



# Teaching Meditation and Prayer



## 2022 Online intensive unit Online via zoom over four Saturdays

This unit develops the skills to teach meditation and prayer in a variety of contexts. It will consider the spiritual life across the lifespan and meditation methods appropriate for various age groups including children, teenagers and adults in contemporary context.

Students will explore various approaches including mantra, scripture, symbols, mandala, the place of the body and spiritual journaling, with an emphasis on Christian approaches. The focus will be on silent meditation and establishing places of silence in a contemporary context. Leadership qualities and ethical considerations required for teaching meditation to groups in a variety of settings will also be discussed.

Students will engage in professional experience in teaching meditation and prayer at such locations as schools, hospitals, youth groups, parish groups, universities, aged-care facilities, retreat centres and homes. The framework and insights of the Enhancing Catholic Schools Identity project will be referred to in the teaching of this unit.

**DATES:** 18, 25 June; 8, 15 October

**TIME:** 10am – 4.30pm

### Lecturer

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

### You can enrol:

- as an audit student (no assessment/credit) fee: \$650
- at undergraduate level: fee: \$1,764
- at postgraduate level: fee: \$2,732

Fees may be paid through Fee-Help when units are part of a University of Divinity award.

Contact the Academic Records Office for more information and enrolment appointments.  
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