**Buddhist Spiritual Caregiver/Mindfulness Teacher Training Summer Intensive Course**

03-14st July 23 – VU Amsterdam and Online

Training and empowering to become a Spiritual Friend (***Kalyāna Mitra)***

***Course Programme***

**BS –** Prof Dr Bee Scherer **SK** – Dr Sunil Kariyakarawana

**UF –** Ulli Fischer MA **BvB –** Bart van den Bosse MA

***Day 01: Monday 03rd July 23***

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| ***Timing*** | ***Event*** | ***Lead*** |
| 1000 - 1030 | Preliminaries | SK |
| 1030 - 1100 | Tea / Coffee |  |
| 1100 - 1130 | Introduction to the course and course leaders | BS & SK |
| 1130 - 1145 | Meditation | BS |
| 1145 - 1215 | **Session One:** **Spiritual Assessment and Intervention.**  ***duddadam dadāti*** (One who gives what is difficult to give) | SK |
| 1215 - 1315 | **L U N C H B R E A K** |  |
| 1315 - 1330 | Activity One: Giving Spiritual Care | SK |
| 1330 - 1400 | Activity Two: Spiritual Care and Assessment | SK |
| 1400 - 1420 | **Body Awareness** | BS & SK |
|  | **END OF DAY ONE** |  |

***Day 02: Tuesday 04h July***

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| ***Timing*** | ***Event*** | ***Lead*** |
| 1000 - 1015 | Welcome & Introduction | SK |
| 1015 - 1030 | Meditation |  |
| 1030 - 1215 | **Session Two: Religious Intervention**  ***dukkaram karoti*** (One who does what is difficult to do) | SK |
| 1215 - 1315 | **L U N C H B R E A K** |  |
| 1315 - 1400 | Buddhist Mindfulness | BS |
| 1400 - 1500 | Tibetan Buddhist Mind Cultivation | BS |
| 1500 - 1630 | Workshop  **END OF DAY TWO** | ALL |

***Day 03: Wednesday 05th July***

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| ***Timing*** | | ***Event*** | ***Lead*** |
| 1000 –1015 | | Welcome Introduction | SK |
| 1015 –1030 | | Meditation | Student |
| 1030 - 1215 | | **Session Three**: **Practicing ethically**  ***dukkhamam khamati*** (Patiently endures what is difficult to endure) | SK |
| 1215 - 1315 | | **L U N C H B R E A K** |  |
|  | **E N D O F D A Y T H R E E** | |  |

***Day 04: Thursday 06th July***

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| ***Timing*** | ***Event*** | ***Lead*** |
| 1030 - 1045 | Welcome & Introduction | SK |
| 1045 - 1100 | Meditation | Student |
| 1100 - 1215 | **Session Four**: **Communication Skills**  ***guyha-massa avikaroti*** (Reveals his own secrets) | SK |
| 1215 - 1315 | **L U N C H B R E A K** |  |
| 1315 - 1330 | Activity One: Team Working | SK |
| 1330 - 1400 | Case Study 4: | UF |
| 1400 - 1420 | Workshop | UF/SK |
| 1420 - 1500 |  | SK |
| 1500 - 1520 | **B R E A K – BODY AWARENESS** |  |
| 1520 - 1630 | Activity One: Reflection, Recollection and Contemplation | UF |
| 1630 - 1715 | Activity Two: Reflection - theory and practice | SK |
| 1715 - 1730 | Wash-up & feed back | ALL |

***Day 05: Friday 07 st July***

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| ***Timing*** | ***Event*** | ***Lead*** |
| 1030 - 1045 | Preliminaries |  |
| 1045 - 1100 | Meditation |  |
| 1100 - 1215 | **Session Five: Team working**  ***guyha-massa pariguyhati*** (Keeps one’s secrets) | SK |
| 1215 - 1315 | **L U N C H B R E A K** |  |
| 1315 - 1330 | Activity One: Team Working | SK |
| 1330 - 1400 | Case Study 3: Mindfulness |  |
| 1400 - 1500 | Workshop | SK |
| 1500 - 1520 | **B R E A K – BODY AWARENESS** |  |
| 1520 - 1630 | Activity One: Reflection, Recollection and Contemplation | SK |
| 1630 - 1715 | Activity Two: Reflection - theory and practice | SK |
| 1715 - 1730 | Wash-up & feed back | All |
| 1730 | **E N D O F T H E D A Y FIVE** |  |

***Day 06: Monday 10rd July***

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| ***Timing*** | ***Event*** | ***Lead*** |
| 1030 - 1045 | Preliminaries |  |
| 1045 - 1100 | Meditation | SK |
| 1100 - 1215 | **Session Six**: **Reflective Practice**  ***āpadāsu na-jahati*** (Does not abandon one in misfortune) | SK |
| 1215 - 1315 | **L U N C H B R E A K** |  |
| 1315 - 1330 | Activity One: Team Working | SK |
| 1330 - 1400 | Activity Two: Qualities of the good friend | SK |
| 1400 - 1420 | Workshop | SK |
| 1420 - 1500 |  | SK |
| 1500 - 1520 | **B R E A K – BODY AWARENESS** |  |
| 1520 - 1630 | Activity One: Reflection, Recollection and Contemplation | SK |
| 1630 - 1715 | Activity Two: Reflection - theory and practice | SK |
| 1715 - 1730 | Wash-up & feed back | ALL |
| 1730 | **E N D O F T H E D A Y SIX** |  |
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***Day 07: Tuesday 11th July***

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| ***Timing*** | ***Event*** | ***Lead*** |
| 1030 - 1045 | Preliminaries |  |
| 1045 - 1100 | Meditation | Student |
| 1100 - 1215 | **Session Seven**: **Personal Spiritual Development**  ***khinena na-atimaññati*** (Does not despise one because of one’s loss) | SK |
| 1215 - 1315 | **L U N C H B R E A K** |  |
| 1315 - 1330 | Activity One: Team Working |  |
| 1330 - 1400 | Activity Two: Qualities of the good friend | SK |
| 1400 - 1420 | Workshop |  |
| 1420 - 1500 |  | SK |
| 1500 - 1520 | **B R E A K – BODY AWARENESS** |  |
| 1520 - 1630 | Activity One: Reflection, Recollection and Contemplation | BvB |
| 1630 - 1715 | Activity Two: Reflection - theory and practice | BvB |
| 1715 - 1730 | Wash-up & feed back | ALL |
| 1730 | **E N D O F T H E D A Y SEVEN** |  |

***Day 08: Wednesday 12th July***

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| ***Timing*** | ***Event*** | ***Lead*** |
| 1000 - 1015 | Preliminaries | SK |
| 1015 - 1030 | Meditation | Student |
| 1030 - 1215 | **Session Nine: Mindful Application of Noble Qualities 2** | SK |
| 1215 | **L U N C H B R E A K** |  |
| 13:00 | **E N D O F T H E D A Y NINE** |  |

***Day 09: Thursday 13h July***

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| ***Timing*** | ***Event*** | ***Lead*** |
| 1000 - 1015 | Preliminaries | SK |
| 1015 - 1030 | Meditation | Student |
| 1030 - 1215 | **Session Eight: Mindful Application of the Noble Qualities** | SK |
| 1215 - 1315 | **L U N C H B R E A K** |  |
| 1315 - 1330 | Activity One: Team Working | SK |
| 1400 | **Excursion He Hua Temple Amsterdam** | BS/SK |
| 1600 | **E N D O F T H E D A Y SEVEN** |  |

***Day 10: Friday 14th July***

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| ***Timing*** | ***Event*** | ***Lead*** |
| 1000 - 1015 | Preliminaries |  |
| 1015 - 1030 | Meditation | Student |
| 1030 - 1215 | **Session Ten: Mindful Application of Noble Qualities 3** | SK |
| 1215 - 1315 | **L U N C H B R E A K** |  |
| 1315 - 1330 | Activity One: Team Working | BS/SK |
| 1330 - 1400 | Activity Two: Reflections | BS/SK |
| 1400 - 1430 | Workshop | BS/SK |
| 1430 - 1500 | Wash-up & feedback and closing | BS/SK |
| 1500 | **E N D O F T H E D A Y T EN** |  |

**Completion of the course is subject to satisfactory submission of two written assignments of minimum of 1000 words (3 pages) each on any two of the topics of your choice out of the 7 sessions of the course. Written work has to be completed and submitted on or before the [*date/month/year*] by email or by hard copy. Potential topics to write on could be discussed with the course tutors during training.**