

CIF's Certificate in Hindu Spiritual Care
Course, Schedule, and Tuition Details
Starting January 2025

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 \$2,900, to be paid by the course. Tuition for a 3-credit course is \$375. Tuition for a 4-credit course is \$500. 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 DESCRIPTIONS AND SCHEDULE:

First Semester, January-June 2025

1. Introduction to Spiritual Care

[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. Students will 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, suicidality, and substance abuse, and attending to non-Hindu patients. 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 live on Zoom in a weekly 3-hour class taught on Saturday mornings, USA ET time.
Prerequisite: Admission into the Certificate programme.

2. Bhagavad Gita: 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 in a lucid and simple style. Besides thematic and textual study, this course also encourages contemplation and internalisation of the Gita Way of Life. A few 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 Course Online, consisting of 30 hours of prerecorded video talks, readings, and self-assessment questionnaires on the Bhagavad Gita. This can be completed asynchronously but must keep up with the live classes. Students may begin this course ahead of time by registering through CIF's Vedanta Courses.

Part B) Live online classes on Bhagavad Gita with supplemental teachings on Mahabharata and practical applications to spiritual care. This course must be taken online live in a weekly 2-hour Zoom class taught Wednesday evenings ET (USA Eastern Time). *Prerequisite: Admission to the CHSC programme.*

Summer Interim (July-August)

3. Foundation Vedanta Course

[2 credits =30 Contact Hours] 24 hours of pre-recorded video talks, with readings and self-assessment questionnaires offered through CIF Vedanta Courses, supplemented with 6 hours of live classes for review and questions. This course in Vedanta enables one to face the situations and problems of life, be it in profession, family, or interpersonal relationships, with clarity of thinking and a broad vision of life, leading to positivity and peace of mind. Spiritual seekers will be able to develop their personal sadhana. This course is to be completed on one's own, asynchronously, plus six hours of live Zoom classes for Q&A and discussions held on three Saturday mornings ET (USA Eastern Time). *Prerequisite: There are no prerequisites to take this CIF Online Course.*

4. In-Person Spiritual Retreat

[2 credits=30 contact hours] Students participate in an in-person spiritual residential retreat of their choosing for 5-7 days. The residential retreat should include at least 30 hours of either discourses, meditation, yoga, pujas, shlokas, arati or other Hindu spiritual practices. Chinmaya Mahasamadhi Camps, Yoga Camps, Ramayana Camps, or other Bhakti or Vedanta topics are recommended options. The Camp teacher should certify the student's attendance and participation. A Reflection Paper will be submitted after the retreat. *With approval of the CHSC Department.*

(Preparation for Course No. 7 Clinical Practicum)

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. CPEs are the ideal option.

Second Semester, Sept-December, 15 weeks

5. Rites, Rituals, & Vedanta

[4 credits=60 contact hours] This core course gives an in-depth understanding of important Vedantic concepts and Hindu practices. 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, in-depth understanding of Hindu ceremonies and rituals such as Pujas, 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 Course Online, consisting of 24 video classes, readings, and self-assessment questionnaires on Vedanta topics. This course can be completed asynchronously ahead of time, and must keep up with the live classes. Register through CIF Vedanta Courses.
Prerequisites: There are no prerequisites to take this Home Study Course.

Part B) 36 hours of live classes, offering discussions on the Advanced Vedanta topics with practical application to spiritual care, as well as pujas, Hindu Samskaras, festivals, and mantras for healing. This must be taken online live, synchronously, in a weekly 2-hour Zoom class held Wednesday evenings, ET time. *Prerequisite: Admission to the CHSC programme and Introduction to Spiritual Care.*

6. Indian Psychology

[3 credits=45 contact hours] This core course 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 apply to spiritual care. This course must be taken live, synchronously, in a weekly 3-hour Zoom class taught on Saturday mornings, ET time. *Prerequisites: Admission to the CHSC and Introduction to Spiritual Care.*

Third, Final, Semester (January-June)

7. Clinical Practicum

[4 credits=60 contact hours] This final core course requires students to find and join a field work placement in his/her community (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 their verbatims and help the students develop their Hindu identity as a spiritual caregiver. Timing TBD. *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. Understanding Hinduism

[1 credit=15 hours] This CIF 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 is to be taken on one's own, asynchronously. *Prerequisite: There are no prerequisites for this Online CIF course.*