

Module 7

Ageing, Sickness and Death

5th and 6th August 2023

Seminar Leader: Patricia McLoughlin

A. MODULE AIMS

“There is a time for every season... A time to be born and a time to die”. *Ecclesiastes 3:1*

“Although the physicality of death destroys us the idea of death saves us....”
Michael Montaigne

“When we finally know we are dying and all other sentient beings are dying with us, we start to have a burning sense of the fragility and preciousness of each moment and each being, and from this can grow, clear, limitless compassion for all beings.”
Sogyal Rinpoche

The Buddha and many others tell it like it is: Ageing, Sickness and Death are the inescapable truths of existence and the cause of much of the suffering we encounter in our personal lives and in our roles as therapists, companions and teachers.

Urgency or samvega is vital for us all!

The aim of this module is to help us ‘wake up’ and face with diminishing fear the reality of these universal truths. Our own capacity to see into our true nature allows for more natural courage, compassion and wisdom to arise, so that we may sit more easily with ourselves and therefore our clients wherever they are at.

B. LEARNING OUTCOMES

- Recognise deeply the nature of impermanence in our own and the lives of all sentient beings.
- Understand the relationship between greed, hatred and delusion and sunyata (no self) within Buddhist and existential contexts and the fear, avoidance and suffering this causes.
- Understand through direct experience the benefits of meditations on Ageing, Sickness and Death and how to skilfully introduce and apply these within one’s own psychological practice.
- Deepen our capacity for and expression of the Brahma Viharas (compassion, loving kindness, altruistic joy and equanimity) within the contexts of loss; death and dying and grief and bereavement.

C. CONTENT

With respect to the 3 major Buddhist traditions, content will include-

Guided meditations drawing from the Buddha's teachings.

Reflection and discussion on one's own experiences, reading and practice within the context of the module.

Teachings of the buddha and other spiritual and cultural traditions on Ageing, Sickness and Death.

D. TEACHING METHODS

Presentations; experiential exercises; small and large group discussion; meditation practice; reflection.

E. WRITTEN ASSESSMENT (1000-1500 words max)

Personal Reflections on Ageing, Sickness and Death.

To demonstrate an understanding of both the theoretical and experiential aspects of the module, and how participating in this training has influenced your own views of Ageing, Sickness and Death and ongoing clinical practice.

To be emailed to seminar leader, patricia.mcloughlin53@gmail.com and the Director of Training, dot@aabcap.org by Sunday 3rd September.

Grading: Level of competency: Competent / Not-Yet-Competent.
