

Master of Arts in Buddhist Āyurvedic Counseling

Master of Arts in Buddhist Āyurvedic counseling course was firstly introduced 10 years ago by the Postgraduate Institute of Pali and Buddhist Studies and now it has earned popularity as an accepted field of counseling in Sri Lanka. The growing interest of the sectors such as Education, Military Forces, Medicine and Psychology in the discipline has led the Institution to introduce first time the online Master of Arts in Buddhist Āyurvedic Counseling Program with a view to delivering the courses globally.

The Program consists of courses that embody mainly Buddhist psychological and counseling elements in Buddhist wisdom reflected in the Pali Buddhist Texts and tradition. Buddhism from its origin being a system of knowledge that transcends geographical and cultural boundaries, Buddhist psychotherapy is globally fitting and applicable. The significance of the course has been characterized not only by the extended reading of Buddhist Textual materials from therapeutic perspective but also by the scientific outlook of the courses and their affinity to other globally accepted Psychotherapeutic systems. Āyurveda was the physiotherapy of all the spiritual traditions in India. While Buddhism has been benefited from Āyurveda, it has contributed to the development of Āyurveda as well. In this particular course, Āyurvedic wisdom is mainly added into the diagnostic aspect of Counseling.

Eligibility for Admission

- i. A pass for the Postgraduate Diploma in Buddhist Āyurvedic Counseling conducted by the Postgraduate Institute of Pali and Buddhist Studies
or
- ii. A Degree in Ayurvedic Medicine and Surgery
or
- iii. Special Degree in Buddhist Philosophy, Buddhist Culture, Pali, Sanskrit with a Postgraduate Diploma/ Certificate Course in Counseling recognized by the Government of Sri Lanka
or
- iv. Special Degree in Psychology, Counseling, Philosophy, Sociology or a Degree in Western Medicine from a recognized university
or

- v. A Degree from a recognized university with three year professional experience in Counseling in an institute/ organization recognized by the Institute and the Government of Sri Lanka
- vi. A Degree/a qualification accepted by the Faculty Board of the Institute as being equivalent to a Degree/a Higher Degree in Buddhist Studies, Buddhist Philosophy or Pali (Student requires to undergo additional studies prescribed by the corresponding Department)
or
- vii. Any other qualification acceptable to the Faculty Board of the Institute

Requirements for the Course of Study

A student is required to take the **seven course units including** MABC 72: Research Methodology and Extended Essay announced for the academic year 2021/ 2022.

The course consist of-

180 Teaching Hours

150 Practical hours

The students who are recommended to take additional learning need to take another 30 hour Theory teaching course unit.

Available course units (prescribed for the academic year 2020/ 2021)

1. Psycho-analysis of Buddhism
2. Buddhist Personality Analysis
3. Buddhist Psychotherapy
4. Buddhist Sources for Counseling
5. Study of Buddhist Āyurvedic Sources
6. Buddhist Meditation ii (Therapeutic application)

Courses may, however, vary from those given above depending on the interests and availability of the teachers involved, and additional courses may be offered from time to time. The Institute reserves the right to alter or withdraw any of the courses announced, or change the conditions governing them.

Course Structure

The course is of one year's duration and consists of three terms of ten weeks each. Each course unit except MABS 72 Research Methodology and Extended Essay will have a minimum of one hour a week in the form of a lecture, followed by tutorial guidance and seminar discussions.

Method of Evaluation

Taught Course Units

Continued Assessment	15 marks
Vocal Test	10 marks
Practical Components (Attendance for Practical Sessions)	25 marks
End Year Written Test	50 marks

Research Methodology and Extended Essay: 100 marks

Participation of workshops, preparation of Essay proposal and completion of the 5000 word Extended Essay will be taken into consideration. Please see the syllabus for the further information.

Grades

75 - 100	A - Distinction
65 - 74	B - Credit
50 - 64	C - Pass
00 - 49	W - Weak

(i) Merit Pass - An average of 75 marks for all units with not less than 50 marks for any unit

(ii) Pass - 50 marks for each course unit or between 45 - 49 for one course unit with average of 50

Course Code: MABC 01

Course Title: Psycho-analysis of Buddhism

Aim: To understand the causes of psychological issues and the potential of mind to resolve such problems

Content: i. Classification of psycho-corporeality: 5 Aggregates, 12 Faculties, 18 Elements, 22 Controlling Principles (*indriya*).

ii. Five Hindrances: Sensual Desire, Hatred, Sloth and Torpor, Flurry and Worry, Skeptical doubt.

iii. Introduction to the analysis of mind and mental concomitants

iv. Analysis of wholesome and unwholesome thoughts

v. Analysis of wholesome and unwholesome mental concomitants

vi. The concept of universal mental concomitants

vii. Sense experience and Thought Avenues

Duration: 30 hours

Method of Teaching: Lectures, Assignments and workshops

Expected Learning Outcomes: The student shows the ability to explain the influence of unwholesome states on arising psychological problems and the efficacy of wholesome states to resolve psychological issues.

Recommended References:

Bodhi, Bhikkhu (ed), (1999), *A Comprehensive Manual of Abhidhamma*, BPS, Kandy.

Dhammavihari, Ven, (1990). *A Correct Vision and Life Sublime*.

De Silva, Padmasiri, (1978). *Buddhist and Freudian Psychology*, Lake House Investments Ltd., Colombo.

Harischandra, D. V. J., (1998). *Psychiatric Aspects of Jataka Stories*, Galle, Sri Lanka.

Jayatilake, K. N., (1963). *Early Buddhist Theory of Knowledge*, Allen and Unwin Ltd., London.

Kalupahana, D. J., (1975). *Causality: The Central Philosophy of Buddhism*. Honolulu.

Karunadasa, Y., (2014). *The Theravada Abhidhamma, Its Inquiry into the Nature of Conditioned Reality*, Centre of Buddhist Studies, Hong Kong.

Karunadasa, Y., (1967). *Buddhist Analysis of Matter*, Colombo.

Nyanaponika Thero, (1962). *The Heart of Buddhist Meditation*, Colombo.

Sarachchandra, E. R., (1958). *Buddhist Psychology of Perception*, Colombo.

Sumanapala, G. D. (1998). *An Introduction to Theravada Abhidhamma*. Buddhist Research Society, Singapore.

Watanabe, F., (1983). *Philosophy and its Development in Nikayas and Abhidhamma*, Delhi.

Course Code: MABC 02

Course Title: Buddhist Personality Analysis

Aim: To understand Buddhist psychological theory of personality analysis

Content:

- i. Analysis of universe and sentient being (*satta*)
- ii. The concept of *viññāṇaṭṭhiti*
- iii. Analysis of character types: *rāga, dosa, moha, saddhā, buddhi, vitakka*
- iv. 141-fold personalities found in the *Puggalapaññatti*
- v. Causes that condition personality: *kamma*, mind, environment, food, society etc.
- vi. Methods of understanding Personality

Duration: 30 hours

Method of Teaching: Lectures, assignments and practical workshops

Expected Learning Outcomes: At the completion of the course, the student will be able to analyze his/her understanding on how weak personality features cause for arising of psychological issues and how personality development could be made applying Buddhist teachings.

Recommended References:

Abenayake, O., (1995). *Fundamentals of Buddhist Polity*, Singapore.

Callicott, J. Baird, Ames Roger T., (1991). *Nature in Asian Traditions of Thought, Essays in Environmental Philosophy*.

Cakravarti, Uma, (1987). *The Social Dimensions of Early Buddhism*, Delhi.

De Silva, Padmasiri,(1998). *Environmental Philosophy and Ethics in Buddhism*, Great Britain.

Dhammavihari Ven., (1990). *A Correct Vision and Life Sublime*.

Hettiaracchi, Dharmasena, (2001). *Buddhist Economic Philosophy*, Battaramulla.

Jayatilake, K. N., (1969). *Aspects of Buddhist Social Philosophy*, Kandy.

_____, (1958), *Buddhism and the Race Question*, Paris.

Keown, Damien, (2001). *Buddhism and Bio-Ethics*, Palgrave, Houndmills,

Basingstoke, Hampshire.

Course Code: MABC 03

Course Title: Buddhist Psychotherapy

Aim: To introduce nature of psychotherapy and psychotherapeutic approaches in Pali Buddhism.

Content:

- i. Buddhist and Western psychotherapy - Introduction
- ii. Therapeutic concept in Buddhism
- iii. Buddhist exposition of Somatic Therapy
- iv. Buddhist exposition of psychotherapy
- v. Morality (*sīla*) and Behaviour therapy
- vi. Concentration (*samādhi*) and mental transformation
- vii. Wisdom (*paññā*) and Cognitive Therapy

Duration: 30 hours

Method of Teaching: Lectures, assignments and practical workshops

Expected Learning outcomes:

To understand the differences of Western and Buddhist Systems of psychotherapies

Recommended References:

Bodhi, bhikkhu (ed.), (1999), *A Comprehensive Manual of Abhidhamma*, BPS, Kandy.

Galmangoda, Sumanapala, (2005). *Buddhist Social philosophy and Ethics*, Singapore.

Harischandra, D.V.J., (1998). *Psychiatric Aspects of Jataka stories*, Galla, sri lanka.

Hall, Manly P., (1979). *Buddhism and Psychotherapy, the Healing of Heart Doctrine*, California.

Kawal, Hayao., (1996). *Buddhism and the Art of Psychotherapy*, Tevas A &M University press , USA.

Magid, Barry, (2002). *Ordinary Mind, Exploring the Common Ground of Zen and Psychotherapy*, Boston.

Nissanka, H. S. S., (1998). *Buddhist Psychotherapy*, Sri Lanka.

Course Code: MABC 06

Course Title: Buddhist Sources for Counseling

Aim: To understand different personality disorders, psychological disorders, and abnormal behavior and various Buddhist counseling methods applicable to resolve those issues found in Buddhist Discourses (*sutta-s*), commentaries and Jātaka tales

Content: To comprehend different personality disorders, psychological disorders, and abnormal behavior and various Buddhist counseling methods found in the Discourses: *Roga, Sallekha, Vatthūpama, Salla, Sunakkhatta, Sokasallaharaṇa, Piyajātika, Alabbhaṭṭhānīya, Māgandiya* and in the corresponding commentaries of them. And the aspects such as Personality Disorders, Abnormal Behavior and Psychological issues will be studied on the basis of selected Jātaka tales. Further, identification, particularly, of the therapeutic approaches and theories found in those sources will be studied.

Duration: 30 hours

Method of Teaching: Lectures, assignments and practical workshops

Expected Learning Outcomes: The student, at the end of the course, will be able to demonstrate his/her understanding on different personality disorders, psychological sicknesses, and abnormal behavior and various Buddhist counseling methods reflected in Pali Buddhist sources.

Recommended References: Relevant primary and secondary sources will be provided.

Course Code:	MABC 07
Course Title:	Study of Buddhist Āyurvedic Sources
Aim:	Studying disease prevention of Buddhist Āyurveda and Treatments
Content:	<ol style="list-style-type: none">1. Cullavaggapāḷi: Vattakkhandhaka2. Mahāvaggapāḷi: Bhesajjakkhandhaka3. The <i>Visuddhimagga</i>: Kammaṭṭhāna-gahaṇa-niddesa4. The <i>Bhesajjamañjusā</i>: Focusing on selected sections
Duration:	30 hours
Method of Teaching:	Lectures, Assignments and workshops

Expected Learning Outcomes:

Realization of that Buddhist Ayurvedic emphasis is on the prevention of illnesses rather than treatments and that the mental health is invariably associated with the bodily health

Course Code: MABC 08
Course Title: Buddhist Meditation ii (Therapeutic Application)

Aim: To introduce therapeutic significance of Buddhist meditational practices with reference to Pali sources and modern contemplative therapies

Content: The relevance of meditational practices for resolving psychological problems in Pali sources (*domanassa, upāyāsa, pariḷāha, upādāna, vipallāsa, vikkhittacitta, samkhittacitta, byāpannacitta*) as well as mental disorders elaborated in the context of modern psychotherapy. An attempt will be made here to discuss various critiques on modern contemplative therapies: Rational Emotive Behavior Therapy (REBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), Morita Therapy (MT), Mindfulness Based Stress Reduction (MBSR), Mindfulness Based Cognitive Therapy (MBCT), Core Process Psychotherapy (CPP)

Duration: 30 hours

Method of Teaching: Lectures, Assignments and workshops

Expected Learning Outcomes:

At the end of this course, the student will be able to

- * understand various psychological problems reflected in Pali sources,
- * distinguish differences of analyzing psychological problems from Buddhist and modern psychotherapies and
- * appropriateness of prescribing contemplative therapies for mental disorders.

Recommended References:

De silva, Padmasiri, (2014). *An Introduction to Buddhist Psychology and Counseling ; Pathways of Mindfulness Based Therapies*, Palgrave Macmillan, London.

Dennis, Tirch, (2015). *Buddhist Psychology and Cognitive Behavioral Therapy, a clinician's Guide*, 1st Edition.

Espstein, Mark, (2004). *Thoughts Without a Thinker , Psychotherapy from Buddhist Perspective*.

Jenny , Quek ,(2007). *The Buddhist's Technique and Practice of Counseling as Depicted in the Pali Cannon* , KP Media Interdrnational pvt. Ltd., Singapore.

Espstein , Mark , (2007). *Psychotherapy Without the Self : A Buddhist Perspective*.

Galmangoda, Sumanapala , *An Introduction of the Methods of Meditation in the Theravada Tradition*, Buddhist Research Society, Singapore.

Goleman ,D. (1976). Meditation and consciousness, An Asian Approach to mental Health,' *American Journal of psychotherapy*, Vol.,30(1), (2002).

Course Code MABC 72

Course Title: Research Methodology and Extended Essay

Aim: Providing an opportunity to enhance basic knowledge and skills of research methods and academic writing

Content and Requirements:

Study of Buddhist literary sources, fundamentals of a research, styles of referencing, preparing a research proposal and academic writing. Students are required to participate in workshops organized by the Institute and prepare an essay proposal and a 5000 word extended essay on a theme related to the courses as instructed and guided at workshops. Students are required to submit their essay proposal before the end of the second term. The essay should be submitted within 30 days from the last question paper of the final year examination of the course.

Duration: 30 hours

Method of Teaching:

The procedure is as follows:

Stages	Scheduled time	Themes
1st Work-shop	4th week of the 2nd term	Buddhist Literary Sources and Fundamentals of Research
2nd Work-shop	9th week of the 2nd term	Styles of Referencing, Preparing a Research Proposal and Academic Writing.

■ Submission of Extended Essay topics by the students: Before the 5th week of the 2nd Term

■ Collecting of approved/amended Extended Essay topics from the office: 7th week of the 2nd Term

Method of Evaluation:

- Participation in workshops: 10 marks
- Preparation of essay proposal: 20 marks
- Completion of essay: 70 marks

Expected Learning Outcomes:

Students demonstrate the skills of academic writing, research methods and critical thinking.

Recommended References:

Cryer, Pat, (1999). *The Research Student Guide to Success*, Mumbai: VIVA Books Private Ltd.

Glough Peter & Nutbrown Cathy, (2002). *A Student Guide to Methodology Justifying Enquiry*, London: SAGE Publications Company.

Nicholas, Walliman, (2005). *Your Research Project*, New Delhi: Vistaar Publications

Potter, Stephen (Eds.). (2002). *Doing Postgraduate Research*, London: SAGE Publications Company London

Tentative Timetable (Convenient to Local Sri Lankan Time)

Day	Lecture Time
Tuesday	7.00 pm- 9.00 pm
Wednesday	7.00 pm- 9.00 pm
Thursday	7.00 pm- 9.00 pm
Friday	7.00 pm- 9.00 pm (Additional Theory Course Unit: See Eligibility for Admission vi)
Saturday	8.00 am-10.00 am 4.00 pm- 6.00 pm
Sunday	4.00 pm- 6.00 pm

- Lectures for practical components will be held after the Theory lectures.

Admission

Register before February 10, 2021.

Application is downloadable at:

http://pgipbs.kln.ac.lk/images//pdf/advertisements/REG_APPLICATION_2020.pdf

Forward your Application with proofs for Education Qualifications to:

Assistant Registrar
The Postgraduate Institute of Pali and Buddhist Studies
113, Dutugemunu Street
Kohuwala, Sri Lanka.

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