6)
FEES	Domestic $11,900 / International $12,400 **FEE-HELP available to eligible Australian citizens*

COURSE OVERVIEW

The *Graduate Certificate in Applied Mindfulness* is a postgraduate course for professionals, leaders and practitioners who want to deepen their understanding of mindfulness, its Buddhist origins and its practical application in work, leadership, health, education and personal life.

The course is particularly suited for:

- professionals – build mindfulness skills you can apply in workplaces, health, education, leadership and community settings
- leaders – develop ethical, compassionate and self-aware leadership practices for complex environments
- mindfulness practitioners – go beyond surface-level mindfulness by studying its Buddhist foundations, theory and lived practice
- health, wellbeing and education practitioners – strengthen your ability to support others while sustaining your own wellbeing and reflective practice

COURSE STRUCTURE

The course requires the completion of 4 subjects (24 credit points).

Core subjects

HSW807 Applied Mindfulness for Professionals
ABS802 Mindfulness: Theory and Practice
HSW917 Mindful and Compassionate Leaderships
HSW905 Compassion at Work

Note: Not all subjects are offered each semester. For the latest schedule, visit the NTI website or contact the Student Services Office.

Subject Information

HSW807 Applied Mindfulness for Professionals *(6 credit points)*



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, along with 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 applicati0on 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.

ABS802 Mindfulness: Theory and Practice *(6 credit points)*



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, it also examines the variety of applications of mindfulness in new non-Buddhist contexts and environments.

The subject emphasises 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.

HSW917 Mindful and Compassionate Leadership *(6 credit points)*



In an era of volatility, uncertainty, complexity, and ambiguity (VUCA), this subject develops advanced capabilities in mindful and compassionate leadership. Students critically analyse and compare eastern and western leadership frameworks, while appraising their own leadership attributes, including bias and relational impact. Through an applied and immersive approach, students engage with the ethical foundations of leadership, including compassion, relational responsibility, and restorative communication. Structured reflective and contemplative practices support the development of embodied presence, self-awareness, and ongoing leadership growth.

Students apply these insights to complex, real-world situations, exercising sound judgement and evaluating leadership outcomes. Learning is experiential and dialogical, integrating theory, practice, and reflection. By the end of the subject, students can clearly communicate and justify a coherent approach to mindful and compassionate leadership in professional contexts.

HSW905 Compassion at Work *(6 credit points)*



Compassion is a priority area for improvement in health care. Explicit training in compassion is now required within increasingly complex and fast-paced health care settings. This subject examines the implications of compassion in health care for individuals, organisations and society, drawing on compassion science, which suggests that compassion is central to positive outcomes in health care.

This subject examines physiological, psychological, philosophical and sociological evidence, linking compassionate health care and contemplative practice to improved quality of life for staff and clients.

07

Single Subject Study



CROSS INSTITUTIONAL AND SINGLE SUBJECT STUDIES

Cross-Institutional Studies

Nan Tien Institute welcomes students from other Australian universities to undertake cross-institutional study, enabling subjects completed at NTI to count towards their home degree.

While all NTI subjects are available for cross-institutional study, please note we only offer postgraduate level subjects.

It is recommended that you check subject availability via our online timetable.

Auditing a Subject

Auditing is designed for students who want to engage with the course content for personal interest, professional development, or to explore a new area of study without the commitment of assignments or exams.

While auditing students gain access to lectures and learning materials, they do not submit assessments, do not receive feedback and are not eligible for credit towards a qualification.

This option is ideal for students seeking personal enrichment or professional development without pursuing a qualification.

All subjects from our postgraduate degrees are eligible for auditing. It is recommended that you check subject availability via our online timetable.

Non-Award Enrolment with Assessment

Non-award enrolment allows students to complete a subject in full, including all assessments, without being enrolled in a formal award program. This option provides the same academic experience as award students, including graded assessments and feedback from lecturers.

Non-award enrolment is particularly valuable for professionals seeking to upskill, individuals exploring postgraduate study, or those wishing to experience NTI's unique contemplative approach before committing to a full program.

All subjects from our postgraduate degrees are eligible for non-award enrolment with assessment. It is recommended that you check subject availability via our online timetable.



08

Services



SERVICES

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

Student Enquiries Officer Alex Hawksley

Phone (02) 4258 0740

Email enquiry@nantien.edu.au

Disability and Wellness Support

Students who have a health condition or wellness concern are encouraged to contact the Director of Student Services to discuss available assistance and support options that can help minimise any impact on their studies.
Appointments can be arranged with the Director of Student Services to address wellness concerns, seek guidance on applying for a Reasonable Adjustment Plan or academic consideration, and to explore what other support can be offered by NTI.

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.

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

Email itsupport@nantien.edu.au

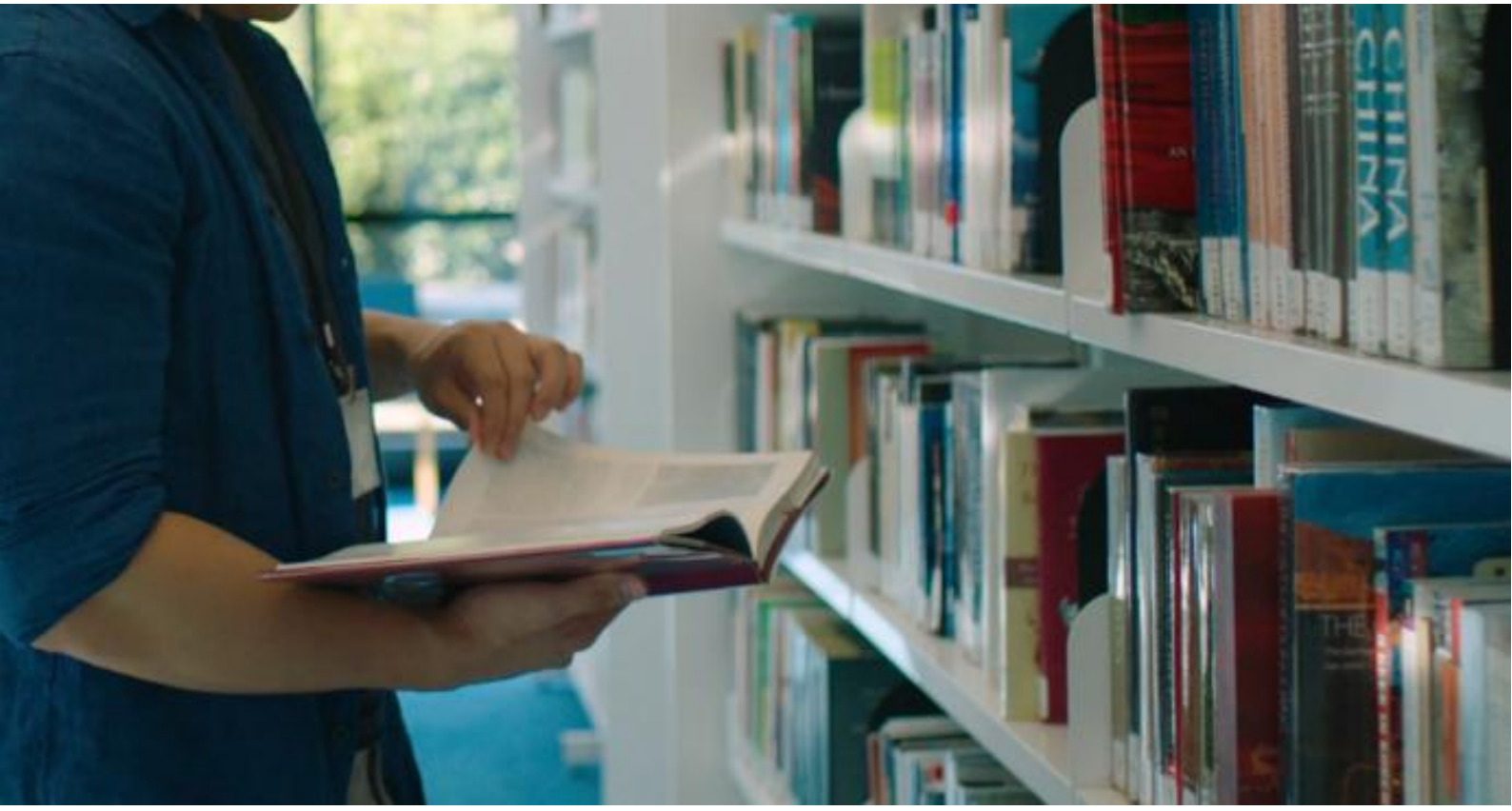
Academic Support

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, including both full-time and sessional lecturers, are available for student consultation throughout the semester via onsite meetings, email and online platforms in both synchronous and asynchronous teaching formats. During on campus or Zoom intensive teaching weeks, dedicated time slots are typically scheduled for in-person consultations as part of the teaching program.

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

NTI ensures that all students have equitable access to learning resources without unexpected barriers, additional costs, or complex technology requirements. This includes students who require academic consideration, reasonable adjustments, or who are studying via online learning.

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 students 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 reviewed and updated by academic staff before the commencement of each teaching period. All subject revisions undergo approval by the Education Committee, and by the Academic Board.

Subject materials are made available via NTiLearn the week before subject commencement. 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 available within the platform when they enrol in their first subject.

In addition, all domestic students are offered a personalised one-on-one orientation session, which includes a demonstration of the Student Portal and NTiLearn's key features, library resources, and navigation tips to ensure a smooth start to their studies.

International students participate in an extended orientation session that provides a comprehensive demonstration of NTI's online systems, library resources, student support services, and an overview of policies and procedures. This ensures that international students are fully equipped to engage with their studies and access the resources they need.

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 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

Wollongong is rich and diverse in its culture and experiences. Visitwollongong.com.au has an extensive catalog of all Wollongong entertainment, eateries and more, but here are some ideas for places to eat and things to do!

If you are close to Nan Tien Institute and are looking for a relaxing sit-down meal, you will find plenty of amazing restaurants nearby. Ambiance Ristorante, Samaras Lebanese Restaurant, Okami Japanese Restaurant, Coastal Thai Restaurant, and the Unanderra Peacock Palace all offer comfortable dining experiences where you can enjoy a full, flavoursome meal.

As a lighter option, there are many cosy cafés in the area. Enjoy a coffee or a quick bite at Paper Boat Café, Steam Heads, 4M Espresso Bar or Café Fourteen, perfect for before class or in between activities.

For entertainment, you can enjoy wood-fired pizza and live music at Seekers Brewery. Alternatively, you can catch the latest movies at HOYTS or Gala Twin Cinema, go for a swim at Western Suburbs Pool, get active at the Illawarra Sports Stadium or get behind the wheel at the Wollongong Kart Raceway.

If you are heading into Wollongong, there are even more dining choices to explore. You can indulge in a refined meal at K.malu, Kneading Ruby, Harbourfront Seafood, Tsuki Dining, Meat and Grain Steakhouse, The Great Pavilion or The Living Room Wollongong, all offering their own unique atmosphere and menu.

If you are looking for some delicious coffee and breakfast, head down to Honeybee Café, Café Hashtag, Lower East Café, Lee and Me or The Gong View Café, all located in the CBD.

Wollongong offers a fantastic range of free activities. Wander along North Beach, City Beach or take a dip in the Continental Pool at Wollongong Harbour. Take in sweeping views from Mt Keira Lookout or Sublime Point, stroll across the iconic Sea Cliff Bridge, have a leisurely stroll through Puckey's Estate or immerse yourself in nature at the Wollongong Botanic Garden.

If your goal is a fun day out, you have many options to choose from. You can view the exhibits at the Wollongong Art Gallery, explore the hands-on science exhibits and planetarium at Science Space, visit Australian wildlife at Symbio Wildlife Park, enjoy live theatre at the Illawarra Performing Arts Centre and Wollongong Town Hall, or head to the Win Entertainment Centre to view sporting events and large-scale shows.

