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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. On 11th September 2001, the City Council of Wollongong 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

"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 5 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.

NTI was formally established in 2009. The Institute was registered as a Higher Education Provider through the New South Wales Department of Education and Training and its first courses, the Master of Arts (Applied Buddhist Studies), Graduate Diploma of Applied Buddhist Studies and Graduate Certificate of Applied Buddhist Studies, were accredited on 31 August 2010 and renewed in 2016. Teaching began in February 2011. A second suite of postgraduate courses in Health and Social Wellbeing was accredited on 10 September 2013. NTI Wollongong Campus was officially opened by the Prime Minister of Australia, The Honorable Tony Abbott MP and Grand Master Hsing Yun on 1 March 2015.

Introducing Nan Tien Institute

Nan Tien Institute 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 higher education provider registered in Australia through the Tertiary Education Quality and Standards Agency and open to students from Australia and countries worldwide.

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

NTI is dedicated to:

- Promote the abilities and personalities of students in a harmonious Buddhist environment
- Prepare students to meet the challenges of a globally interdependent society
- Develop awareness of the scientific method and its application in understanding social problems
- Use the knowledge and skills obtained through studies of science and the humanities to engage in problem-solving in today's society
- Develop 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 so as to become meaningful caring members of society.

The Institute offers both degree and short-term continuing education programs catering to a wide range of interests.

SECTION 2.

COURSES, ENTRY REQUIREMENTS AND FEES

Applied Buddhist Studies

COURSE	DURATION	ENTRY REQUIREMENTS	FEES
Graduate Certificate in Applied Buddhist Studies	Full-time 6 months <i>Part time options available</i>	EITHER a Bachelor degree with a major in humanities or social sciences, OR relevant work experience and professional training of at least 3 years, for example in Buddhist ministry or counselling.	Domestic \$6,600* International \$8,000 *FEE HELP available to eligible Australian citizens
Graduate Diploma in Applied Buddhist Studies	Full-time 12 months <i>Part time options available</i>	EITHER a Bachelor degree with a major in humanities or social sciences, OR a Graduate Certificate with a focus on Buddhist Studies.	Domestic \$13,200* International \$16,000 *FEE HELP available to eligible Australian citizens
Master of Arts (Applied Buddhist Studies)	Full-time 18 months <i>Part time options available</i>	EITHER a Bachelor degree with a major in humanities or social sciences, OR a Graduate Diploma with a focus on Buddhist Studies, OR a Graduate Certificate with a focus on Buddhist Studies and 3 years of relevant work experience (for example in Buddhist ministry or counselling). Note: Applicants who are not eligible for direct entry to this course, but are eligible for entry to the Graduate Certificate, or Graduate Diploma can transition to the Master's degree, upon successful completion of the Graduate Certificate and Graduate Diploma requirements.	Domestic \$19,800* International \$24,000 *FEE HELP available to eligible Australian citizens

Health and Social Wellbeing

COURSE	DURATION	ENTRY REQUIREMENTS	FEES
Graduate Certificate in Health and Social Wellbeing	Full-time 6 months <i>Part time options available</i>	EITHER a Bachelor degree with a major in in a relevant field, such as health sciences, social sciences, liberal arts, or education, OR relevant working experience and professional training over at least 3 years, for example in the health sector or social services or education	Domestic \$6,600* International \$8,000 *FEE HELP available to eligible Australian citizens
Graduate Diploma in Health and Social Wellbeing	Full-time 12 months <i>Part time options available</i>	EITHER a Bachelor degree with a major in a relevant field, such as health sciences, social sciences, liberal arts, or education, OR a Graduate Certificate with a focus on health.	Domestic \$13,200* International \$16,000 *FEE HELP available to eligible Australian citizens
Master of Arts (Health and Social Wellbeing)	Full-time 18 months <i>Part time options available</i>	EITHER a Bachelor degree with a major in a relevant field, such as health sciences, social sciences, liberal arts, or education, OR a Graduate Diploma with a focus on health, OR a Graduate Certificate with a focus on health and credit average performance. Note: Applicants who are not eligible for direct entry to this course, but are eligible for entry to the Graduate Certificate or Graduate Diploma, can transition to the Master's degree, upon successful completion of the Graduate Certificate and Graduate Diploma requirements.	Domestic \$19,800* International \$24,000 *FEE HELP available to eligible Australian citizens

Graduate Certificate in Humanistic Buddhism

COURSE	DURATION	ENTRY REQUIREMENTS	FEES
Graduate Certificate in Humanistic Buddhism	Full-time 6 months <i>Part time options available</i>	A bachelor degree, or equivalent qualification. Relevant work experience is normally conceived as work in a Buddhist profession or workplace for at least three years full-time or six years part-time. NTI's English language proficiency standards for postgraduate courses apply.	Domestic \$5,000* International \$6,400 *FEE HELP available to eligible Australian citizens

Proficiency in English

Applicants who have undertaken studies overseas may have to provide proof of proficiency in English. For applicants who have not completed substantial tertiary studies in English, the requirement is IELTS (academic version only) 6.5 overall with minimum 6.0 in each subtest, or equivalent assessment of English language proficiency. The test must be completed no more than 2 years before commencement.

Students in final year of 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.

Interview and references

An interview or other supplementary documentation may be required to evaluate an applicant's suitability as a graduate student in Health and Social Wellbeing. For example, if your professional training or work experience is considered as the basis of the application, then you must demonstrate that they have obtained the knowledge, skills and/or competencies expected from a relevant bachelor degree. A letter of reference from a university or college lecturer or a workplace supervisor who is familiar with your qualifications and experience may be suitable supporting documentation and might be required.

Details of the application procedure can be found on the Nan Tien Institute website at www.nantien.edu.au.

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

Graduate Certificate of Applied Buddhist Studies

CRICOS Course Code: **072349G**

CRICOS Provider Number: **03233C**

Duration: 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 subjects (24 credit points) as follows:

1 core subject:

ABS901 Introduction to Buddhism

3 electives from the Applied Buddhist Studies Program but may include **1** subject from the Health and Social Wellbeing Program.

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

ABS902 Mindfulness: Theory and Practice

ABS903 Research Methods of Religious Studies

ABS904 Buddhist Ethics

ABS920 Buddhism and Interreligious Understanding

ABS921 Buddhism, Environment and Sustainability

ABS922 Buddhism and Modern Society

ABS923 Health as Buddhist Practice

ABS930 Tradition and Change

ABS931 Selected Readings of Buddhist Meditation Literature

ABS932 Mindfulness and Conflict Transformation

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

ABS941 Indian Buddhism

ABS942 Buddhist Theories of Mind

ABS943 Meditation Practices in Chinese Buddhism

ABS944 Mindfulness and Cognitive Science

Graduate Diploma of Applied Buddhist Studies

CRICOS Course Code: **072350D**

CRICOS Provider Number: **03233C**

Duration: 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 subjects (Total 48 credit points) as follows:

2 core subjects:

ABS901 Introduction to Buddhism

ABS902 Mindfulness: Theory and Practice

6 electives from the Applied Buddhist Studies Program but may include a maximum of **2** subjects from the Health and Social Wellbeing Program.

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

ABS903 Research Methods of Religious Studies

ABS904 Buddhist Ethics

ABS920 Buddhism and Interreligious Understanding

ABS921 Buddhism, Environment and Sustainability

ABS922 Buddhism and Modern Society

ABS923 Health as Buddhist Practice

ABS930 Tradition and Change

ABS931 Selected Readings of Buddhist Meditation Literature

ABS932 Mindfulness and Conflict Transformation

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

ABS941 Indian Buddhism

ABS942 Buddhist Theories of Mind

ABS943 Meditation Practices in Chinese Buddhism

ABS944 Mindfulness and Cognitive Science

Master of Arts (Applied Buddhist Studies)

CRICOS Course Code: **072351C**

CRICOS Provider Number: **03233C**

Duration: 3 semesters of full-time study or equivalent in part-time study

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

5 core subjects:

ABS901 Introduction to Buddhism

ABS902 Mindfulness: Theory and Practice

ABS903 Research Methods of Religious Studies

ABS904 Buddhist Ethics

ABS950 Research Project (12 credit points) *

*Subject to approval may be substituted by **two** 6-credit course work subjects.

6 electives from the Applied Buddhist Studies Program but may include a maximum of **3** subjects from the Health and Social Wellbeing Program.

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

ABS920 Buddhism and Interreligious Understanding

ABS921 Buddhism, Environment and Sustainability

ABS922 Buddhism and Modern Society

ABS923 Health as Buddhist Practice

ABS930 Tradition and Change

ABS931 Selected Readings of Buddhist Meditation Literature

ABS932 Mindfulness and Conflict Transformation

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

ABS941 Indian Buddhism

ABS942 Buddhist Theories of Mind

ABS943 Meditation Practices in Chinese Buddhism

ABS944 Mindfulness and Cognitive Science

Course Advice

Contact: Associate Professor Tamara Ditrich, Head of Program, Applied Buddhist Studies

Email: t.ditrich@nantien.edu.au

Subject Information

ABS901 Introduction to Buddhism

Credit points: 6

Type: Core for all courses in Applied Buddhist Studies Program

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

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

ABS902 Mindfulness: Theory and Practice

Credit points: 6

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

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

ABS903 Research Methods of Religious Studies

Credit points: 6

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

This subject is an introduction to critical thinking and the various modes of research used in Applied Buddhist Studies. The basic skills and processes associated with developing research questions, reviewing relevant literature and conducting research will be discussed. Qualitative and quantitative research methods will be reviewed. The subject also covers key basic principles in academic writing, including referencing and citation methods. Students will be encouraged to develop their own original ideas and formulate research proposals that demonstrate their understanding of applied research. This subject particularly focuses on the principles of research and critical evaluation - key skills required in the process of reviewing and expanding the literature based on Buddhism and its applications. Basics in

academic writing will also be covered to help students present effective written discussion and arguments .

ABS904 Buddhist Ethics

Credit points: 6

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

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

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

ABS920 Buddhism and Interreligious Understanding

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

The subject focuses on a theory of religion, spirituality, and interfaith dialogue. Firstly, it presents secularization processes and outlines the foundations of religious studies, it then proceeds with an examination of fundamental issues in the history and development of the major world religions, including Christianity, Islam, Hinduism, and Buddhism from a comparative and interfaith perspective. In the theoretical

component, the major methodological approaches will be presented and examined, and in the practical part readings of key texts, related to the subject outlined, will be discussed in the context of modern societal problems such as economic, political and gender issues, and approaches to conflict resolution and peace. The subject outlines the main features of contemporary feminist philosophy of religion, drawing particularly from the works of Luce Irigaray. Additionally, the subject aims to investigate the role and future of religion and interfaith dialogue in our globalized world. Students will also explore how Buddhist perspectives could inform and contribute to contemporary interfaith dialogue.

ABS921 Buddhism, Environment and Sustainability

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

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

ABS922 Buddhism and Modern Society

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

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

ABS923 Health as Buddhist Practice

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

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

A range of practices that are said to influence health will be taught. Students will be asked to adopt and critically examine the impact of one practice on their own health. How does one's own experience compare to the reported expected

outcomes and evidence base for this practice? What does the practice tell us about the ideas that are the implicit underpinnings of such a practice? It is hoped that the mix of theoretical input and student experiences will allow us to explore health and illness in depth and in new ways.

ABS930 Tradition and Change

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

The subject is intended as a comprehensive survey of Buddhism from its early beginnings to the present day. It aims to give students an insight into the origins and the spread of Buddhism across Asia and beyond. The course will familiarise students with the rich spectrum of Buddhist traditions and schools of philosophy and give an overview of their developments from the early beginning till the present day. Special attention will be given to the rich variety of Buddhist practices, particularly to meditation. The lectures will provide a comprehensive survey of tradition and change in Buddhist thought and practices throughout the history, while specific topics (such as politics, gender issues, society and environment in Buddhist context) will be investigated through film viewing, seminars, group discussions and projects. Exploration of various facets of Buddhism will provide an opportunity for deeper appreciation and understanding of Buddhism as a living tradition, which is expanding fast beyond Asia and becoming a transnational religion of the 21st century.

ABS931 Selected Readings of Buddhist Meditation Literature

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

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

It focuses on textual representations of Buddhist meditation (mindfulness in particular) which is perceived to be at the heart of Buddhism. The subject explores how different methods of

meditative practices are viewed and presented in some of the most influential texts on Buddhist meditation (such as the Satipaṭṭhāna-sutta) within major Buddhist traditions. The selected texts on meditation are read in English translation, critically analysed, and their relevance for contemporary meditation practices discussed and reflected upon. Since the texts read in this course are on meditation, various meditative techniques are explored also in practice.

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

ABS932 Mindfulness and Conflict Transformation

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

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

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

ABS933 Buddhist Art as Visual Communication

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

The aim of this subject is to teach the knowledge and interpretative skills necessary to fully engage with Buddhist material culture. The subject will be structured thematically across 4 days, with the fifth day for presentations during an excursion to the Art Gallery of NSW. It will start with a brief assessment of Buddhism from the viewpoint of select contemporary Western writers, before presenting the evolution of the image of the historical Buddha Sakyamuni, including aniconic and synoptic representations. Other sessions will include an analysis of the characteristics and distinguishing qualities of diverse *buddhas* and *bodhisattvas* (with special attention to Avalokitesvara); symbols that convey the values and beliefs of Buddhism; the generation of merit through commissions; the visualisation of a deity; and the power of inscribed *dharani* and 'seed' syllables. In this intensive course, there will be sessions devoted to the visual communication of Buddhist teachings, e.g., the Wheel of the Six Realms of Existence, the Pure Lands, and the *mandala*. Select teachers, such as the First Patriarch of Zen, Bodhidharma, and noted monks, lamas, and laymen, will be considered as well.

ABS940 Naturalisation of Buddhism in China and Beyond

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

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

becoming one of the three pillars of traditional Chinese religions) is also examined in the light of how Humanistic Buddhism can play a role in global Buddhist communities in the 21st century.

ABS941 Indian Buddhism

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

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

ABS942 Buddhist Theories of Mind

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

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

ABS943 Meditation Practices in Chinese Buddhism

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

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

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

ABS944 Mindfulness and Cognitive Science

Credit points: 6

Type: Elective for all courses in Applied Buddhist Studies

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

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

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

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

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

ABS950 Research Project

Credit points: 12

Prerequisites: ABSPG102 Research Methods of Religious Studies and satisfactory completion of 48 credit points

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

*Subject to approval may be substituted by **two** 6-credit course work subjects

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

project, culminating in a written thesis and a presentation at a professional seminar. Students will work under the guidance of their research supervisor and be guided through the stages of the research process.

Health and Social Wellbeing Program

1. Program Introduction

Health, social wellbeing, and individual and collective happiness are at the core of healthy societies. Governments, businesses, and organisations that ignore the health and social wellbeing of their members/communities do so at their peril. Do you want to develop skills and knowledge to enhance your career in this domain, enrich your work with others, or play an influential role in community development and transformation? Perhaps you want to start a career assisting others to develop their health and wellbeing or are already well on the way.

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, education, 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 fulfillment.

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

- Counselling and therapy
- Mental Health/Allied Health
- Palliative Care and pain management
- Psychology/Psychiatry/Social Work/Nursing
- 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.

2. Graduate Certificate in Health and Social Wellbeing

CRICOS Course Code: **082517C**

CRICOS Provider Number: **03233C**

Duration: 1 semester of full-time study or equivalent in part-time study

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

3 core subjects

HSW901 Mind Body Wellness

HSW902 Nutrition through the lifespan

HSW903 Research Methods and Evidence Based Practice

1 elective to be chosen from the schedule below:

HSW900 Critical Thinking, Scholarly Capabilities and Academic Enquiry

ABS901 Introduction to Buddhism

3. Graduate Diploma of Health and Social Wellbeing

CRICOS Course Code: **082516D**

CRICOS Provider Number: **03233C**

Duration: 2 semesters of full-time study or equivalent in part-time study

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

5 core subjects

HSW901 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

3 electives to be chosen from the schedule below:

Note: Not all electives are offered each semester.

Please check on the NTI website, or with the

Student Services Manager on the scheduled subjects.

HSW900 Critical Thinking, Scholarly Capabilities and Academic Enquiry

HSW905 Applied Mindfulness for Professionals

HSW913 Approaches to Care with Older Adults

ABS901 Introduction to Buddhism

ABS902 Mindfulness Theory and Practice

ABS904 Buddhist Ethics

ABS921 Buddhism, Environment and Sustainability

4. Master of Arts (Health and Social Wellbeing)

CRICOS Course Code: **082515E**

CRICOS Provider Number: **03233C**

Duration: 3 semesters of full-time study or equivalent in part-time study.

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

8 core subjects

HSW901 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 Therapy through Art

HSW916 Healing Traditions Buddhism and Psychotherapy

HSW 950 Research Project (12 credit points) *

* Subject to approval, may be substituted by two 6-credit point coursework subjects.

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

Note: Not all electives are offered each semester. Please check on the NTI website, or with the

Student Services Manager on the scheduled subjects.

HSW900 Critical Thinking, Scholarly Capabilities and Academic Enquiry

HSW905 Applied Mindfulness for Professionals

HSW911 Wellness Promotion and Evaluation

HSW913 Approaches to Care with Older Adults

ABS901 Introduction to Buddhism

ABS902 Mindfulness Theory and Practice

ABS904 Buddhist Ethics

ABS921 Buddhism, Environment and Sustainability

ABS944 Mindfulness and Cognitive Science

5. Course Advice

Contact: Dr Susan Sumskis,
Head of Program, Health and Social Wellbeing

Email: s.sumskis@nantien.edu.au

6. Subject Information

HSW900 Critical Thinking, Scholarly Capabilities and Academic Enquiry

Credit points: 6

Type: Elective for all courses in Health and Social Wellbeing

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

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

introduction to contemplative inquiry which underpins the postgraduate curriculum.

HSW901 Mind-Body Wellness

Credit points: 6

Type: Core for all courses in Health and Social Wellbeing

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

1. An overview and introduction to the domain
 - Primary Care and Mind-Body Medicine
 - An integrative care approach
2. Mind-body wellness factors
 - The mind-body connection: psychophysiological indicators and their ramifications for health and wellbeing
 - Stress, and stress management
 - Pain, and pain management/reduction
 - The relationship between cognitions, emotions and physiology in relation to health and wellbeing
3. Lifestyle factors
 - Health awareness and lifestyle choices
 - Food and eating behaviour
 - Exercise and activity
 - Work practices, and work culture
4. Therapies and approaches in mind-body wellness
 - Wellness, health enhancement, and lifestyle management, and their place in the health system and the broader society
 - Spiritual understandings and practices in mind-body wellness
5. Professional issues
 - Professional and ethical issues in mind-body wellness practice

HSW902 Nutrition through the Lifespan

Credit points: 6

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

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

Nutrition and health

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

Nutrition for life

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

Quality of food

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

HSW903 Research Methods and Evidence-based Practice

Credit points: 6

Type: Core for all courses in Health and Social Wellbeing

Evidence-based practice (EBP) is central to contemporary health research and practice. You will effectively search the literature, critically appraise evidence, and assess its significance. You will apply scientific methods and statistical principles to a variety of research questions and understand the validation and communication of knowledge.

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, and yoga, spiritual healing, acupuncture, hypnotherapy, shiatsu, iridology, and kinesiology.

Exploring health research and evidence-based practice (EBP)

- Paradigms of research in the social sciences
- Ethical issues of research in health practice
- Boundaries between practice and research
- Research with vulnerable people
- Codes of practice and requirements for ethics approval

Basic statistical concepts

- Research design in social science

Appraising evidence - Appraisal, interpretation, application and presentation of results:

- Studies of diagnostic effectiveness
- Measurement in health practice
- Case studies in complementary medicine
- Evaluating and communicating health outcomes

HSW904 Social Policy, Health and Welfare

Credit points: 6

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

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

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

Public health

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

Health promotion

- Core health promotion values, principles and key policy documents
- Personal perspectives on health and wellbeing including physical activity, mental health, nutrition, coping skills and resilience
- Buddhist philosophy and perspectives on health, wellness and social wellbeing

HSW905 Applied Mindfulness for Professionals

Credit points: 6

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

Mindfulness as a therapeutic tool is now widely used and accepted across a broad range of health and therapeutic settings. The growing body of empirical research suggests that mindfulness practice is particularly useful for lowering chronic anxiety and pain, negative cognitions, and stress, and for increasing wellbeing. There is also increasing empirical evidence suggesting its efficacy in reducing depressive symptoms.

Students in the subject will critically explore how mindfulness is defined, applied, and evaluated in secular settings. The empirical research on the study of mindfulness will be reviewed, and specific approaches to teaching individuals and groups the practice of mindfulness will be explored and developed. Students will also have the opportunity to choose and investigate, in-depth, a specific application of mindfulness practice for their professional setting, and develop a practical teaching process applicable to specific clients.

Defining mindfulness in a secular way

- Definitions and central components
- The measurement of mindfulness

A closer look at how mindfulness is applied

- In mental health, pain management, treatment of depression and palliation

- In work and education settings

Challenges of training in mindfulness in secular settings.

HSW911 Wellness Promotion and Evaluation

Credit points: 6

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

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

Health and social wellbeing

- Health risk appraisal
- Wellness assessment
- Environmental health

Health measurement and interpretation

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

Health diagnosis and promotion

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

HSW912 Coaching and Counselling for Health and Wellbeing

Credit points: 6

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.

- Personal learning and self-empowerment
- Introduction to behaviour change
- Empathy and compassion
- Ethics
- Mindfulness principles and practices
- Coaching and counselling core competencies, research, theory, & best-practice approaches, including:
 - Acceptance and Commitment Therapy
 - Cognitive Behaviour Therapy

HSW913 Approaches to Care with Older Adults

Credit points: 6

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

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

Physiological changes associated with ageing

- Screening and assessment tools

Determinants of healthy ageing

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

Health care needs of an ageing population

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

- National Service Standards

Implications of population ageing

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

Aged care and palliation issues

- Communication regarding end-of-life care

HSW914 Mental Health and Wellness

Credit points: 6

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

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

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

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

Stereotype and stigma

- Environment, culture, adaptive ability
- Support systems for psychological well-being
- Promotion of resilience, attachment, a sense of belonging and empowerment
- Community capacity building

Contemporary mental health and illness issues

- Vulnerable groups
- Allied health and therapeutic recreation
- Evaluation techniques and analysis of outcomes

Disability and society

- Social justice and human rights

- Buddhist perspectives
- Working with people with disabilities

HSW915 Therapy through Art

Credit points: 6

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

The intensive five-day classes offer students far-reaching opportunities to learn and experience a range of verbal and non-verbal art therapy approaches, as well as therapeutic interventions used in different educational and clinical settings. The course is highly experiential, academically rigorous and practise-oriented.

Focusing on unconscious processes and how they can be utilised in combination with evidence-based practices, participants can expect to be exposed to experiences that may stimulate their emotions and provide openings for self-disclosure.

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

Classes include the following contents:

- Theories and Techniques in Art Therapy
- Assessment Techniques of Art Therapy
- Clinical Art Therapy
- Psychopathology
- Child and Family Art Therapy
- Positive and Strength based Art Therapy
- Art Therapy and Spiritual Growth
- Group Art Therapy
- Research: Thesis (3000 Words)
- Oral Exams

HSW916 Healing Traditions: Buddhism and Psychotherapy

Credit points: 6

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 practiced 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.

Lecture topics include:

Comparing Buddhist and Western psychologies

Cognitive, behavioural mindfulness-based therapies

Mindfulness in dynamic/analytic psychotherapies

Integrated Buddhist psychotherapy

Factors of Enlightenment and its contribution to wellbeing

HSW950 Research Project (12 credit points)

Credit points: 12

Prerequisites: HSWPG103 Research Methods and Evidence-Based Practice and satisfactory completion of 48 credit points

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

*Subject to approval may be substituted by **two** 6-credit course work subjects

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

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

Humanistic Buddhism Program

1. Program Introduction

The Humanistic Buddhism program at Nan Tien Institute—the first of its kind in Australasia—trains Buddhist and non-Buddhist religious professionals to cope with an increasingly dynamic and interdependent modern world.

In support of NTI's contemplative pedagogy, the Humanistic Buddhism program brings a spirit of creativity and openness to the exploration of religious meaning. Being very close to Nan Tien Temple, as a Humanistic Buddhism program student 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 inquiries. This non-denominational Humanistic Buddhism program welcomes students of any tradition, Buddhist or otherwise.

Drawing on the strengths of NTI's unique resources in Applied Buddhist Studies, the Humanistic Buddhism program offers you a range of subjects on Buddhist history, thought and praxis. In addition, the course of study will prepare you across disciplines and beyond, with regular faculty members and visiting lecturers in a diverse range of specialties, not necessarily all in Buddhism.

2. Graduate Certificate in Humanistic Buddhism

CRICOS Course Code: **097542A**

CRICOS Provider Number: **03233C**

Duration: 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 relevant subjects already completed.

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

2 core subjects:

HB901 Foundational Texts in Humanistic Buddhism

HB902 Principles of Professional Engagement

2 electives to be chosen from the schedule below:

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

ABS904 Buddhist Ethics

ABS920 Buddhism and Interreligious Understanding

ABS922 Buddhism and Modern Society

ABS933 Buddhist Art as Visual Communication

ABS940 Naturalisation of Buddhism in China and Beyond

HSW900 Critical Thinking, Scholarly Capabilities and Academic Enquiry

3. Course Advice

Contact: Venerable Dr Juewei

Head of Program, Humanistic Buddhism

Email: juewei@nantien.edu.au

4. Subject Information

HB901 Foundational Texts in Humanistic Buddhism

Credit points: 6

Type: Core

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

HB902 Principles of Professional Engagement

Credit points: 6

Type: Core

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

share best practices and facilitate learning activities.

ABS904 Buddhist Ethics

(offered by Applied Buddhist Studies)

Credit points: 6

Type: Elective

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

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

ABS920 Buddhism and Interreligious Understanding

(offered by Applied Buddhist Studies)

Credit points: 6

Type: Elective

The subject focuses on a theory of religion, spirituality, and interfaith dialogue. Firstly, it presents secularization processes and outlines the foundations of religious studies, it then proceeds with an examination of fundamental issues in the history and development of the major world religions, including Christianity, Islam, Hinduism, and Buddhism from a comparative and interfaith perspective. In the theoretical component the major methodological approaches will be presented and examined, and in the

practical part readings of key texts, related to the subject outlined, will be discussed in the context of modern societal problems such as economic, political and gender issues, and approaches to conflict resolution and peace. The subject outlines the main features of contemporary feminist philosophy of religion, drawing particularly from the works of Luce Irigaray. Additionally, the subject aims to investigate the role and future of religion and interfaith dialogue in our globalized world. Students will also explore how Buddhist perspectives could inform and contribute to contemporary interfaith dialogue.

ABS922 Buddhism and Modern Society

(offered by Applied Buddhist Studies)

Credit points: 6

Type: Elective

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

ABS933 Buddhist Art as Visual Communication

(offered by Applied Buddhist Studies)

Credit points: 6

Type: Elective

The aim of this subject is to teach the knowledge and interpretative skills necessary to fully engage with Buddhist material culture. The subject will be structured thematically across 4 days, with the

fifth day for presentations during an excursion to the Art Gallery of NSW. It will start with a brief assessment of Buddhism from the viewpoint of select contemporary Western writers, before presenting the evolution of the image of the historical Buddha Sakyamuni, including aniconic and synoptic representations. Other sessions will include an analysis of the characteristics and distinguishing qualities of diverse buddhas and bodhisattvas (with special attention to Avalokitesvara); symbols that convey the values and beliefs of Buddhism; the generation of merit through commissions; the visualisation of a deity; and the power of inscribed dharani and 'seed' syllables. In this intensive course there will be sessions devoted to the visual communication of Buddhist teachings, e.g., the Wheel of the Six Realms of Existence, the Pure Lands, and the mandala. Select teachers, such as the First Patriarch of Zen, Bodhidharma, and noted monks, lamas, and laymen, will be considered as well.

ABS940 Naturalisation of Buddhism in China and Beyond

(offered by Applied Buddhist Studies)

Credit points: 6

Type: Elective

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

HSW900 Critical Thinking, Scholarly Capabilities and Academic Enquiry

(offered by Health and Social Wellbeing)

Credit points: 6

Type: Elective

The subject explores a series of contemporary topics to help students develop critical thinking, research and communication skills. It will support students in their first session of study; facilitate an understanding of the nature and structure of their degrees; provide resources and peer support to enhance academic and digital literacies needed for success in their degree; and help students plan for their post-university careers. This subject is designed to prepare postgraduate students, many of whom are from diverse cultural backgrounds, to be successful in their postgraduate studies. The subject strengthens existing academic abilities and literacies, usually gained through undergraduate study, and introduces contemporary topics to help students develop critical thinking, research and communication skills. The subject includes an introduction to contemplative inquiry which underpins the postgraduate curriculum.

SECTION 4.

SERVICES

1. Accommodation

As a student of Nan Tien Institute, it is of fundamental importance to your success and wellbeing to find a suitable place to live. There is a variety of accommodation options available.

1.1 On campus accommodation

Nan Tien Temple's Pilgrim Lodge has full board accommodation for Nan Tien Institute students which includes the provision of meals and a cleaning service. The Lodge is located in the grounds of Nan Tien Temple, only a couple of minutes' walk to all the facilities of Nan Tien Institute, just across the newly built Nan Tien Bridge. The Lodge looks out onto the lotus pond, Nan Tien Temple, splendid gardens, the beautiful rolling hills and famous escarpment of the Illawarra. Students living at the Lodge are most welcome to participate in the Temple's morning chanting. Pilgrim Lodge is non-smoking, and the meals are vegetarian.

More information on the accommodation can be found on <http://www.nantien.org.au/en/visitor-info/accommodation>. Please contact the Lodge directly on +61 2 4272 0500 for information on availability, rates and the booking.

1.2 Off-campus accommodation

Off-campus Accommodation is a great choice if you are looking for an independent lifestyle. You can choose either rental accommodation or share accommodation. For off-campus accommodation, you will need to take consideration of:

- the safety of your belongings and, most important, yourself
- the convenience and/or the cost of transport
- the bills, including electricity, gas, telephone, water, internet connection and /or usage fee
- the cost of purchasing furniture if the premises are unfurnished that the accommodation provides suitable living conditions to satisfy your needs

1.3 Tenancy information and advice

To understand and protect your rights as a tenant, please refer to the following web sites:

Department of Fair Trading
www.fairtrading.gov.nsw.au

Illawarra Tenants Service -
www.illawarralegalcentre.org.au

Tenants Union - www.tenants.org.au

The Department of Fair-Trading web site has a comprehensive consumer guide for international students that can be downloaded from

http://www.fairtrading.nsw.gov.au/Factsheet_print/Youth/_International_students.pdf

The guide aims to help you understand your consumer rights and responsibilities in NSW and covers the issues such as shopping, refunds, renting, cars, buying and selling property, home building, product, safety, scams and more.

1.4 Finding off-campus accommodation

The following websites might help you to find accommodation that is suitable for you:

<https://www.domain.com.au/>

<https://www.realestate.com.au/buy>

<https://www.uow.edu.au/accommodation/index.html>

<http://www.illawarramercury.com.au/classifieds/>

<http://www.yicaiau.com/forum-95-1.html>(Chinese)

Disclaimer Nan Tien Institute is providing the list of websites for the convenience of students only. The websites listed here are private websites which operate independently of Nan Tien Institute. Nan Tien Institute does not endorse any of the accommodation listed. You should expect to gather your own information and inspect the accommodation offered and make your own decision. Nan Tien Institute cannot take any responsibility for any decisions you make, nor

does it take responsibility for the outcome of any decisions you make.

1.5 Temporary accommodation

Pilgrim Lodge of Nan Tien Temple provides motel style temporary accommodation. Please contact +61 2 4272 0500 for information on availability, rates and booking.

<http://www.nantien.org.au/en/visitor-info/accommodation>

There are also local private hotels and motels offering short term accommodation. The following websites might be helpful of you to find the accommodation:

<http://www.visitwollongong.com.au/>

<https://www.wotif.com/>

<http://totaltravelwa.com.au/>

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

2. Dining and Entertainment

2.1 Karma Cafe

Karma 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. Buffet style feasts available to guest on Saturdays and Sundays.

2.2 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>

2.3 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.

2.4 Eating out and entertainment

Tourism Wollongong's website <http://www.visitwollongong.com.au> provides abundant information on local places of interest, restaurants, events and activities. "From our spectacular beaches and rock pools, to the quaint coastal villages and our exceptional cuisine, to the impressive escarpment and range of high thrill adventure activities, to the Grand Pacific Drive which offers 140 kilometers of coast hugging driving scenery, Wollongong will not disappoint." (<http://www.tourismwollongong.com/places-of-interest/default.aspx>, retrieved on 14 August 2010.)

3. Learning resources

3.1 MyLearning

The Learning Management System at Nan Tien Institute is called MyLearning (<http://elearning.nantien.edu.au/>). Here you will find learning guides, class timetable, lecture materials, assessment tasks and other study resources. You can also use the website to submit your assignments.

For assistance with using MyLearning, please contact the IT System Administrator at email: itsupport@nantien.edu.au or office telephone number: 02 4258 0777.

3.2 Library

Nan Tien Institute Library

The Institute library is located on the Ground Floor of the Wollongong Campus (231 Nolan Street, Unanderra). The library collection and electronic holdings provide academic support to NTI students and staff. Students enrolled at the Institute and staff can use the library facilities during the opening hours of the Library as shown at <http://library.nantien.edu.au/>

Students, staff and registered external borrowers may borrow materials from the collection; members of the general public are also able to use the materials within the library. To arrange to borrow an item, drop into the library during opening hours or contact the Librarian at +61(0) 2 4258 0744 or email library@nantien.edu.au. Books can also be sent out by mail to enrolled students (who will need to pay return postage). Serial issues and some other special materials cannot be borrowed. Access to course texts in the library 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 on-line databases for research: JSTOR, ProQuest and EBSCO which provide a very wide range of academic articles in the humanities and social sciences and also Films on Demand, which offers access to educational videos. Enrolled students can obtain access to these databases through the Nan Tien Institute Portal, and if there are questions about how to search them, please ask library staff.

Nan Tien Institute is a member of Libraries Association of Australia and has inter-library loan arrangements with major national repositories to source books and articles. For academic assistance in using the Library please contact Jamila Choubassi (library@nantien.edu.au, +61 (2) 4258 0744).

University of Wollongong Campus Library

Nan Tien Institute has an Agreement with the University of Wollongong which allows authorised users to make use of the facilities of the University of Wollongong Campus Library. Under this arrangement, current students and staff members of Nan Tien Institute have access to the collections and some library services. Collections available for loan are Main Lending, CRC, large items and law. Collections not available for loan are Short Loans, Law Primary, Law Reference, Media items, Journals and Theses. Nan Tien Institute students and staff are entitled to borrow 10 items in total for a period of 14 days. Items can be renewed twice, and late returns will attract fines of \$1 per day per item. In addition, NTI staff and students are able to access some UOW databases on-line, but only on site at UOW (i.e. there is no remote log-in to use those services). Certain services are not available, namely document delivery, internet access, group study room and library services at other locations. Prospective borrowers must apply for membership of the University of Wollongong Library membership. This requires a signed Membership Application Form and a Nan Tien Institute Student ID card/Staff card and a photocopy of evidence of a current address (e.g. driver license).

4. Student Services Office

The Student Services Office provides assistance with applications for study, course enrolment selection of subjects, information on class timetables, fees and student ID cards. The Office also provides advice on student policies and the necessary forms required for your studies e.g. change personal details, or change enrolment. If you have any concerns about your studies at Nan Tien Institute, please contact the Student Services Office or your lecturer in the first instance. If the problem is not resolved, further steps are available through the procedures in the Institute's Grievance Policy. Guidance on the operation of the grievance policy is available from the Student Services Office. The Student Services Office can be contacted at (02) 4258 0741 or enquiry@nantien.edu.au.