

02.3.3 Master of Arts in Buddhist Counselling

Scope and Content of the Course

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 on a practical basis. The program is designed in such a way that it can produce experts in Buddhist Counselling capable of diagnosing and relieving varieties of psychological predicaments arising in complicated socio-economic settings. The students learning Buddhist Counselling have the opportunity to read Buddhist primary sources. The scientific outlook of the course and its affinity to other globally accepted Psychotherapeutic systems is also very notable. Meditation is an integral part of the curriculum and adequate practical training in Buddhist meditation to apply to psychological issues will also be provided.

Eligibility for Admission

Direct Registration Requirements

- i. Postgraduate Diploma in Buddhist Āyurvedic Counselling offered by PGIPBS
or
- ii. A Degree in Āyurvedic Medicine and Surgery offered by a recognized local or international university or institute
or
- iii. A Special Degree in Buddhist Philosophy, Buddhist Culture, Pali, Sanskrit or General Degree with at least one of these subjects with a Postgraduate Diploma/ Certificate Course in Counselling recognized by the Government of Sri Lanka
or
- iv. A Special Degree in Psychology, Counselling, Philosophy or Sociology
or
- v. A Degree in Western Medicine from a recognized university
- vi. A Degree from a recognized university with a three year continuous professional experience in Counselling in an institute or organization recognized by the Institute and the Government of Sri Lanka
or
- vii. A Degree or a qualification accepted by the Faculty Board of the Institute as being equivalent to a Degree or a Higher Degree in Buddhist Studies, Buddhist Philosophy or Pali

Conditional Registration Requirement

Any Bachelor of Arts or Bachelor of Science Degree (Candidate requires to study additional course unit offered free by the Department of Buddhist Culture of PGIPBS.)

Requirements for the Course of Study

A student is required to take seven-course units including an Extended Essay.

The students registered under conditional registration have to follow an additional course unit from the Postgraduate Diploma Level (PDBC 02).

The course consists of

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

120 Practical hours

Available Course Units

MABC 01: Psycho-analysis of Buddhism

MABC 02: Buddhist Personality Analysis

MABC 03: Buddhist Psychotherapy

MABC 06: Buddhist Sources for Counselling

MABC 07: Buddhist Sources for Psychosomatic Wellbeing

MABC 08: Buddhist Meditation ii (Therapeutic Application)

MABC 09: Research Methodology and Extended Essay

MABC 10: Aesthetics and Counselling: Buddhist Analysis and Interpretations

MABC 11: Humanistic Psychology, Buddhism and Wellbeing

PDBC 02: Buddhist Counselling Methods of Psycho and Somatic Issues

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 duration and consists of three terms of ten weeks each. Each course unit except **MABC 09 Research Methodology and Extended Essay** has two hours of teaching / workshops per week.

Method of Evaluation

Compulsory Taught Course Units

Continuous Assessment	20 marks
Vocal Test	10 marks
Practical Components (Participation in Practical Sessions)	20 marks
Year End Written Examination	50 marks

Elective Taught Course Units

Attendance for lectures	20 marks
Short Essay	30 marks
Long Essay	50 marks

MABC 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.

Participation in 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 the 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 an average of 50 for all the course units
- (iii) **Inadequate Pass and Repeat Exam** - The students who have not passed only one course unit are considered incomplete in Examination. Such students are required to complete the Examination by re-sitting only that course unit. The students who have not passed more than one course unit are required to re-sit all the course units to pass the examination. However, if such a student with no passes for more than one course unit has passed MABS 72 / MABC 09 at the previous sitting is not required to re-take it. Furthermore, the incomplete students should complete the examination within 04 years from the date of registration as a student.

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	<ol style="list-style-type: none"> i. Classification of Psycho-corporeality: 5 Aggregates, 12 Faculties, 18 Elements, 22 Controlling Principles (<i>indriya</i>) ii. Five Hindrances: Sensual Desire, Hatred, Sloth and Torpor, Flurry and Worry, Skeptical doubt (<i>nīvaraṇa</i>) iii. Introduction to the analysis of mind and mental concomitants (<i>citta and cetasika</i>) iv. Analysis of wholesome and unwholesome thoughts (<i>kusala citta and akusala citta</i>) v. Analysis of wholesome and unwholesome mental concomitants (<i>kusala cetasika and akusala cetasika</i>) vi. The concept of universal mental concomitants (<i>sabbacittasādhāraṇa cetasika</i>) vii. Sense experience and Thought Avenues (<i>cittavīthi</i>) viii. Development of mental culture (<i>bhāvanā</i>)
Duration	30 hours
Method of Teaching	Lectures, assignments and workshops
Expected Learning Outcomes	Ability to explain the influence of unwholesome states on arising psychological problems and the efficacy of wholesome states to resolve psychological issues
Recommended References	<p>Bodhi, Bhikkhu (ed), (1999). <i>A Comprehensive Manual of Abhidhamma</i>, Kandy, Buddhist Publication Society.</p> <p>Dhammavithari, Ven, (1990). <i>A Correct Vision and Life Sublime</i>.</p> <p>De Silva, Padmasiri, (1978). <i>Buddhist and Freudian Psychology</i>, Colombo, Lake House Investment Ltd.</p> <p>Harischandra, D. V. J., (2015). <i>Psychiatric Aspects of Jataka Stories</i>, Nugegoda: Vijitha Yapa Publications.</p> <p>Jayatilake, K. N., (1963). <i>Early Buddhist Theory of Knowledge</i>, London, Allen and Unwin Ltd.</p> <p>Kalupahana, D. J., (1975). <i>Causality: The Central Philosophy of Buddhism</i>. Honolulu: University of Hawaii.</p> <p>Karunadasa, Y., (2014). <i>The Theravada Abhidhamma, Its Inquiry into the Nature of Conditioned Reality</i>, Hong Kong, Centre of Buddhist Studies.</p> <p>— (2020). <i>Buddhist Analysis of Matter</i>, Boston: Wisdom Publication.</p> <p>Nyanaponika Thero, (2017). <i>The Heart of Buddhist Meditation</i>, Kandy, Buddhist Publication Society.</p>

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- Sarachchandra, E. R., (1958). *Buddhist Psychology of Perception*, Colombo, Ceylon University Press.
- Sumanapala, G. D.,(1998). *An Introduction to Theravada Abhidhamma*. Singapore, Buddhist Research Society.
- Watanabe, F., (1983). *Philosophy and its Development in Nikayas and Abhidhamma*, New Delhi, Motilal Banarsidass Publishing House.
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Course Code	MABC 02
Course Title	Buddhist Personality Analysis
Aim	To understand Buddhist psychological theory of personality analysis
Content	<ul style="list-style-type: none"> i. Analysis of universe and sentient being (<i>satta</i>) ii. The concept of <i>viññāṇaṭṭhiti</i> iii. Analysis of character types: <i>rāga, dosa, moha, saddhā, buddhi, vitakka</i> iv. 141-fold personalities found in the Puggalapaññatti v. Causes that condition personality: <i>kamma, mind, environment, food, society etc</i> vi. Methods of understanding Personality
Duration	30 hours
Method of Teaching	Lectures, assignments and practical workshops
Expected Learning Outcomes	Ability to analyze understanding on how weak personality features cause the arising of psychological issues and how personality development could be made by applying Buddhist teachings
Recommended References	<p>Hare, E.M., (Tr.), (1973). <i>The Book of the Gradual Sayings (Aṅguttara-Nikāya) or More –Numbered Suttas: Vol. III, (The Book of the Fives and Sixes)</i>, London he Pali Text Society,</p> <p>_____, (1978). <i>The Book of the Gradual Sayings (Aṅguttara-Nikāya) or More –Numbered Suttas: Vol. IV (The Book of the Sevens, Eights and Nines)</i>, London Pali Text Society.</p> <p>Law, B.C. (tr.), (1979) <i>Designation of Human Types (Puggalapaññatti)</i>, London: Pali Text Society.</p> <p>Morris, Richard (ed.), (2019). <i>The Puggala-panñatti, United States: BiblioBazaar.</i></p> <p>Ñānamoli, Bhikkhu, (2006). <i>The Path of Purification (Visuddhimagga)</i> by Bhadantācariya Buddhaghosa,</p> <p>Taiwan, R. O. C.: The Corporate Body of the Buddha Educational Foundation.</p> <p>Woodward, F. L., (1972). <i>The Book of the Gradual Sayings (Aṅguttara-Nikāya) or More –Numbered Suttas: Vol. V (The Book of Tens and Elevens)</i>, London: Pali Text Society.</p> <p>Aṅguttara Nikāya: personality analyses in the suttas such as <i>Sattaviññāṇaṭṭhiti</i> (7. 41), <i>Vajirūpama</i> (3.25), <i>Lekha</i> (3.130), <i>Avakujja</i> (3.30), <i>Ugghaṭitaññū</i> (4.133), <i>Tamonata</i>, (4.85), <i>Chavālāta</i> (4.95), <i>Rāgavinaya</i> (4.96), <i>Valāhaka</i> (4.102), <i>Sappurisa</i> (4.73), <i>Lakkhaṇa</i> (3.2), <i>Gūthabhāṇī</i> (3.28.), <i>Saṅkhāra</i> (3.23), <i>Jigucchitabba</i> (3.27), <i>Appassuta</i> (4.6), <i>Migasālā</i> (10.75), <i>Udakūpamā</i> (7.15), <i>Puggala</i> (7.14), <i>Anusota</i> (4.5).</p>

Course Code	MABC 03
Course Title	Buddhist Psychotherapy
Aim	To introduce the nature of psychotherapy and psychotherapeutic approaches in Pali Buddhism
Content	<ol style="list-style-type: none"> i. Buddhist and Western Psychotherapy - Introduction ii. Therapeutic Concept in Buddhism iii. Buddhist Exposition of Somatic Therapy iv. Buddhist Exposition of Psychotherapy v. Morality (<i>sīla</i>) and Behaviour Therapy vi. Concentration (<i>samādhi</i>) and Mental Transformation vii. Wisdom (<i>paññā</i>) and Cognitive Therapy
Duration	30 hours
Method of Teaching	Lectures, assignments and practical workshops
Expected Learning Outcomes	Ability to understand the differences of Western and Buddhist Systems of psychotherapies
Recommended References	<p>Bodhi, Bhikkhu (ed.), (1999). <i>A Comprehensive Manual of Abhidhamma</i>, Kandy, Buddhist Publication Society.</p> <p>Galmangoda, Sumanapala, (2006). <i>Buddhist Social Philosophy and Ethics</i>, Singapore, Samadhi Buddhist Society.</p> <p>Harischandra, D.V.J., (2015). <i>Psychiatric Aspects of Jātaka Stories</i>, Nugegoda: Vijitha Yapa Publications.</p> <p>Hall, Manly P., (1979). <i>Buddhism and Psychotherapy, the Healing of Heart Doctrine</i>, California, Philosophical Research Society.</p> <p>Kawal, Hayao., (1996). <i>Buddhism and the Art of Psychotherapy</i>, Texas USA: A & M University Press.</p> <p>Magid, Barry, (2002). <i>Ordinary Mind, Exploring the Common Ground of Zen and Psychotherapy</i>, Boston: Wisdom Publications.</p> <p>Nissanka, H. S. S., (2017). <i>Buddhist Psychotherapy</i>, Dehiwala, Buddhist Cultural Centre.</p>

Course Code	MABC 06
Course Title	Buddhist Sources for Counselling
Aim	To understand different personality disorders, psychological disorders, and abnormal behavior and various Buddhist counselling methods applicable to resolve those issues found in Buddhist Discourses (<i>sutta-s</i>), commentaries <i>aṭṭhakathā</i> and <i>Jātaka</i> tales
Content	Comprehension of different personality disorders, psychological disorders, and abnormal behavior and various Buddhist counselling methods found in the Discourses: <i>Roga</i> , <i>Sallekha</i> , <i>Vatthūpama</i> , <i>Salla</i> , <i>Sunakkhatta</i> , <i>Sokasallaharaṇa</i> , <i>Piyajātika</i> , <i>Alabbhaṭhānīya</i> , <i>Māgandiya</i> 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 <i>Jātaka</i> 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	Ability to demonstrate understanding on different personality disorders, psychological issues, abnormal behavior and various Buddhist counselling methods reflected in Pali Buddhist sources
Recommended References	<p><i>Āṅguttara Nikāya</i>. Part - I. Tika-nipāta, Lonaphalavagga PTS. [Pamsudhovaka sutta, (100)], PP.253-258.</p> <p><i>Āṅguttara Nikāya</i>. Part -II. Catukka-nipāta, Indriyavagga, PTS. [Roga-sutta, (157)], P.147-148.</p> <p><i>Āṅguttara Nikāya</i>. Part -III. Cakka-nipāta, Dhammikavagga, PTS. [Ānanda Sutta, (51)], P.361-362.</p> <p><i>Āṅguttara Nikāya</i>. Part -III. Pañcaka-nipāta, Mundaraja-vagga, PTS. [Nārada Sutta], PP.57-63.</p> <p><i>Majjhima Nikāya</i>. Part -I.PTS. [Māgandiya Sutta, (75)], PP.504-511.</p> <p><i>Majjhima Nikāya</i>. Part -I. PTS. [Sallekha Sutta, (8)], PP.40-46.</p> <p><i>Majjhima Nikāya</i>. Part -I. PTS. [Vatthūpama Sutta, (7)], PP.36-40.</p> <p><i>Majjhima Nikāya</i>. Part -II. PTS. [Sunakkhatta Sutta, (105)], PP. 252-261.</p> <p><i>Majjhima Nikāya</i>. Part -III. PTS. [Dantabhūmi Sutta, (125)], PP.128-137.</p> <p><i>The Middle Length Discourses of the Buddha- A New Translation of the Majjhima Nikāya</i>, Bodhi, Bhikkhu & Bhikkhu Ñāṇmoli, (Trans.), 1995., <i>Vatthūpama-sutta</i>, PP. 118-122; <i>Sallekha-sutta</i>, PP. 123-131; <i>Māgandiya-sutta</i>, PP. 607-617; <i>Dantabhūmi-sutta</i>, PP. 989-998; <i>Sunakkhatta-sutta</i>, PP. 861-868.</p>

The Numerical Discourse of the Buddha- A Translation of the Aṅguttara Nikāya, Bodhi, Bhikkhu & Bhikkhu Ñāṇmoli, (Trans.), 2012. Paṃsudhovaka Sutta, PP. 335-339; Roga-sutta, (157 (7)- Illness)], pp.522-522; Nārada Sutta/Sokasallaharaṇa, PP. 677-679; Ānanda Sutta, PP. 923-924.

Course Code	MABC 07
Course Title	Buddhist Sources for Psychosomatic wellbeing
Aim	To study Buddhist ideals of psychosomatic wellbeing
Content	<ul style="list-style-type: none"> i. <i>Cullavaggapāḷi: Vattakkhandhaka</i> ii. <i>Mahāvaggapāḷi: Bhesajjakkhandhaka</i> iii. The <i>Visuddhimagga: Kammaṭṭhāna-gahaṇa-niddesa</i> iv. The <i>Bhesajjamañjusā</i>: Focusing on selected sections
Duration	30 hours
Method of Teaching	Lectures, assignments and workshops
Expected Learning Outcomes	Ability to realize Buddhist emphasis on the prevention of illnesses rather than treatments and invariable association of mental health with the bodily health
Recommended References	<p><i>Bhesajjamañjusā</i> (ed.) Jinadasa Liyanaratne, (1996). Oxford: Pali Text Society.</p> <p><i>The Book of the Discipline V</i> (tr.) I. B. Horner., (1963). London: Luzac and Company Ltd. (pp 281-329).</p> <p><i>The Book of the Discipline IV</i> (tr.) I. B. Horner., (1971). London: Luzac and Company Ltd. (pp 81-87).</p> <p><i>The Path of Purification (Visuddhimagga)</i> (tr. Bhikkhu Ñāṇamoli., Kandy: Buddhist Publication Society. (pp 269-350).</p>

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, saṃkhittacitta, 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	Ability to: <ul style="list-style-type: none"> i. understand various psychological problems reflected in Pali sources, ii. distinguish differences of analyzing psychological problems from Buddhist and modern psychotherapies, iii. describe the appropriateness of prescribing contemplative therapies for mental disorders.
Recommended References	<p>Dennis, Tirsch, (2015). <i>Buddhist Psychology and Cognitive Behavioral Therapy, A Clinician's Guide</i>, New York: The Guilford Press.</p> <p>Espstein, Mark, (2004). <i>Thoughts Without a Thinker, Psychotherapy from Buddhist Perspective</i>, New York, Basic Books.</p> <p>_____, (2007). <i>Psychotherapy Without the Self: A Buddhist Perspective</i>, New Haven & London, Yale University Press.</p> <p>Jenny, Quek, (2007). <i>The Buddhist's Technique and Practice of Counseling as Depicted in the Pali Cannon</i>, Singapore: KP Media Interdrnational Pvt. Ltd.</p> <p>Galmangoda, Sumanapala,. <i>An Introduction of the Methods of Meditation in the Theravada Tradition</i>, Singapore: Buddhist Research Society.</p> <p>Goleman, D. (1976). <i>Meditation and Consciousness An Asian Approach to Mental Health</i>, 'American Journal of Psychotherapy, Vol.,30(1), (2002), American Psychiatric Association Publishing.</p> <p>Silva, Padmasiri de, (2014). <i>An Introduction to Buddhist Psychology and Counseling; Pathways of Mindfulness Based Therapies</i>, London. Palgrave Macmillan.</p>

Course Code	MABC 09
Course Title	Research Methodology and Extended Essay
Aim	To provide an opportunity to enhance basic knowledge and skills of research methods and academic writing
Content	<p>Study of Buddhist literary sources, research fundamentals, referencing styles, research proposal preparation, and academic writing. Students are required to participate in workshops organized by the Department 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.</p> <p>Students are required to:</p> <ul style="list-style-type: none"> • participate in the Workshops arranged in the second term • submit an Essay topic to the Institute before the 5th week of the second term (for the approval of the Topic) • submit the Essay proposal for approval before the end of the third term • complete the Extended Essay and submit it to the Institute within a month after the final examination
Expected Learning Outcomes	Ability to demonstrate the skills of academic writing, research methods and critical thinking
Recommended References	<p>Cryer, Pat, (1999). <i>The Research Student Guide to Success</i>, Mumbai: VIVA Books Private Ltd.</p> <p>Glough, Peter, Nutbrown Cathy, (2002). <i>A Student Guide to Methodology Justifying Enquiry</i>, London: SAGE Publications Company.</p> <p>Kumar, Ranjith, (2011). <i>Research Methodology: A step-by-step guide for beginners</i>, London, SAGE Publications Ltd.</p> <p>Nicholas, Walliman, (2005). <i>Your Research Project</i>, New Delhi: Vistaar Publications.</p> <p>Potter, Stephen (Eds.), (2002). <i>Doing Postgraduate Research</i>, London: SAGE Publications Company.</p>

Course Code	MABC 10
Course Title	Aesthetics and Counselling: Buddhist Analysis and Interpretation
Aim	To apply aesthetic principles reflected in Buddhist literary tradition and in Buddhist culture for personal development and mental relaxation
Content	Evaluation and application of aesthetic in the Buddhist tradition; Relationship between spiritual development and aesthetics; leisure and mental ease; Creativity; Art works and mental development; Literary Art and taste; Evaluation of natural beauty; pilgrims and worship; Psychological counseling aspect of rituals; concepts of <i>hāsa</i> , <i>pīti</i> and <i>pamoda</i> ; Buddhist visual arts; Application of art of painting for mental ease; Buddhist interpretations of dancing, singing and music; Verse composition and singing; interpersonal relationships and mental ease; spiritual development and beauty
Duration	30 hours
Method of Teaching	Lectures, discussions, assignments and practicals
Method of Evaluation	Continuous assessment Vocal test Class participation Final examination
Recommended References	<p>Abenayake, Oliver., (2016). <i>The Social and Economic Dimension of Early Buddhism</i>. Hong Kong: The Buddha Dharma Centre of Hong Kong, (pp 35-70).</p> <p>Bandaranayaka, S., (1974). <i>Sinhalese Monastic Architecture</i>: Leiden, E.J. Brill Amazon.com.</p> <p>Foucher, A (n.b.), (1994). <i>The Beginnings of Buddhist Art and Other Essays in Indian and Central Asian Archaeology</i>, New Delhi, Asian Education Services.</p> <p>Cooper, David, E., (2017). “<i>Buddhism, Beauty and Virtue</i>”. <i>Artistic Visions and the Promise of Beauty, Sophia Studies in Cross-cultural Philosophy of Traditions and Cultures 16</i> (Ed. K.M.Higgins et al.), Switzerland: Springer International Publishing.</p> <p>Inada, Kenneth K., (1994). “<i>The Buddhist Aesthetic Nature</i>”. <i>Asian Philosophy</i> (Vol. 4, No. 2).</p> <p>Mead, Hunter., (1952). <i>An Introduction to Aesthetics</i>. New York, The Ronald Press Company.</p> <p>Marshall, Sir, John, (1927). <i>The Caves of Bhag: The Bhag Caves in the Gawalior State</i>, London: The India Society.</p> <p>Pande, Anupama, (2008). “<i>Ethical Teachings of Jātakas, Avadanas and Early Buddhist Literature</i>”, <i>Buddhist Ethics Symposium Volume</i>, (of IABU Summit Bangkok: at Mahachulalongkorn Rajavidyalaya University:</p>

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- Sangharakshita, (1953). *The Religion of Art*, Cambridge: Windhorse Publications.
- Sanyal, Narayan, (1984). *Immortal Ajanta*, Calcutta, Bharati Book Stall.
- Tucci, Giuseppe., (1932). *Stupa, Art, Architectonics and Symbolism*. New Delhi: Aditya Prakashan.
- Vogel, J.Ph, (2017). *Buddhist Art in India, Ceylon and Java*. New Delhi: Munshiram Manoharlal Publishers Pvt. Ltd.
- Wicks, Robert L., (2013). *European Aesthetics, A Critical Introduction from Kant to Derrida*, London: Oneworld.
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Course Code	MABC 11
Course Title	Humanistic Psychology, Buddhism and Wellbeing
Aim	To understand humanistic counselling principles preserved in Buddhist teachings in comparison to fundamental tenets of humanistic psychology for the enhancement of an individual's wellbeing
Content	History of humanistic psychology, basic teachings of Abraham Maslow, Eric Fromm, Carl Rogers, Buddhist and Humanistic psychological overviews on human nature, human needs, human potential, the meaning of life, self-awareness, self-acceptance, self-actualization, personal values, freedom of choice, total personality, truth, goodness, perfection, transformation of the personality, pain, suffering, and well-being
Duration	30 hours
Method of Teaching	Lectures, assignments and practical workshops
Expected Learning Outcomes	Ability to understand therapeutic potentials of the human being discussed in both Buddhism and Humanistic Psychology that could be applied to resolve modern psycho and somatic problems
Recommended Reference	<p>Schneider, K. J., Pierson, J. F., Bugental, J. F. T. (ed), (2018). <i>The Handbook of Humanistic Psychology: Theory, Research and Practice</i>, Sage, Los Angeles.</p> <p>House, Richard., Kalisch, David., Maidman, Jennifer. (ed), (2018). <i>Humanistic Psychology: Current Trends and Future Prospects</i>, Routledge, London.</p> <p>Fromm, Eric, (2013). <i>Psychoanalysis and Zen Buddhism</i>, Open Road Media, New York.</p> <p>Fromm, Eric, (1950). <i>Psychoanalysis and Religion</i>, Yale University Press, New Haven.</p> <p>Epstein, Mark, (2004). <i>Thoughts Without A Thinker: Psychotherapy from a Buddhist Perspective</i>, Basic Books.</p> <p>Guruge, Ananda W. P., (ed), (2000-2007). <i>His Lai Journal of Humanistic Buddhism</i> (Vols,1-8). University of the West: International Academy of Buddhism.</p> <p>Silva, Padmasiri, de, (2014). <i>An Introduction to Buddhist Psychology and Counseling: Pathways of Mindfulness Based Therapies</i>, London: Palgrave Macmillan.</p>

Course Code	PDBC 02
Course Title	Buddhist Counselling : Methods of Psycho and Somatic Issues
Aim	To introduce various counselling methods and approaches associated with Buddhism and Buddhist Culture applicable in Counselling
Content	<ol style="list-style-type: none"> i. Counselling: various definitions and Buddhist Concept of <i>Anusāsanā</i> ii. Qualities of Counselor iii. Historical records of successful Buddhist Counselling iv. Language and its usage in counselling v. Fundamentals of Buddhist Counselling vi. Methods of Mediation vii. Rituals and white magic viii. Astrology and Counselling ix. Acts of Merits and Counselling x. Buddhist Concept of emancipations and Counselling
Duration	30 hours
Method of Teaching	Lectures, assignments and practical workshops
Expected Learning Outcomes	Ability to describe the multiple methods and approaches of Buddhist Counseling applicable in the counselling settings
Recommended References	<p>Harischandra, D.V.J., (2015). <i>Psychiatric Aspect of Jātaka Stories</i>, Nugegoda, Vijitha Yapa Publications.</p> <p>Johanson, Rune, E.A., (1979). <i>The Psychology of Nirvāṇa</i>, New York, George Allen and Unwin Ltd.</p> <p>Maurits, G. T. Kwee, (2006). <i>Horizons in Buddhist Psychology</i>, USA, Taos Institute Publications.</p> <p>Galmangoda, Sumanapala, (2017). <i>Fundamentals of Buddhism and Āyurveda for Psychiatry and Counselling</i>, Hong Kong: The Buddha-Dharma Centre.</p> <p>_____, (2006). <i>Buddhist Social Philosophy and Ethics</i>, Singapore: Samadhi Buddhist Society.</p>