



Healthy Boundaries

An Online Course for Buddhist Teachers and Senior Students

Why This Course?

This course will introduce you to a range of knowledge and resources to equip you with a fundamental understanding of healthy boundaries in teacher-student relationships. We will make connections between cultivating healthy boundaries and effective teaching, and provide some guideposts for developing strategies for self-care and sustainability. The course is highly interactive; students are encouraged to draw upon their practice and experience for individual reflection and group discussion.

Who Should Take This Course?

This course was created for those in positions of leadership/authority and who act as spiritual teachers or advisors to people in their community.

- You have received formal authorization or transmission in your Buddhist lineage to teach the Dharma; OR
- You teach under the auspices of a senior/authorized teachers (i.e. people look to you for spiritual guidance and education); OR
- You hold a position of spiritual authority or leadership within your sangha/community (i.e. you teach or guide meditation, give practice advice, and give Dharma talks

Course Details

The course lasts 5 weeks, with weekly live online group meetings; each week focuses upon a particular boundaries issue. Most students report spending 3-5 hours per week on the readings, videos, forum discussions, and reflection/writing. The cost of the course is \$310. Scholarships are available to Buddhist teachers from all lineages, thanks to grants from White Plum Asanga and Hemera Foundation.

Upcoming Winter/Spring 2024 Courses:

January 8 - February 9

Instructors: Roshi Joan Hogetsu Hoeberichts, Roshi Karin Ryuku Kempe, Sensei Patrick Bansho Green

March 4 - April 5

Instructors: Roshi Jan Chozen Bays, Roshi Amy Hollowell, Sensei Tony Shinro Doubleday

May 6 - June 7

Instructors: Sensei Michel Oltheten, Jitsujo Gauthier Hoshi

Course Outline:

Week I: Introduction; Power
Week II: Abuse of Power, Transference, Vulnerability, and Boundary Violations
Week III: Clergy Sexual Misconduct
Week IV: Impact on Victims and Sanghas
Week V: Prevention and Self-Care

Learn more and express your interest in the course:

www.buddhisthealthyboundaries.org

Questions?

Email us at buddhisthealthyboundaries@gmail.com