

## SUBJECT OUTLINE

### SECTION 1 – SUBJECT SUMMARY

<b>Subject code and name</b>	<b>MH716 Healing Traditions: Buddhism and Psychotherapy</b>		
<b>Program</b>	Mental Health	<b>Credit points</b>	6
<b>Subject coordinator</b>	Dr Eng Kong Tan and Dr Nadine Levy	<b>Duration</b>	10 weeks
<b>Level</b>	AQF 7 Bachelor		
<b>Prerequisites</b>	Nil		
<b>Student workload</b>	No of timetabled hours: 40	No of personal study hours: 80	Total workload hours: 120
<b>Mode of delivery</b>	<input checked="" type="checkbox"/> E-learning (online)		

### SECTION 2 – SUBJECT INFORMATION

#### 2.1 Subject Description

*Provide a summary that gives a concise outline of the subject*

In the last decade there has been an exponential increase in interest in the relationship between Buddhism and Psychotherapy.

This subject explores the interface between Buddhism and Psychotherapy and the therapeutic actions of Buddha's core teaching and practice of mindfulness which are now incorporated in many mainstream psychotherapies. The theoretical and neurobiological basis of meditation training and the art and science of meditation useful in psychotherapy practice will be discussed, demonstrated and practised during the course. The core teachings of Buddhism will be covered in terms of their use in a secular and psychological way in counselling and psychotherapy practices.

The subject will also cover the Buddhist and Psychological concepts of insight, relationship issues, mindfulness, stress reduction, positive emotions, addictions, ageing, sickness, death, and self and non-self. There will be experiential exercises to refine and deepen various clinically beneficial meditative practices. Content includes investigating the social, cultural and ethical issues involved in the integration of Buddhism and Psychotherapy in students' work as health professionals and in their private lives.

#### 2.2 Learning Outcomes

*Provide the key knowledge and skills which student would be expected to attain by successfully completing this subject (numbered list)*

1. Knowledge of the theoretical and neurological basis of meditation and its relationship to the Buddha's core teaching and practice of mindfulness.
2. Application of Buddhist and psychological principles to insight, healing, mindfulness, addictions, ageing, sickness and death and the concept of self and non-self.
3. Critical appreciation of the social, cultural and ethical issues in the integration of Buddhism and psychotherapy.
4. Experience in clinically and personally beneficial meditative practice.

## 2.3 Content and Structure

*Provide details in the table below, the subject content and how it is structured, including practical components such as laboratory, studio and work – based placements*

<ul style="list-style-type: none"> <li>• Introduction to Buddhism and psychotherapy</li> <li>• Comparing Buddhist and Western Psychologies and Questions of Integrating the Two Traditions</li> <li>• The Four Noble Truths and its Therapeutic Implications</li> <li>• The Eight-Fold Path and its Clinical Applications</li> </ul>
<ul style="list-style-type: none"> <li>• The Four Foundations of Mindfulness; Meditation - Science and Practice</li> <li>• Cognitive Behaviour Mindfulness Based Therapies</li> <li>• Mindfulness in Dynamic/Analytic psychotherapies</li> <li>• Wholistic and body-based psychotherapies and Buddhism</li> </ul>
<ul style="list-style-type: none"> <li>• The Four Immeasurables – The Brahma Viharas</li> <li>• Loving kindness and clinical applications; Compassion and clinical applications</li> <li>• Healing through Relationship</li> <li>• Joy and clinical applications, including positive psychology; Equanimity and its clinical applications</li> </ul>
<ul style="list-style-type: none"> <li>• Afflictions and psychopathology</li> <li>• Dependent Origination and its clinical application to Addictions</li> <li>• Path of No Self and the clinical implications</li> </ul>
<ul style="list-style-type: none"> <li>• Integrated Buddhist Psychotherapy</li> <li>• Student Presentations</li> <li>• Factors of Enlightenment and its contribution to wellbeing</li> </ul>

## 2.4 Assessment

Assignment	When	Weighting	Outcomes
Assignment 1: parts 1, 3 & 3  1) Quiz (10%; 10 short-answer questions)  2) Individual presentation on Buddhism and Psychotherapy (10%; 5 minutes)  3) Report from presentation on Buddhism and psychotherapy (30%; 1000 words)	Week 2 (Part 1)  Week 7 (Parts 2 & 3)	50%	1, 2, 3, 4.
Assignment 2  Written Report on issues and applications in Buddhist psychotherapy (2500 words)	Week 10	50%	1, 2, 3.