

INTRODUCTORY COURSE IN BUDDHIST PSYCHOTHERAPY AND COUNSELING

Dhammavinaya Institute

Instructor: Dr. Kahn, Andrus (MA and PhD in Buddhist Studies)

Course Objective

The course aims to introduce the essence, theoretical foundations, principles, and practices of Buddhist psychotherapy, helping participants understand how Buddhist psychotherapeutic methods can facilitate inner balance, mental well-being, and long-term stability. Throughout the course, participants will learn how to apply Buddhist psychotherapy tools in both personal and professional life.

Course Topics

- The meaning and essence of Buddhist psychotherapy
- Definition of Buddhist psychotherapy and counseling
- The universality of the Buddhist paradigm in the process of healing and development
- Fundamentals of Buddhist psychotherapy
- Core texts of Buddhist psychotherapy (suttas)
- General postulates of Buddhist psychotherapy
- Stages of Buddhist psychotherapy
- Establishing a therapeutic relationship
- Analyzing and correcting stress-inducing views - beliefs, attitudes, and values
- Examining and cultivating ethical behavior
- Developing mindfulness: analysis, creation, and enhancement
- Cultivating concentration - establishing and developing Samatha (calmness) and Vipassanā (insight)
- Integration, rehabilitation, and socialization
- Reflective exercises on value-based perspectives

Course Outcomes

By the end of the course, participants will:

- Understand the fundamental principles and applications of Buddhist psychotherapy
- Be familiar with the core texts and key concepts of Buddhist psychotherapy
- Recognize the stages of Buddhist psychotherapy, therapeutic goal-setting, and success criteria
- Learn mindfulness and concentration techniques for supporting mental well-being
- Understand the criteria for evaluating therapy outcomes
- Acquire practical tools for both personal and professional development