

General Guidelines and Syllabus

Master of Arts in Buddhist Āyurvedic Counseling (One Year Taught Course)

General Guidelines

Introduction to the Course

Buddhist Psychology and Counseling as an academic discipline has earned global recognition for the last three decades. The Postgraduate Institute of Pali and Buddhist Studies (PGIPBS) of the University of Kelaniya introduced Master of Arts in Buddhist Āyurvedic counselling as an academic program in the year 2010 for local candidates. Since then it has earned immense recognition in the fields of Education, Military, Medical and Psychology. The growing interest in the discipline compelled the PGIPBS to introduce a global Master of Arts in Buddhist Āyurvedic counselling in English medium as an online programme to facilitate the interested groups in 2021.

The service rendered by Buddhist civilization that emerged after the introduction of Buddhism to Sri Lanka in the 3rd Century B.C. to promote the material and the psychological development of the Buddhist societies across well-over 2300 years has been remarkable. Āyurveda was the physiotherapy of all the spiritual traditions in India and Buddhist communities also benefitted from it since the origins of Buddhism. Buddhism also has contributed to the development of Āyurveda, consequently there had been a symbiotic relationship between the two systems. It is evident from the *Bhesajja-mañjusā*, the local medical text, the mental health of the Buddhist community was secured by the teachings of the Buddha and the physical health mainly by Āyurveda. Currently, Āyurveda is practiced island-wide as an alternative system of medication and also taught as a subject at the higher education level. In this particular course, Psychological and Counseling elements of Āyurvedic wisdom is added emphasizing physiological well-being.

The Program consists of courses that provide students with theoretical and practical knowledge of Buddhist psychological and counselling elements reflected in Pali Buddhist Texts and tradition. The significance of the Program is determined not only by the extended reading of Buddhist primary source materials from a therapeutic perspective but also by a scientific outlook with an affinity to other globally accepted Psychotherapeutic systems. Further, meditation is an integral part of the curriculum and adequate practical training in Buddhist meditation also included as part of this program. Therefore, this subject is designed to produce experts in Buddhist Āyurvedic

counselling capable of diagnosing and relieving varieties of psychological predicaments arising in these complicated socio-economic settings.

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 Āyurvedic 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 **seven course units including** Extended Essay. The students selected with conditions have to follow an additional course unit from the Postgraduate Diploma Level (PDBC 02).

The course consist of-

180 Teaching hours/ 210 Teaching hours (for students selected with conditions)

150 Practical hours

Available course units (prescribed for the academic year 2021/ 2022). (No selective courses)

1. MABC 01- Psycho-analysis of Buddhism
2. MABC 02- Buddhist Personality Analysis
3. MABC 03- Buddhist Psychotherapy
4. MABC 06- Buddhist Sources for Counseling
5. MABC 07- Study of Buddhist Āyurvedic Sources
6. MABC 08- Buddhist Meditation ii (Therapeutic Application)
7. MABC 09- Research Methodology and Extended Essay
8. PDBC 02- Buddhist Counseling Methods of Psycho and Somatic Issues
(Only for the candidates selected with conditions.)

Courses may, however, vary from those given above depending on the Department decision and the availability of the teachers involved. 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 will have two hours' teaching/ workshops.

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

MABS 09- Research Methodology and Extended Essay: 100 marks

Participation in workshops, Essay proposal and completion of the 5000 word Extended Essay will be taken into consideration in the evaluation.

Attendance for Workshops	10 Marks
The Proposal	20 Marks
Extended Essay	70 Marks

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 marks between 45-49 for one course unit with an average of 50 for all course units

Syllabus

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*, Texas 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:

- I. Cullavaggapāḷi: Vattakkhandhaka
- II. Mahāvaggapāḷi: Bhesajjakkhandhaka
- III. The *Visuddhimagga*: Kammatṭhāna-gahaṇa-niddesa
- IV. The *Bhesajjamañjusā*: 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 (<i>domanassa, upāyāsa, pariḷāha, upādāna, vipallāsa, vikkhittacitta, saṁkhittacitta, byāpannacitta</i>) 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, Tirsch, (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: PDBC 02

Course Title: Buddhist Counseling Methods of Psycho and Somatic Issues.

Aim: Introducing various counseling methods and approaches associated with Buddhism and Buddhist Culture applicable in Counseling.

- i. Counseling : various definitions and Buddhist Concept of *Anusāsanā*
- ii. Qualities of Counselor
- iii. Historical records of successful Buddhist Counseling
- iv. Language and it's usage in counseling
- v. Fundamentals of Buddhist Counseling
- vi. Methods of Mediation
- vii. Rituals and white magic
- viii. Astrology and Counseling
- ix. Acts of Merits and Counseling
- x. Buddhist Concept of emancipations and Counseling

Duration: 30 hours

Method of Teaching: Lectures, assignments and practical workshops

Expected Learning outcomes:

Student can describe the multiple methods and approaches of Buddhist Counseling applicable in the counseling settings.

Recommended Readings

Sumanapala Galmangoda, (2017), Fundamentals of Buddhism and Āyurveda for Psychiatry and Counselling, Hong kong

Sumanapala Galmangoda, (2005), Buddhist Social Philosophy and Ethics, Singapore

Harischandra, D.V.J, (1998), Psychiatric Aspect of Jataka Stories, Galle

Johanson, Rune, E.A ,(1979), The Psychology of Nirvana, New York

Maurits, G. T. Kwee, (2006), Horizons in Buddhist Psychology, USA

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

Recommended References:

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