



Nature Care College

Meditation 2

DESCRIPTION

While continuing to develop and deepen your personal meditation practice, in this module you will focus on the application of meditation techniques in a clinic or other professional context, both with individuals and with groups. You will gain an understanding of how to select from a range of appropriate meditation techniques for individual clients and the needs of a group, as well as applying the practice of meditation for therapeutic and healing work.

DURATION

24 hours

LEARNING OUTCOMES

By the conclusion of the module, students will be equipped to:

1. Progress in their personal meditation practice and its application into daily life.
2. Describe a range of useful and empowering meditation techniques relevant to life's common needs and challenges.
3. Select the most appropriate technique for use in their own practice, within a clinic and/or other professional context.
4. Support others in their meditation practice (eg. clients, work colleagues, friends and family) in an ethical and non-judgemental manner.

TEACHING METHOD

Lecture/Theory/Handouts
 Group discussion
 Practical experience

ASSESSMENT

- Student Presentation 35%
 Facilitate a spoken meditation with other class members acting as a specified group of "clients", and hand in a written rationale for your choice of meditation technique, how it suits your specified group of clients, and a copy of your meditation script. Total: 500 words.
- Class participation and meditation practice 15%
 (students will also be assessed on the feedback they give to the person presenting which should demonstrate an understanding and application of the course Learning Outcomes).
- Assignment/essay 1200 words. **Due Week 10** 50%
 External research on **one** of the following topics:
 - How meditation has moved into the mainstream, in *either* the Health or Corporate sectors , **or**
 - The benefits of meditation in today's changing times, **or**
 - How is meditation complementary to Western medical practice.

Pass mark Pass/fail only – no higher grades.

Each assessable component must be completed and passed at 60% in order to pass this subject satisfactorily.

NOTE: Students are required to take photocopies before submitting assignments to the Lecturer. Marked assignments can be collected from your Lecturer in class in week 12, or students may include a stamped, self-addressed envelope with their assignment if they wish to have it returned to them by post.

ATTENDANCE 80% minimum.

PRE-REQUISITES Meditation 1

CO-REQUISITES Nil

MATERIALS REQUIRED Notebook, pen, comfortable clothing.

TEXTBOOKS **Required:**
Monaghan and Viereck, 1999. *Meditation: The Complete Guide*. New World Library

Recommended Reading / References:
Books, journal articles etc as needed for assignment research.

WEEK-BY-WEEK OUTLINE

WEEK 1	Review and recommitment to your current meditation practice. Staying inspired – walk the talk. Self-awareness and self-management when working with others. Boundaries, personal triggers and referral. Offering meditation techniques as a professional helper for a range of presenting situations.
WEEK 2	Stress and overwhelm in today's world. Symptoms and physiology of stress, and how to manage it successfully - tools and techniques.
WEEK 3	Recognising internal dialogue and personal scripts. Rewriting our stories by creating personal affirmations. Affirmation as a therapeutic tool.
WEEK 4	Self Esteem. Meditation as a tool for inner healing and caring for self. Patience on the journey.
WEEK 5	Managing change and changing times. Major life changes and the concept of impermanence.
WEEK 6	Living beyond Pain and Illness. Meditation for living with chronic pain, life threatening illness, preparing for surgery and support for carers.
WEEK 7	Managing emotions – fear and anxiety.
WEEK 8	Managing emotions – anger and resentment.
WEEK 9	Managing emotions – sadness, grief and loss.
WEEK 10	Duty of care and contra-indications. Recognising mental health concerns and addictions, and the importance of referral. Revisiting boundaries and self support.
	Assignment due
WEEK 11	Working with children, parents and teachers. Creative techniques such as art, sound, imagery, games, story telling, etc.
WEEK 12	The Art of Happiness. Fulfillment and a sense of purpose, interconnectedness and belonging. Transforming loneliness, isolation and a lack of meaning.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.