

Graduate Certificate in Teaching Meditation



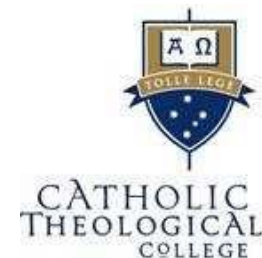
Rev. Assoc. Prof. John Dupuche
Coordinator – GCTM



Dr Chris Morris
Head of the Department - Pastoral and Spiritual Studies

Note:

- 'chat',
- extra time at end,



Scope of the GCTM



reaching the shore, stillness,
reflecting heaven and earth,
journeying together, clarity
revealing the depths,



Ravenna, mosaic, 6th cent.

source of life and nourishment,
welcoming, safety, wholeness,
beauty, all creatures,
vulnerability,



AIMS

- 1. To understand the tradition(s) of meditation in context*
- 2. To cultivate our own personal practice*
- 3. To develop the skills to lead meditation and prayer in a wide variety of settings*

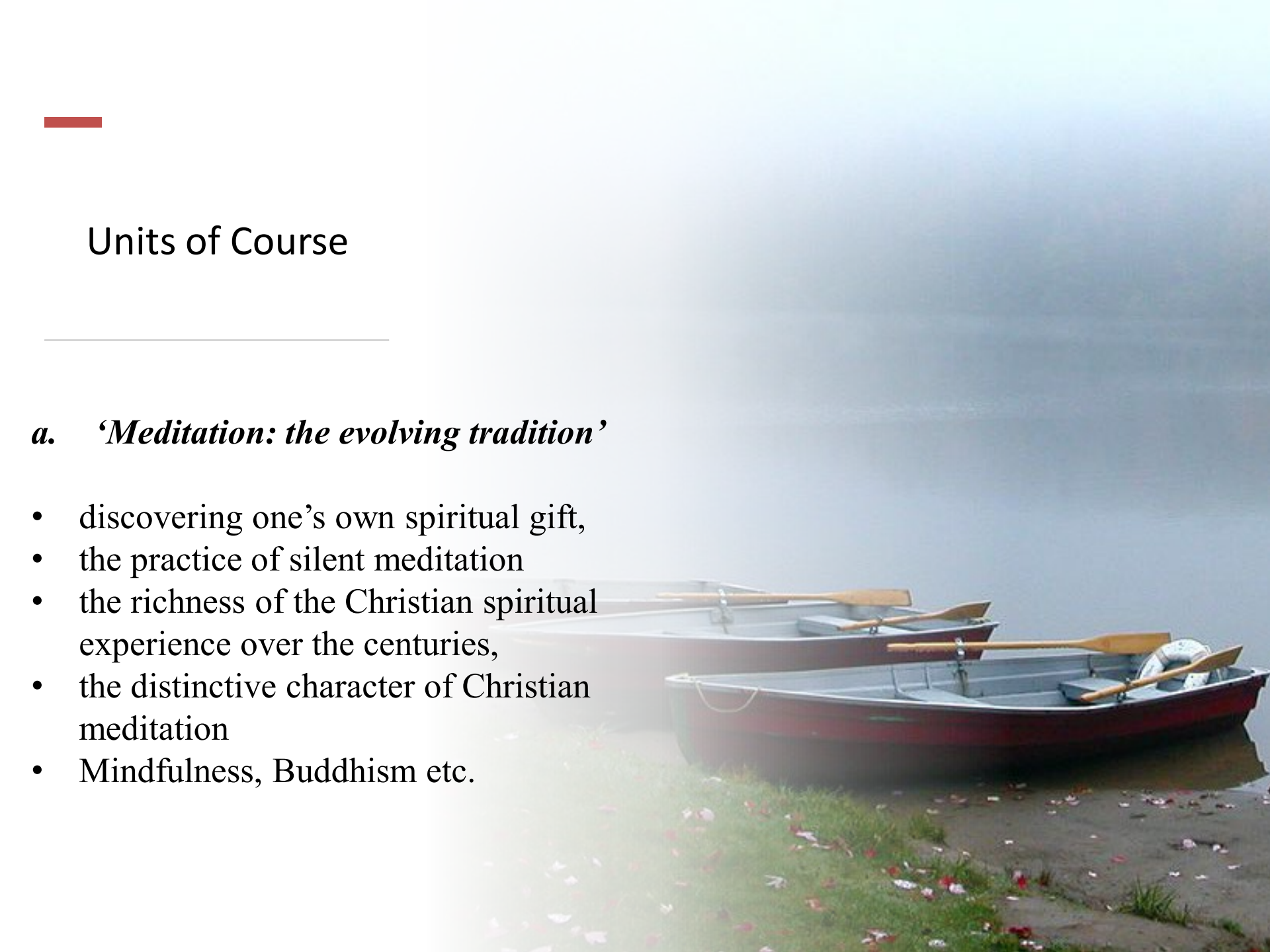
Experiential approach - 3 Units





Units of Course

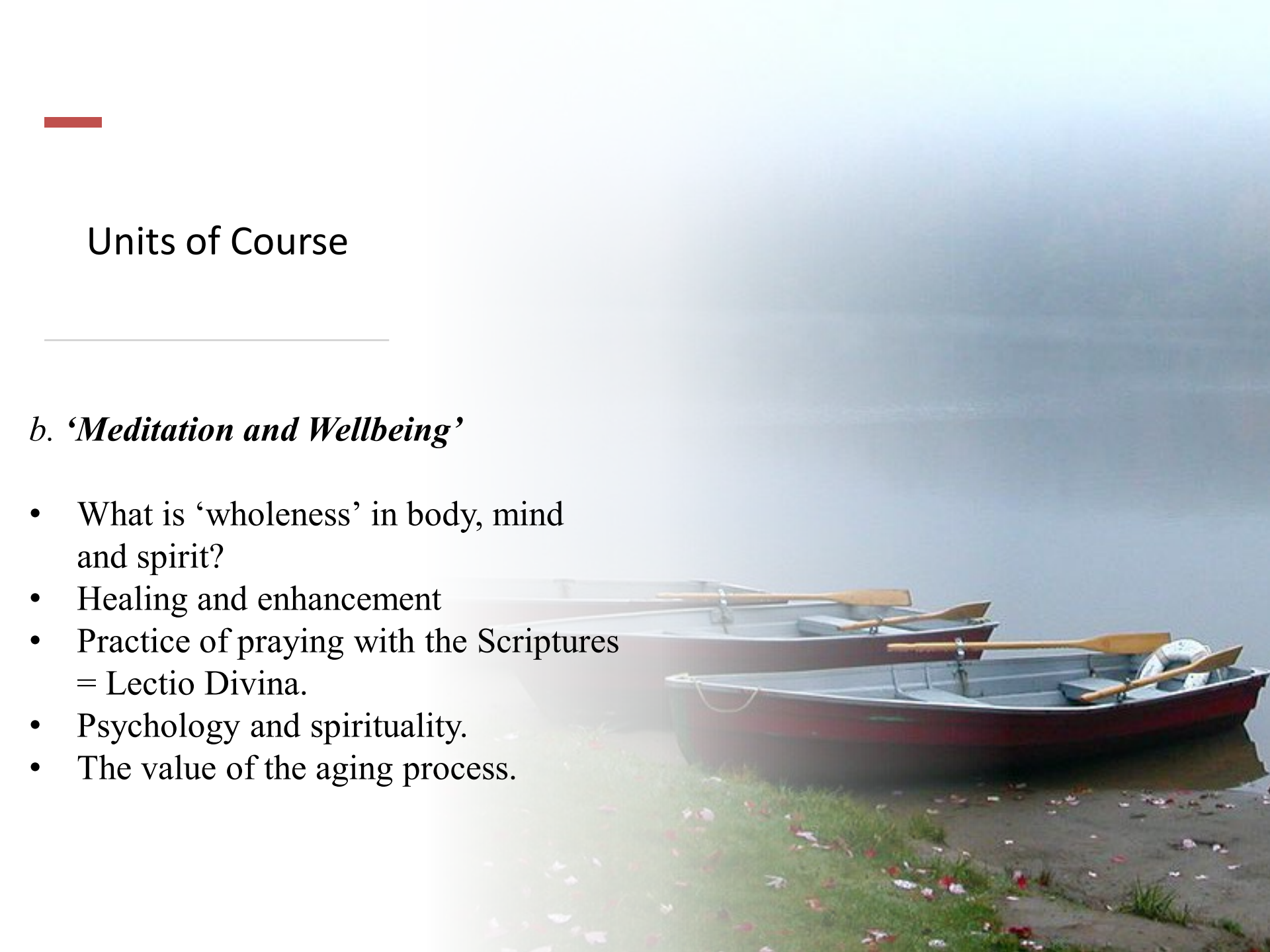
a. 'Meditation: the evolving tradition'

- discovering one's own spiritual gift,
 - the practice of silent meditation
 - the richness of the Christian spiritual experience over the centuries,
 - the distinctive character of Christian meditation
 - Mindfulness, Buddhism etc.
- 



Units of Course

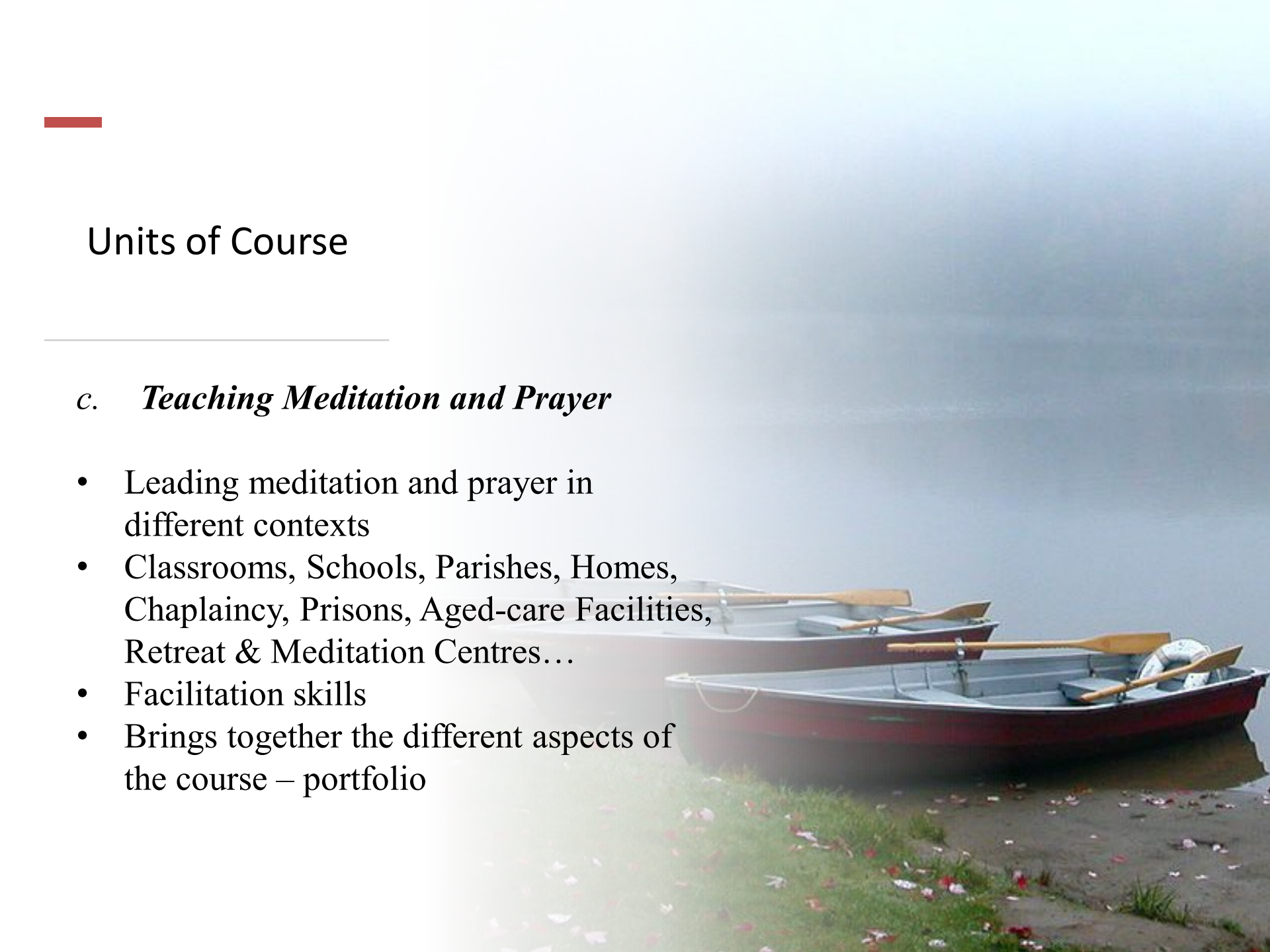
b. 'Meditation and Wellbeing'

- What is 'wholeness' in body, mind and spirit?
 - Healing and enhancement
 - Practice of praying with the Scriptures = Lectio Divina.
 - Psychology and spirituality.
 - The value of the aging process.
- 



Units of Course

c. Teaching Meditation and Prayer

- Leading meditation and prayer in different contexts
 - Classrooms, Schools, Parishes, Homes, Chaplaincy, Prisons, Aged-care Facilities, Retreat & Meditation Centres...
 - Facilitation skills
 - Brings together the different aspects of the course – portfolio
- 



Organisation of the Course GCTM

- a. 1 year or over a longer period

- b. towards an award; or as an auditing student
- c. each Unit involves:
 - 24 hours of activity in preparation for
 - 12 hours - ‘on-line F2F sessions’(via Zoom) spread over the year on 3 Saturdays (per unit)
 - Timetable: <https://ctc.edu.au/study/timetable/>

d. Supported by MACS as sponsored study: sponsoredstudy@macs.vic.edu.au

(For teachers from other dioceses please contact your local Catholic Education Office to discuss accreditation and sponsorship opportunities)

e. Fulfills the requirements of Meditation Australia



Enrolment and Further Questions

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Postgraduate Coordinator

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Visit our website – ‘How to Enrol’

<https://ctc.edu.au/study/how-to-enrol/>

(This includes info on fees and fee help)

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Free Resource, power point – to be sent