

# Leading prayer and meditation in your parish



Photograph by Wes Grant on Unsplash

## Graduate Certificate in Teaching Meditation Available via Zoom

The Graduate Certificate in Teaching Meditation is for those seeking to learn the methods and skills of teaching meditation and prayer in a variety of parish situations. The course focuses on the personal practice and benefits of meditative prayer, and facilitation and discernment approaches allowing students to apply their learning in their own context.

### The Graduate Certificate in Teaching Meditation:

- teaches processes for leading groups effectively
- helps participants navigate the interface between mindfulness, wellbeing and Christian meditation
- fulfils the membership requirements for Meditation Australia
- may be completed in one year or over a longer period.

### Presenters

**Rev. Associate Professor John Dupuche** is a senior lecturer at Catholic Theological College.

**Dr Christopher Morris** is a lecturer and Head of the Department of Pastoral and Spiritual Studies at Catholic Theological College.

### DS8600C

#### Meditation in the Christian Tradition

Students will be introduced to the richness of the Christian meditation and prayer traditions.

### DS9611C

#### Teaching Meditation and Prayer

Students engage in professional experience in leading meditation and prayer groups in locations such as schools, hospitals, universities, youth and parish groups.

### DS9620C

#### Meditation and Wholeness

Students examine meditation and prayer approaches to enhance wellbeing and healing.

Contact the Academic Records Office for enrolment information and appointments.

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