



# Healthy Boundaries

An Online Course for Buddhist Teachers and Senior Students

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## 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

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## 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 support from the White Plum Asanga.

### Upcoming Winter/Spring 2025 Courses:

January 6 - February 7

Instructors: Roshi Joan Hogetsu Hoeberichts, Roshi Karin Ryuku Kempe

March 3 - April 4

Instructors: Roshi Amy Hollowell, Sensei Tony Shinro Doubleday

May 5 - June 6

Instructors: Roshi Jan Chozen Bays, Sensei Michel Oltheten, Sensei Patrick Bansho Green

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### 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](http://www.buddhisthealthyboundaries.org)

Questions?

Email us at [buddhisthealthyboundaries@gmail.com](mailto:buddhisthealthyboundaries@gmail.com)