

Meditation Practicum II: Developing Compassion

The development of compassion as the basis of the counseling relationship is explored in this course through the practice of tonglen (exchange of self and other) from the Buddhist tradition. Specific topics include the application of tonglen to the healing process, death and bereavement, social action, and preventing burnout. Group sessions of sitting and walking meditations, discussions, and individual instruction are provided.

Course Number: CNST770E

Unit: 1.0

Program: GRAD Transpersonal Coun