

Graduate Certificate in Teaching Meditation



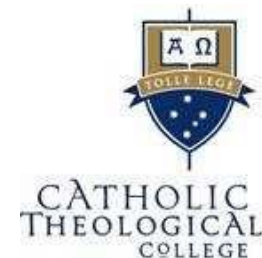
Rev. Assoc. Prof. John Dupuche
Coordinator – GCTM



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

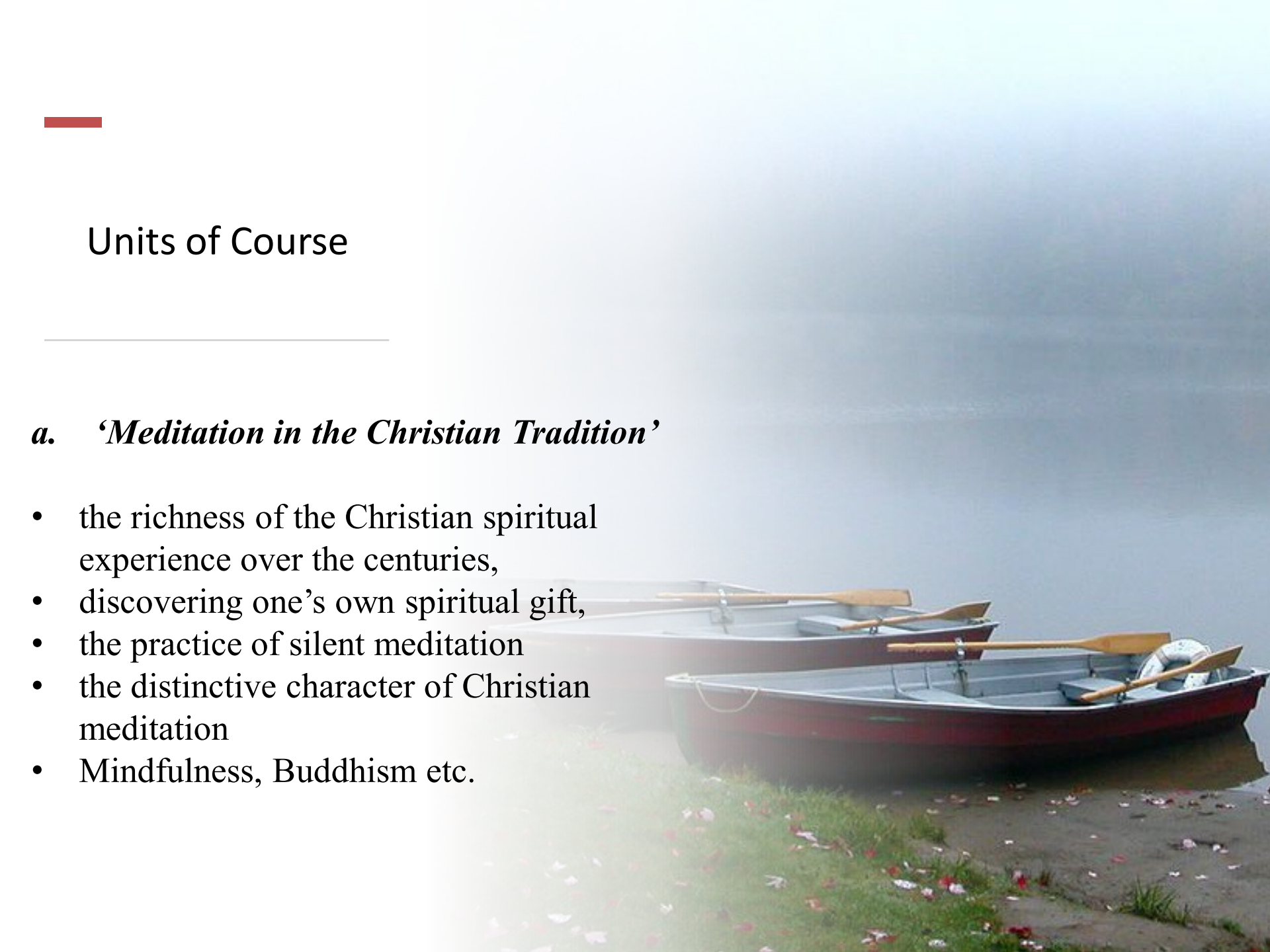
- To cultivate our own personal practice
- To develop the skills to lead meditation and prayer in a wide variety of settings

Experiential approach - 3 Units



Units of Course

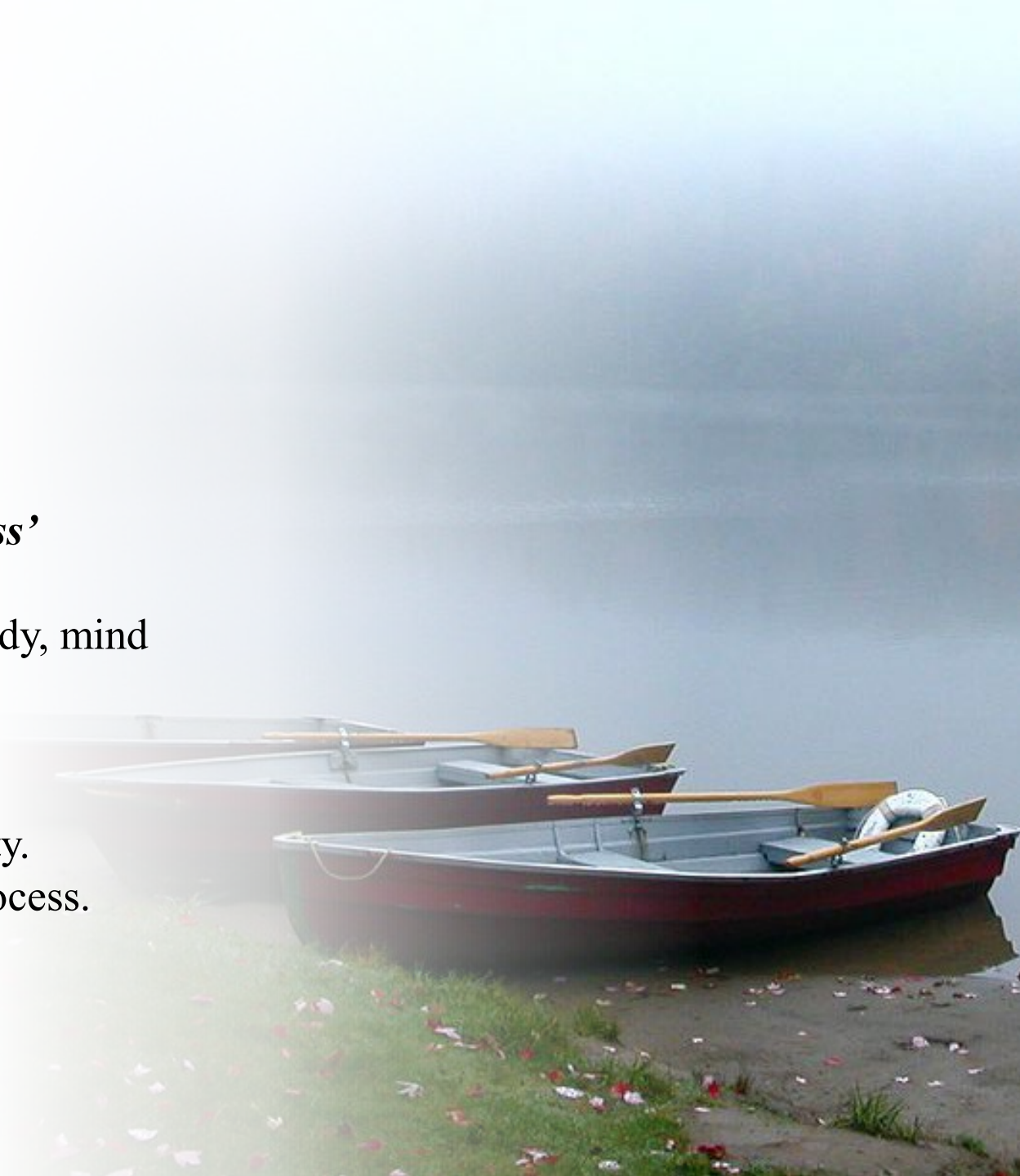
a. 'Meditation in the Christian Tradition'

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

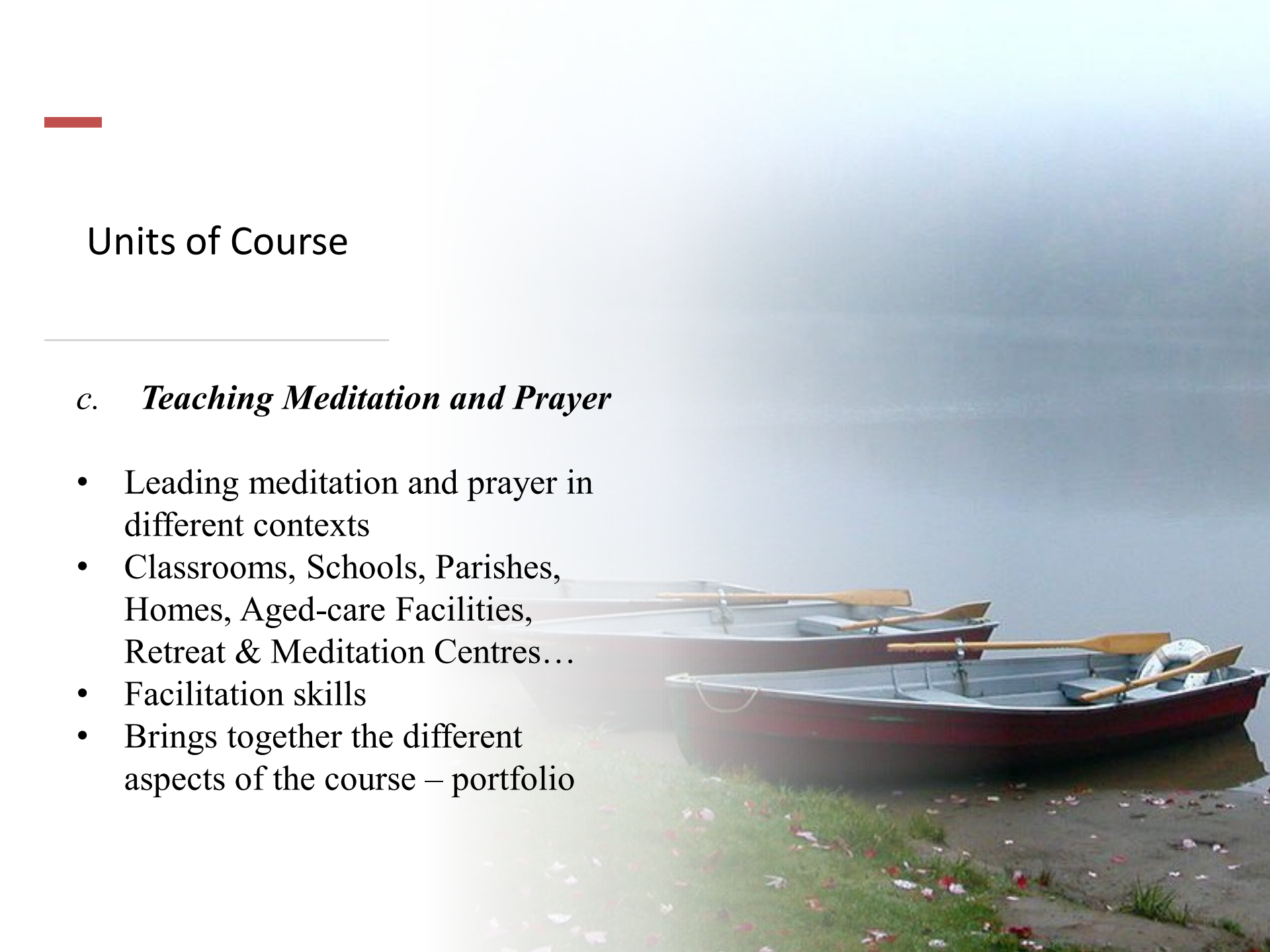
b. 'Meditation and Wholeness'

- What is 'wholeness' in body, mind and spirit?
 - Healing and enhancement
 - Lectio Divina.
 - Psychology and spirituality.
 - The value of the aging process.
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- A photograph of a calm lake shrouded in thick fog. In the foreground, two red rowing boats are docked on a grassy bank. The boats are empty, with wooden oars resting inside. The water is still, reflecting the light from the sky. The background is a vast, misty expanse of water and sky, creating a serene and quiet atmosphere.



Units of Course


c. Teaching Meditation and Prayer

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

- a. The GCTM can be done in the one year or over a longer period

 - b. As an enrolled student towards an award; or as an auditing student
 - c. Each Unit involves:
 - 24 hours of ‘on-line sessions’(via Zoom) on Saturdays (4 hours)
 - 12 hours of ‘homework’
 - Timetable: <https://ctc.edu.au/study/timetable/> - go to ‘full-year intensives 2021.’
 - e. Counts towards ‘Accreditation to Teach in a Catholic School’
 - f. Fulfills the requirements of ‘Meditation Australia’
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Enrolment and Further Questions

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Visit our website – ‘How to Enrol’

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

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