

The University of Hong Kong
Centre of Buddhist Studies
Master of Buddhist Counselling (MBC)
Learning Outcomes and Assessment Methods

Programme Learning Outcomes (PLOs)

1. Demonstrate clear understanding of important concepts, teachings and practices of the different Buddhist traditions and an ability to integrate these knowledge in a counselling context.
 2. Critically appraise Buddhist-based interventions and apply new knowledge and skills to improve counselling practice.
 3. Consider and adhere to important Buddhist values such as compassion, wisdom, and Buddhist ethics in order to identify cause and conditions of problems in novel situations and generate innovative and effective solutions.
 4. Achieve proficiency in the communication of Buddhist teachings and practices while being sensitive to the background and needs of individual clients.
 5. Demonstrate self-awareness and reflexive learning ability in the course of spiritual practice.
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Course Learning Outcomes and Detailed Assessment Methods

A. Core Course

BSTC7600. Theories and practice in Buddhist counselling I (9 credits)

Assessment

- Examination, 20%
- Coursework, 80%
 - Class participation (e.g., role play, discussion, contemplative practices, etc.), 10%
 - Essays (e.g., reflection paper, final paper, etc.), 30%
 - Videotape of counselling sessions, 40%

Course learning outcomes (CLOs)

Upon completion of the course, students should be able to:

1. Demonstrate a clear understanding of Buddhist model of human suffering and elimination of suffering, and be able to apply these knowledges in a counselling environment.
2. Discuss how spiritual care and Buddhist counselling can be applied in various settings.
3. Apply basic Buddhist counselling skills and establish therapeutic alliance with others.
4. Demonstrate the ability to reflect and understand the impact of the counselling process.
5. Understand the basics of ethical standards according to the Buddhist perspective and the standards listed by the Association of Professional Chaplains.

Alignment of CLOs with PLOs

	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	✓				

CLO2				✓	
CLO3		✓			
CLO4					✓
CLO5	✓				

BSTC7601. Theories and practice in Buddhist counselling II (9 credits)

Assessment

- Examination, 20%
- Coursework, 80%
 - Class participation (e.g., role play, discussion, contemplative practices, etc.), 10%
 - Essays (e.g., reflection paper, final paper, etc.), 30%
 - Videotape of counselling sessions, 40%

Course learning outcomes (CLOs)

Upon completion of the course, students should be able to:

1. Demonstrate understanding of the principles, techniques, methods, and interventions of the traditional theoretical orientations in professional psychology as well as Buddhist-derived treatments.
2. Differentiate between the similarities and differences of evidenced-based practices in professional psychology and Buddhism-derived interventions.
3. Utilize clinical skills, techniques, and interventions to self and others.
4. Describe how Buddhist teachings can be applicable to the process of counselling.
5. Explain how their own spiritual/personal belief system relates to the spiritual/personal belief of others and impacts the process of counselling.

Alignment of CLOs with PLOs

	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	✓				
CLO2			✓		
CLO3		✓		✓	
CLO4		✓	✓		
CLO5					✓

BSTC7602. Spiritual formation through contemplative practices (9 credits)

Assessment

- Examination, 20%
- Coursework, 80%
 - Class participation (e.g., role play, discussion, contemplative practices, and etc.), 15%
 - Group presentation, 20%
 - Essays (e.g., reflection paper, research paper, etc.), 45%

Course learning outcomes (CLOs)

Upon completion of the course, students should be able to:

1. Explain Buddhist approaches to spiritual formation and discuss how these may influence their own approach to spiritual direction and Buddhist counselling.
2. Demonstrate a commitment to the furtherance of spiritual growth by committing to certain spiritual practices.
3. Discuss ethical issues related to spiritual direction from a Buddhist point of view and the application to their personal life.

4. Articulate their understanding of spiritual formation/direction from a Buddhist point of view through written and oral communication.
5. Demonstrate the ability to apply spiritual care and counselling techniques in the context of life activities inspired by this course.

Alignment of CLOs with PLOs

	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	✓		✓		
CLO2					✓
CLO3		✓			✓
CLO4				✓	
CLO5		✓			

B. Elective Courses

BSTC7603. Dharma therapy (6 credits)

Assessment

- Coursework, 100%
 - Class participation (role play, discussion, and etc.), 10%
 - Group presentation, 30%
 - Essay, 60%

Course learning outcomes (CLOs)

At the completion of the course, students should be able to:

1. Demonstrate a clear understanding of the important concepts, theories, and principles of dharma therapy.
2. Understand the role of a therapist practicing dharma therapy and how to ethically and appropriately build relationships with clients.
3. Integrate the theory of dharma therapy into practice and develop effective corresponding counselling skills.
4. Recognize and respect the beliefs and value of clients so as to work with the clients skillfully and effectively.
5. Raise the level of self-awareness and personal development by practicing mindfulness meditation continuously.
6. Perform critical intellectual enquiry and acquire up-to-date knowledge of and research skills in Buddhist-derived individual therapies.

Alignment of CLOs with PLOs

	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	✓				
CLO2			✓	✓	
CLO3	✓			✓	
CLO4			✓	✓	
CLO5					✓
CLO6		✓			

BSTC7604. Awareness training program (6 credits)

Assessment

- Coursework, 100%
 - Class participation (attendance, discussion, etc.), 12%
 - Meditation report, 18%
 - Quizzes, 27%
 - Essay, 43%

Course learning outcomes (CLOs)

Upon completion of the course, students should be able to:

1. Demonstrate a clear understanding of the important concepts, theories, and teachings of the awareness training program.
2. Apply the Buddhist theory, knowledge, values, and learning experience of the awareness training program to counselling practices and daily lives.
3. Recognize the importance of Mahayana Buddhist values to maintain a high level of ethical integrity in group work counselling practice.
4. Demonstrate self-awareness and reflexive learning by developing one's own spiritual practice.
5. Perform critical intellectual enquiry and acquire up-to-date knowledge and research skills in Buddhist-derived group interventions.

Alignment of CLOs with PLOs

	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	✓				
CLO2	✓		✓		
CLO3	✓		✓		
CLO4					✓
CLO5		✓			

BSTC7605. Being with the elderly, sick and dying (6 credits)

Assessment

- Coursework, 100%
 - Class participation (role play, discussion, etc.), 20%
 - Essay, 50%
 - Meditation logs, 30%

Course learning outcomes (CLOs)

Upon completion of the course, students should be able to perform the following during times of sickness and incapacity:

1. Demonstrate an understanding of relevant aspects of Buddhist psychology.
2. Demonstrate sensitivity and empathy to reactions of patients and their family.
3. Be at ease with difficult feelings.
4. Offer skillful support and compassion.
5. Work with issues of loss and bereavement.
6. To promote a habit of the practice of meditation.

Alignment of CLOs with PLOs

	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	✓				
CLO2		✓	✓	✓	

CLO3			✓	✓	
CLO4			✓	✓	✓
CLO5	✓	✓	✓	✓	✓
CLO6	✓				✓

BSTC7606. Buddhist homiletics: The art of presenting Buddhist teachings (6 credits)

Assessment

- Coursework, 100%
 - Class participation (role play, discussion, class presentations, etc.), 20%
 - Presentation, 40%
 - Written paper on presentation, 40%

Course learning outcomes (CLOs)

Upon completion of the course, students should be able to:

1. Explain the art of homiletics and its role in Buddhism.
2. Examine the homiletical work of scholar–practitioners.
3. Demonstrate skills in preparing dharma talks for specific topics in Buddhism.
4. Demonstrate proficient presentation skills for a target audience.
5. Demonstrate a basic awareness of societal issues in Hong Kong, such as new immigrants, LGBT (lesbian, gay, bisexual, transgender), and substance abuse, and an understanding of these issues from a Buddhist view.

Alignment of CLOs with PLOs

	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	✓				
CLO2	✓	✓			
CLO3		✓	✓		✓
CLO4		✓		✓	
CLO5			✓	✓	

BSTC7607. Buddhist liturgy and rituals (6 credits)

Assessment

- Coursework, 100%
 - Short essay of 3,000–3,500 words, 70%
 - Group presentation, 30%

Course learning Outcomes (CLOs)

Upon completion of the course, students should:

1. Have a full and in-depth picture of the studies of Buddhist rituals and demonstrate that they are able to interpret and analyse the ritual theories, the various dimensions of Buddhist ritual practice, research methods, and the actual practices of different Buddhist rituals in the contemporary period.
2. Be familiar with Buddhist doctrines and rituals, with particular attention given to the development of Buddhism.
3. Be able to discover and weigh different kinds of evidence (textual, historical, and ethnographic) available for the same events or rituals.
4. Be able to approach Buddhist practice as one of subjects of academic studies.
5. Be able to perform critical thinking and rational understanding.

Alignment of CLOs with PLOs

	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	✓	✓			
CLO2	✓		✓	✓	
CLO3				✓	
CLO4		✓	✓		✓
CLO5					✓

BSTC7608. Buddhist mediation (6 credits)

Assessment

- Coursework, 100%
 - Essay (3000 – 4000 words), 50%
 - Continuous assessment, 50%

Course learning outcomes (CLOs)

Upon completion of the course, students should:

1. Be equipped with knowledge and understanding of the Buddhist Mediation Model and the Buddhist theories of dependent-arising, cause, conditions, and effects as a transformative practice of conflict resolution.
2. Be able to apply evidence-based theory and practice for couple and family counselling and therapy to the practice of reframing with the Five Aggregates Reframing Model under the Buddhist Mediation Model that integrates the theories of emptiness and no-self.
3. Be able to apply the Buddhist Mediation Model to resolve family disputes relating to couple, parent–child, elderly/sick, probate, and other disputes.
4. Be able to apply communication skills to be one’s own mediator and integrate practice of not-knowing, empathy, and active listening with mindfulness of body, mind, and heart (e.g., Tonglen Practice).
5. Have qualities and ethics of a Buddhist Mediator by practicing the Eightfold paths: Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, Right Concentration, Right Thought and Understanding, and Contemplation on the Heart Sutra.

Alignment of CLOs with PLOs

	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	✓				
CLO2		✓			
CLO3			✓		
CLO4				✓	
CLO5					✓

BSTC7609. Special topics in Buddhist counselling (1) (6 credits)

Assessment

- Examination, 50%
- Coursework, 50%

(Since this course is offered on an ad hoc basis, the detailed assessment methods will be determined by the teacher concerned before the course is offered.)

BSTC7610. Special topics in Buddhist counselling (2) (6 credits)Assessment

- Coursework, 100%

(Since this course is offered on an ad hoc basis, the detailed assessment methods will be determined by the teacher concerned before the course is offered.)

C. Capstone Experience

BSTC8998. Capstone Experience (12 credits)

Option A: *Contemplative and religious practices in Buddhism*

Option B: *A self-contemplative and reflective autobiography*

Option C: *Buddhist homiletics*

Option D: *Buddhist counselling case study*

Assessment

- Coursework, 100%

Course learning outcomes (CLOs)

Upon completion of the course, students should be able to:

1. Illustrate a thorough and accurate understanding of Buddhist knowledge and practices.
2. Use appropriate Buddhist counselling skills for self and/or others to alleviate suffering.
3. Identify important Buddhist values that relate to their personal and professional life.
4. Discuss and explain important Buddhist teachings and practices convincingly, clearly, and concisely through written and/or verbal communication.
5. Demonstrate a high level of self-awareness as a Buddhist counsellor.

Alignment of CLOs with PLOs

	PLO1	PLO2	PLO3	PLO4	PLO5
CLO1	✓				
CLO2		✓			
CLO3			✓		
CLO4				✓	
CLO5					✓