

Sophia College  
of Counselling

**Diploma &  
Advanced  
Diploma in  
Buddhist  
Psychotherapy**

SOPHIA COLLEGE  
OF COUNSELLING

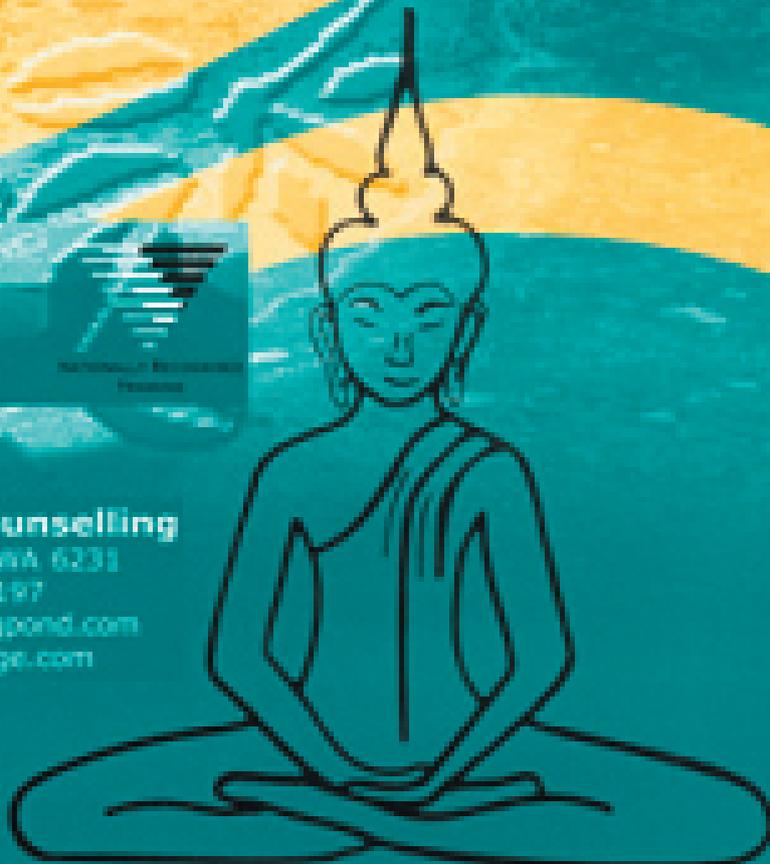
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# WELCOME

Welcome to Sophia College and to this unique opportunity to study our awards in Buddhist Psychotherapy counselling. The staff are delighted that you have chosen this Buddhist Psychotherapy counselling award. We hope that it provides challenging and inspirational material and the opportunity to develop further both your personal and workplace skills.

This handbook is designed to provide you with information about the awards, college administration processes and your rights in Sophia College. It also outlines the regulations governing the award that affect you the student.

## COURSE LOCATION

### TIMETABLE

**Sophia College operates this Award from locations near Perth and the Gold Coast.**

In Western Australia Sophia College Administration headquarters is 28 Wittenoom Street, Bunbury and Class attendance is from 9am — 5pm every alternative Saturday. There are four to five full weekend attendance throughout the year. The course timetable remains fixed throughout the year. If you are unable to attend scheduled classes then it is your responsibility to obtain information you have missed from fellow students.

The college:

Admin phone/fax is: 08 9721 9197.

Teaching staff phone: 08 9721 9512

In the Gold Coast the timetable is available from:

John Longmore: 07 3856 0454.

## **OVERSEAS STUDENTS**

Sophia College is registered through CRICOS to take overseas students at any of its campuses in Australia.

## **COURSE OUTCOMES**

In essence the course outcomes are:

1. represents a qualification that involves theoretical knowledge of a complex nature as well as demanding broadly based psychotherapeutic knowledge to plan interventions in mental processes drawn from Buddhist psychotherapy
2. Encourages the development of self-directed applications of knowledge and skills in planning and selecting appropriate interventions
3. There are also significant levels of problem solving as well as significant levels of autonomy and accountability in undertaking the psychotherapeutic interventions.

## **COLLEGE STAFF**

The Academic Board governs the College academic life. The director of the college academic program is Dr Patricia Sherwood. You will also have contact with the manager of administration services in the College Ms Sherall Paull.

Other teaching staff include Wendy Finster, Eng Kong Tan and Geoff Dawson.

**Dr Patricia Sherwood** Phd, Grad Diploma, (Special Education,) B.A. (UWA), Grad Diploma Arts, (counselling), PACAWA,

SCAPE, PACFA, Advanced Diploma in Holistic Counselling (philophonetics),

Dr Sherwood has trained counsellors for community, private and government organisations for over a decade. She has extensive experience in tertiary education having lectured for 25 years in University in the areas of psychology, counselling, social sciences, cultural studies, youth work and the human services. Dr Sherwood publishes in the counselling field and her particular areas of research interest are counselling training, client experience and working with survivors of abuse. She has conducted her own clinical practice in psychotherapy for the past ten years. She is co-founder of Sophia College and teaches the holistic counselling modules, components of the counselling psychology modules and the clay therapy unit. Dr Sherwood is a respected teacher in the South West region having taught many of the graduates from Edith Cowan University, since it opened its South West campus in 1986.

**Wendy Finster B** a Psych., Grad Dip Soc Stud., Grad Dip App Psych., has practised as a clinical psychologist since 1970 and she is currently undertaking research in Mind-Body Medicine at Flinders University and enjoys working within a wellness self-regulation model of therapy. Wendy has also been an ordained Buddhist nun since 1975, holding both Tibetan and Chinese lineages and has been a scholar and teacher since 1979.

Wendy holds current memberships with the Australian Psychological Society, APS College of Health Psychology, Australian Association for Cognitive and Behaviour Therapy, the South Australian Psychological Board and the Victorian Psychological Council.

**Dr Eng. Kong Tan** MBBS., MPM., FRANZCP. is founder of Metta Clinic, a psychotherapeutic practise in the North Shore of Sydney. He is currently the Chair of the Section of Psychotherapy of the Royal Australian and New Zealand College of Psychiatry and senior lecturer of the Australian and New Zealand Association of Psychotherapists (ANZAP).

Dr Tan is also a founding trustee of the University Buddhist Education Foundation Fund of Australia.

**Geoff Dawson** B.Psych., APS is a clinical psychologist in private practise with decades of professional experience. He is also a Zen teacher in the Ordinary Mind School of Zen. Geoff has specialized in Marital and Family Therapy and worked as a supervisor and trainer in this field for many years. He has an ongoing interest in the area of Buddhism and Psychotherapy.

## **SCHOLARSHIPS**

Six Social Justice Scholarships which cover all tuition fees are offered yearly. Two are reserved for Indigenous Australians, the remaining four scholarships are for applicants from poor communities overseas who are in leadership positions.

## **COURSE STRUCTURES**

### **A. DIPLOMA**

The course is comprised of 6 core modules. These are (BPS 1101) Introduction to Buddhist Psychology, (BPS 1102) the Mind and its Dynamics, (BPS 1103) Relationships between Think-

ing and Feelings in Buddhist Psychology, (BPS 1104) Mind and Phenomena Causality Karma and Ethics, (BPS 1105) Self/non-self in Buddhist psychology, (BPS 1106) Inter-being and Inter-connectedness in the Buddhist Psychology.

## **MODULE CONTENT**

### **1. Introduction to Buddhist Psychology BPS 110**

**30hrs**

This elucidates the wheel of life as a basic Buddhist model for the creation and continuation of mental suffering. An overview of the contemporary field of Buddhist psychology and an introduction to the work of various contemporary Buddhist psychotherapists

### **2. The mind & its dynamics in Buddhist Psychology BPS1102**

**30hrs**

An elucidation of the Buddhist science of the mind and mental processes. The role of thinking in the origin and cessation of suffering, as well as the types of and forms of thought as classified in the Abhidharma, the definitive Buddhist text on metaphysics.

### **3. Relationships between thinking & feelings in Buddhist Psychology BPS 1103**

**30hrs**

An exploration of the relationship between common feelings such as anger, hatred, greed, jealousy, grief, joy, desire and the associated patterns of thinking.

**4. Mind and Phenomena Causality: Karma & ethics BPS 1104  
30hrs**

This unit explores the Buddhist teaching on karma, the natural law of cause and effect, its definition and functioning as a basis for personal and professional ethics, decision-making and responsibility.

**5. Self/Non-self in Buddhist Psychology BPS 1105  
30hrs**

The elucidation of the Buddhist notion of non-self and the comparative relationship with the notion of self that is central to much of western psychological models. The implications of the notion of self and of non-self are examined in their place in the therapeutic context as well as in personal Buddhist practice.

**6. Interbeing & Interconnectedness  
in the Buddhist Psychology BPS 1106  
30 hrs**

This unit explores the influence of the Buddhist model of co-dependent arising with the notion of interconnectedness of all energetic systems. It outlines the contribution of Buddhist psychology to the development of trans-personal psychology through its core notions of non-self and inter-being.

## **B. ADVANCED DIPLOMA**

The first year of the Advanced diploma is equivalent to the diploma and the units are outlined above. The second year comprises six units and are (BPS2201) Working with Mental Imprints

for Healing and Transformation, (BPS2202) The Contribution of Meditation Practises to Buddhist Psychotherapy, (BPS2203) Compassion as a Healing Dynamic in Buddhist Psychotherapy, (BPS2204) Mind/Body Psychotherapy: Mediated by Breath, (BPS2205) The Psychotherapeutic Encounter, (BPS2206) Buddhist Psychotherapy Practicum.

## **MODULE CONTENT**

### **1. Working with Mental Imprints**

**for Healing & Transformation**

**BPS 2201**

**30hrs**

This unit explores the concept of mental imprints of human experience within the mental energetic field to understand their dynamics and to develop processes for their transformation and healing.

### **2. The contribution of meditation practices to Buddhist Psychotherapy.**

**BPS 2202**

**30hrs**

This unit provides an overview of the role of meditation practises in psychotherapy. Experiential practise of a variety of meditation practises drawn from Theravada (Thai and Burmese) and Mahayana (Chan, Zen and Tibetan) traditions. Their contributions to recovery from psycho-spiritual crises are explored.

### **3. Compassion as a healing dynamic in Buddhist Psychotherapy**

**BPS 2203**

**30hrs**

An understanding of the role of compassion including practises

of loving-kindness, chanting release of beings facing death, meritorious deeds. These are explored and their application for the alleviation of particular experiences of mental suffering. Particular emphasis is given to work with the dying, palliative care, loss, grief and chronic illness.

**4. Mind/Body psychotherapy: mediated by breath      BPS 1204  
30hrs**

This unit creates an understanding of the fundamental relationships of the breath as a mediator in psychotherapeutic balance, healing and well-being.

**5. The Psychotherapeutic Encounter      BPS 2204  
30 hrs**

The client therapist encounter is explored within the Buddhist framework. This includes working towards creating a mindful listening space, being present to the moment, facilitating the movement from attachment and permanence to non-attachment and impermanence in the client.

**6. Buddhist Psychotherapy Practicum      BPS 2205  
56 hrs**

A seven-day supervised group meditation retreat with daily individual monitoring of personal progress. The objective is for students to gain experiential understanding of the process of thought and feeling and to practise the application of Buddhist psychotherapeutic principles.

## **LIBRARY RESOURCES**

All students are encouraged to join a University Library. In Western Australian, the Bunbury campus of Edith Cowan is recommended. The cost is \$55 per year for a community membership. It is recommended that students purchase the recommended texts for each unit of study either singly or jointly with another student. The text list is available from January for the following year. In W.A. the texts are available from the Bunbury campus bookshop of Edith Cowan University. A small collection of books and articles are held in Sophia College office for research purposes

## **ENTRY REQUIREMENTS**

The essential entry requirements for the course are:

Reasonable fluency in the spoken English language

Reasonable fluency in written English.

Demonstrated interpersonally functional in interview

100 hours counselling training or counselling workplace experience.

There is an interview process to assess applicant's suitability for the course.

If applicant has no counselling background it will be necessary to complete COU 1101 and COU 1102 with Sophia College concurrent with enrolment in Buddhist Psychotherapy.

## **PREREQUISITES**

Prerequisites are modules that must be completed before a fur-

ther more advanced module may be studied. Corequisites are modules that should be studied at the same time.

## **EXEMPTIONS**

Where a student believes that he/she has completed previous accredited studies in areas congruent with modules within this program then the student may apply directly to the Director of administration for exemption. The request for the exemption must be stated in writing and accompanied by the appropriate certification. The exemption when granted will be certified in writing and maintained on the students academic records file.

## **RECOGNITION OF PRIOR LEARNING – (R.P.L.)**

Recognition of prior learning requires special documentation, interviews and performance assessment. The detailed Pro-Forma for R.P.L.'s is available from the College Administrator. The R.P.L. assessments cost \$100 per hour of the assessors time.

## **DELIVERY MODES**

Delivery modes comprise lectures, workshops, conversations, experiential sequences, use of audiovisual material, practical demonstrations, individual and group work processes. Participants are supported through the course by being individually assigned to a College teacher/counsellor who supports the student both with academic issues and with personal issues that affect the students' performance in the course. This person acts as course adviser and as individual counsellor to assigned students. In addition, students who are finding the full time work-

load in the course too onerous, have the opportunity to convert to part time.

## **ASSESSMENT**

Students are assessed on a competency assessment basis and on a module/grades basis. Thus two documents of assessment are available to the student — one listing competencies achieved and one listing grades and modules completed.

All assessments must be handed to the lecturer of the module on the due date, excepting in cases of accident, illness, crisis, or on compassionate grounds in which event an extension up to but not exceeding two weeks may be applied for in writing from your module coordinator. Extensions exceeding two weeks will only be granted in exceptional circumstances and application must be made in writing. Assignments handed in after the due date for which no extension of time has been negotiated will be charged an additional fee of \$100.

Except in non-graded units, the marking system is as follows:

80 + high distinction (excellent competency levels)

70–79 distinction (high level of competency)

60–69 credit (satisfactory competency level)

50–59 pass (minimum competency level)

Below 50 fail.

When the competencies specified in a module are not completed then it must be repeated until they are achieved and the appropriate additional fees paid.

Lecturers are obliged to return all assignments to students with marks and appropriate comments within 4 weeks after the due date on which the assignment was submitted. Students have the right to appeal to the Academic board if the lecturer fails to return work on time.

Plagiarism and/or cheating are penalised and repeated offences may lead to exclusion from the college. Referencing guidelines are available from the Edith Cowan University Bookshop and Sophia College.

## **ACCESS MODE OF STUDY**

Students wishing to study units without completing any assessments may choose to be access students. However, at the end of their period of study they do not receive the certified award. Access students may also select one or more units of the award to study according to their own interests and pay the appropriate fees for that module.

## **FULL OR PART TIME STUDY**

Students may choose to study full or part time depending on their time availability. Part time workloads vary depending on the student's commitment and time and these need to be individually negotiated with the director of administration. Part time fees vary depending on the number of units the students elects to study.

## **ACCREDITATION**

The course is accredited with the Training Accreditation Council of Western Australia. It is recognised by Australian National

Training Authority and may be transferred for credit into the Vocational Educational & Higher Educational Sector. Students may be eligible for Austudy, the Pension Education Allowance or the Jetscheme which assist with fee payments.

## **CONFLICT RESOLUTION**

In the case of conflict between staff and student that cannot be resolved between them then a third staff person will be called in to mediate. If this does not succeed then an independent mediator not connected with any of the interest groups will be called to conduct a mediation session. In the case of conflict between two students that is affecting the group dynamics, the lecturer may request that the students attend mediation and counselling sessions to address the conflict.

## **APPEALS PROCESS**

The Academic board reviews appeals against marks or other policy decisions. Appeals must be made within 14 days of receiving the marks or the policy decision. They must be made in writing to the Director of College administration. Where the appeal is against a particular grade, the piece of work will be submitted to another assessor with expertise in the area. The student will then receive the grade that this assessor allocates whether it is higher or lower than the initial grade.

Staff grievances between staff and staff are not shared with students. Staff have appropriate grievance resolutions in place.

## **RECORDS AND NOTIFICATION OF MARKS**

Students receive results at the end of the each year. Results include both a marks and a competency record. Sophia College sends a letter of confirmation of graduation to the student when they have completed all the requirements of the award. Graduation is in March of the following year when formal awards of completion are issued.

## **EQUITY AND ACCESS POLICIES**

Sophia College supports equity and access policies as outlined in the National equity and access guidelines.

## **FINANCIAL COMMITMENTS**

Student fees must be paid for a student to remain a current enrolment. The fees for the full time year are \$3,700 in W.A. and \$4,400 in other parts of Australia. This is to be paid as outlined in the Student Contract of Obligations. The deposit must be paid to confirm a place in the course. It is possible to complete the Diploma and Advanced Diploma on a part time basis and to enrol in the modules as you progress. This will make a difference to the overall cost of the course in total. Students will not be able to attend classes, submit assessments or receive marks if their fee payments are not current. In cases of financial hardship, students contact the Administration Officer to arrange a schedule of fee payment. This must be signed and in writing. There are no fee refunds if students leave during the term.

## **CAREER PATHWAYS**

This course provides for four career pathways:

1. It equips persons who wish to set up their own private counselling practice with the appropriate competencies.
2. It enables social workers, psychologists and social science graduates who wish to obtain a counselling qualification to increase their confidence and skill level to perform the counselling dimension of their profession.
3. It provides nurses, teachers, lawyers, doctors and other professionals whose work is not primarily involved with counselling with the essential core counselling skills to deal with clients in crisis and trauma.
4. It provides the core counselling skills for human service workers already employed in government or community based organisations who counsel clients on a regular basis but who have no formal training in counselling.

## **COUNSELLING**

During the course of a student's training it is likely issues may arise within the student that hamper his/her ability to become a counsellor or to counsel on specific issues. Teaching staff may assist the student identify such issues and the course will include five personal counselling sessions with holistic counsellors who may help them work with the issue.

When students complete their practicums they will do so under the auspices of Sophia College's community counselling service which provides free counselling supervised by senior staff of the college.

# **CODE OF PRACTICE OF SOPHIA COLLEGE**

Sophia college is committed to the highest standards of integrity in the delivery of its services and abides by the code of ethics established by PACAWA, the counsellors association for Western Australia and P.A.C.F.A. – the National body of Psychotherapists and Counsellors. This document may be read in the college office. It emphasizes that counsellors are not permitted to engage in sexual relationships with their clients nor to accept personal donations of monies from them over and above the prescribed consulting fees. Students need to be aware staff of Sophia college are not permitted to engage in sexual relationships with students. Nor are they permitted to accept personal donations of monies from students. In the rare event that a staff member's partner becomes a student in the college, that student will be taught by other staff (if possible). In all circumstances his/her work will be assessed by other staff member/members.

## **PACAWA MEMBERSHIP**

The psychotherapists and counsellors association of Western Australia (PACAWA) is the professional association for counsellors in Western Australia.

### **1. FULL MEMBERSHIP**

- \* Where applicant has a sufficiently relevant tertiary degree. They must have the Diploma and Advanced Diploma in Buddhist Psychotherapy.
- Completed 250 hours formal training in psychotherapy or counselling over 2 years. (The Diploma & Advanced Diploma in Buddhist Psychotherapy.)

- 500 hours supervised clinical experience post training over 1 year, and
- 75 hours of clinical supervision, with 25 hours of those hours acquired post training.

OR, where there is not *sufficiently* relevant degree,

350 hrs formal training in psychotherapy or counselling over 3 years (Dip & Adv Dip in Buddhist Psychotherapy.

1,000 hrs of supervised clinical experience post training over 2 years, and

100 hours of clinical supervision, with 25 of those hours acquired post training.

## **2. ASSOCIATE MEMBER**

Provisional members must have:

250 hours formal training in psychotherapy or counselling over 2 years. (Diploma & Advanced Diploma in Buddhist Psychotherapy.)

50 hours of clinical supervision, and monthly supervision if working with a caseload, and 25 hours per year ongoing professional development.

## **PACFA**

PACFA is the national industry body for members of PACAWA & Gold Coast Graduates.