

Certificate in Hindu Spiritual Care at Chinmaya International Foundation

CERTIFICATE PROGRAMME: Chinmaya International Foundation, Kerala, India, is offering a 24-credit *Certificate in Hindu Spiritual Care (CHSC)* to train Hindu Spiritual Care Providers, to be completed part-time within 18 months. Tuition for the Certificate programme is about US \$2,700, to be paid by the course. Discounts are available for students living in India.

VISION STATEMENT: The *Certificate in Hindu Spiritual Care (CHSC)* of Chinmaya International Foundation envisages training those who seek to serve the Hindu community with professional skills in the field of Spiritual Care. This will help the participant student live a meaningful life of service to the community leading to Self-unfoldment and inner fulfilment.

COURSE INFORMATION AND SCHEDULE:

First Semester, December 2023–June 2024

1. Foundation Vedanta Course: (Can be started anytime, completed by January 20, 2024)

[2 credits – 30 Contact Hours: 6 hours of live classes with Instructor Dr. Ramesh Pattni, plus 24 hours of pre-recorded videos by Br. Ved Chaitanya, with readings and self-assessment questionnaires offered through CIF Home Study Courses.] This course in Vedanta enables an individual to face the situations and problems of life, be it in profession, family, or interpersonal relationships, with ease and dexterity. Clarity of thinking and right vision of life enable peace of mind and efficient living. Spiritual seekers shall be able to understand spirituality and walk the path of sadhana effectively.

Know more at: [Click here](#)

To be completed on one's own, asynchronously, before January 20, 2024. Three live two-hour classes for Q&A and discussions with Instructor Dr. Ramesh Pattni will be held three Saturday mornings ET (USA Eastern Time) during December and January.

Prerequisite: There are no prerequisites to take this Home Study Course.

2. Introduction to Spiritual Care: (First class January 27, 2024)

[4 credits–60 contact hours] This core course offers students an opportunity to explore Spiritual Care Provision (Chaplaincy) as either a volunteer or as a professional and gain familiarity with its core competencies: formation, professional competence, and reflection. This course will cover professional topics such as types of spiritual care, Hindu theories of spiritual care, history of spiritual care, ethics, self-reflection skills to be aware of personal biases, confidentiality vs mandated reporting, listening and attending skills, assessment and referral, critical care response, how to handle domestic violence, attending to non-Hindu patients, and how to apply for volunteer positions and set up ongoing supervision. The main assignment is a term paper on assessing the needs in the Hindu community and developing a personal plan for serving the community.

This course is offered online live, synchronously in a weekly 3-hour class, and taught by Dr. Madhu Sharma and Dr. Ramesh Pattni, with special Guest Speakers.

Prerequisite: Admission into the Certificate programme.

3. Advanced Vedanta Course: (First class January 31, 2024)

[4 credits–60 contact hours] This core course gives an in-depth understanding of important Vedantic concepts. The primary aim of this course is to provide clarity and depth to one's Vedantic study. The major Vedantic concepts dealt with in the Prakarana-granthas are covered in a series of detailed lessons. Classes will include developing a personal sadhana for Antahkarana Suddhi, in-depth understanding of Hindu ceremonies and rituals such as the 16 Samskaras, weddings, memorial services, the significance of Hindu festivals, and Mantras and Pujas for healing, all through the lens of Hindu spiritual care.

This course has two components:

- Part A) The CIF Advanced Vedanta Home Study Course consisting of 24 videos by Br. Ved Chaitanya, readings, self-assessment questionnaires on Vedanta topics, which can be completed asynchronously ahead of time, and must keep up with the live classes.

Know more at: [Click here](#)

Prerequisite: There are no prerequisites to take this Home Study Course.

- Part B) 36 hours of live classes with Chinmaya Mission Swami Shivatmananda, offering discussions on the Advanced Vedanta topics with practical application to spiritual care, as well as Hindu Samskaras, festivals, and mantras for healing. This must be taken online live, synchronously, in a weekly 2-hour class.

Prerequisite: Foundation Vedanta Course and admission to the CHSC programme.

Summer Interim (July–August 2024)

4. Understanding Hinduism:

[1 credit–15 hours of pre-recorded classes through CIF Home Study Courses.] This online course trains the students how to effectively explain Hindu principles and practices in a simple yet clear manner. The course includes power point presentations on basic Hindu beliefs, which can be used at Interfaith/University/School presentations. This course to be taken on one's own, asynchronously.

Prerequisite: There are no prerequisites for this Home Study Course.

(Preparation for No. 5) Bhagavad Gita

During the summer, students can begin their studies of the Bhagavad Gita Part A of the CIF Home Study Course in preparation for the *Bhagavad Gita and Mahabharata* Course. The CIF Bhagavad Gita Home Study Course consists of 30 videos, readings, self-assessment questionnaires on Bhagavad Gita, which can be completed asynchronously.

Know more at: [Click here](#)

Prerequisite: There are no prerequisites for this Home Study Course.

(Preparation for No. 7) Clinical Practicum Preparation

During the summer, students should search, identify, apply and be admitted as a volunteer spiritual care provider in a clinical placement, such as a local hospital, hospice, correctional facility, etc, which should start at the latest by the following January. This placement will be needed for the last Semester Clinical Practicum (Course 7). The placement must provide training and supervision in Spiritual Care.

Second Semester, September–December, 15 weeks, 2024

5. Bhagavad Gita and Mahabharata: From Conflict to Vision

[4 credits–60 contact hours.] This core course will enable the student to apply the wisdom of Bhagavad Gita in daily life and in a spiritual care setting. The course provides a holistic, insightful coverage of the Bhagavad Gita and the Mahabharata in a lucid and simple style. Besides thematic and textual study, the Course also encourages contemplation and internalisation of the Gita Way of Life. Powerful stories and selected lessons from the Mahabharata will illustrate how to approach conflict resolution, accept tragedy, and face adharmic situations and moral dilemmas.

This course has two components:

- Part A) The CIF Bhagavad Gita Home Study Course consisting of 30 videos by Br. Ved Chaitanya, readings, self-assessment questionnaires on Bhagavad Gita, which can be completed asynchronously but must keep up with the live classes.

Know more at: [Click here](#)

- Part B) Live online classes instructed by CM Swami Shivatmananda, with supplemental teachings on Mahabharata and practical applications to spiritual care. This course must be taken online live in a weekly 2-hour class.

Prerequisites: Admission to the CHSC programme and Introduction to Spiritual Care.

6. Indian Psychology of Spiritual Care:

[3 credits—45 contact hours] This core course, taught by Dr. Ramesh Pattni, provides a fundamental understanding of the Indian psychological concepts and theories on consciousness, mind, health and well-being. From the vast repository of psychological ideas, a few of these have been selected to ground the concepts and theories with the available research evidence in contemporary psychological science. The course aims to provide a different perspective to the mainstream psychology concepts, principles and theories. The students will be taught the Ayurvedic model of health, the yogic and Vedantic perspectives on well-being/consciousness, and how these concepts can be applied to spiritual care. Students will practice skills and self-awareness through role plays. This course must be taken live, synchronously, in a weekly 3-hour class.

Prerequisites: Admission to the CHSC and Introduction to Spiritual Care.

Third, Final, Semester (January–June 2025)

7. Clinical Practicum:

[4 credits–60 contact hours] This core course requires students to find and join a field work placement in his/her community setting (such as a local hospital or hospice), with training and supervision in the setting. The students should have about 5 clinical hours per week or 75 hours total. The class will meet weekly online in small groups with a CIF Hindu Supervisor who will review the verbatims and help the students develop their Hindu identity as a spiritual caregiver. The Supervisor will guide the students to draw upon and strengthen their faith as they share it with others, whether verbally or nonverbally.

Prerequisites: All four core courses should be completed before enrolling in the Clinical Practicum. Student must be enrolled in a local clinical setting with onsite training and supervision.

8. In-Person Spiritual Retreat:

[2 credits–30 contact hours] Students participate in an in-person spiritual retreat of their choosing for 5-7 days, which includes 30 hours of Vedanta discourses, meditation, yoga, pujas, shlokas, aarati or other spiritual practices. Chinmaya Mahasamadhi Camps, or Tulsi Ramayana Camps, or other Bhakti topics are recommended. The Camp teacher should certify the student's attendance and participation. A Reflection Paper will be submitted after the retreat.

With approval of the Department.