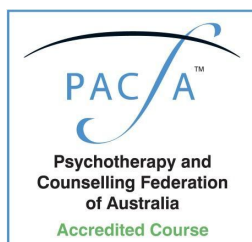




Buddhism and Psychotherapy Professional Training Course



Course Prospectus 2022 - 2024



Introduction

The Australian Association of Buddhist Counsellors and Psychotherapists (AABCAP) was established in November 2006 by a group of professionals interested in bringing together practitioners in the helping professions to discuss, learn, and study the overlapping areas of psychotherapy and Buddhism.

In the last decade, conferences and seminars in Buddhism and Psychotherapy have been held in Sydney, Melbourne, Brisbane and elsewhere in Australia, and there has been an exponential increase in interest in the development of the relationship between these two disciplines.

AABCAP's intention is to help practitioners integrate their experience and knowledge of psychotherapeutic and Buddhist practice into everyday life and work, and to offer a forum for those interested in similar ideas to come together and participate in debate and discussion.

From this beginning, the momentum to establish a two-year training course at tertiary education level in Buddhism and Psychotherapy developed.

The AABCAP Training Committee, in conjunction with AABCAP's Management Committee, is responsible for the administration of the course and ensuring that its content and design meet its intended aims.

Course Pre-Requisites

It is expected that prospective students will have a clinical qualification in areas such as psychiatry, psychology, psychotherapy, counselling, or social work. Other relevant tertiary qualifications may be considered. In their respective field, an applicant's basic psychotherapy/counselling training needs to consist of at least 200 hrs of attendance (whether gained in one training or over several trainings). A minimum of 10 clinical supervision hours need to have been accumulated during training. Also required is significant, relevant clinical experience of a minimum of 3 years, gained after the completion of the basic clinical qualification, and a minimum of 30 hours of clinical supervision since the completion of basic training.

Applications are also encouraged from the Buddhist Sangha who wish to develop their understanding of the value of psychotherapy in the support of Buddhist practitioners.

We are guided during the selection process by the principle of non-discrimination on the grounds of class, gender, religious beliefs or cultural background. We do not wish to prevent a student with a physical disability undertaking the training as long as the disability does not directly interfere with their capacity to meet the requirements of the training programme or our capacity to respond to the student's needs. We do require that students have an adequate command of English.

It is not required that students have previous therapy experience with a Buddhist-influenced psychotherapy. It is preferable but not essential that applicants have an established regular meditation practice and have previous experience of Buddhist meditation retreats. Applicants need to be willing and able to undertake meditation retreats as part of the training course.

Admission Process

As a **first step** the applicant should submit the [Expression of Interest](#) form on the [AABCAP website](#). Once the Expression of Interest has been received the student will be contacted by the AABCAP course coordinator for next steps. Prospective students can discuss entry requirements with the Director of Training if there is uncertainty whether they meet the course pre-requisites.

If the applicant meets the prerequisites for course entry, the link to an online application form will be emailed by the course coordinator. **The next step** in the admission process is the online submission of the application form with all the necessary documentation. At this point a \$255 non-refundable application fee is due that will be processed online at the time of submission.

After the application has been received and reviewed, **the third step** is a meeting between the applicant and the Director of Training to discuss their application for the training. This will usually be in the form of

an interview by skype, zoom, or telephone and is arranged by the Director of Training. Once the application and interview processes are complete the AABCAP Training Committee will make its final decision whether the student is accepted into the training. The Training Committee retains discretion regarding admission. As places available on the course are limited, the accepted applicant's place is only secured once they make their first instalment payment of fees. **To finalise enrolment** both AABCAP and the student sign an enrolment agreement. At this point the student can choose the payment frequency for course fees (full payment, annual or quarterly payments).

Monastic Applications:

The invitation to monastics to apply to be part of the course comes out of the wish to add their voice to the overall educational journey. Also, as monastics mostly don't have their own means to pay for the course AABCAP offers subsidised places to be supportive of the sangha.

To be considered for a monastic place on the course you need to:

- have formally ordained as an 8 or 10 precept monastic or in the Bikkhu or Bikkhuni tradition or equivalent
- be a full time monastic (or as full time as your tradition requires)
- need to show a letter of support from your preceptor or the person who gave you ordination or their representative

Further details:

- the monastic place is fully subsidised by AABCAP, if need be.
- the monastic receives a certificate of attendance upon completion, not a full graduation certificate.
- the number of monastics on full scholarship is capped to 3 per course.
- a monastic with a counselling/psychotherapy background has preference over one without any training in the mental health traditions.

Please note: The monastic scholarship does not include food and accommodation for the retreat periods. Monastics participating in the retreats could raise the funds needed from donors or apply to their temple/monastery for funds.

AABCAP is not in the position to sponsor overseas student visas.

AABCAP accepts dana from monastics who join our course. Dana can be in many forms - helping in the course, leading some of the meditations, closing comments for the sessions, cash, service, acts of kindness, compassion, etc. whatever is appropriate to time, place and persons.

Aims

Students will gain a lived understanding of:

- Buddhist psychology from the perspective of the three main Buddhist traditions
- The interface between Buddhist psychology and the western psychological traditions
- The social, cultural and ethical issues in the integration of Buddhism and Psychotherapy
- Mindfulness and its four foundations in psychotherapy
- The awakening experiences of insight, compassion and equanimity
- Buddhism and Psychotherapy in specialised areas of therapeutic work such as body based psychotherapy, working with addictions, and supporting clients with end of life issues
- The spiritual dimensions of therapy
- Buddhist informed relationship therapy

The course modules offer a balance of theoretical and experiential learning, using lectures, discussion, experiential and group processes, case presentations, supervision, contemplation and meditation practices. Throughout the modules and retreats students are instructed and supported to learn, deepen and refine personal meditation practices. The retreats in particular offer the opportunity to experience Buddhist teachings and practices in three of the main Buddhist schools.

Educational Philosophy

Training in psychotherapy requires engagement in a deeply reflective process where the threads of theory, skills, ethics, values, beliefs, and internal experience can be explored, articulated and, over time, woven together.

In this training we hope to provide a context in which people can explore their interest in the integration of Buddhist philosophy, psychology and practice into their work as psychotherapists and counsellors. The training process is interactive and experiential so that knowledge held by members within the group can be tapped and utilised for learning.

The course provides an opportunity to engage with the theoretical, philosophical and scientific aspects of this exploration as well as the more personal “inner” process of learning which is central to this integration. We hope that the course can contribute to the ongoing development of participants’ relational capacities, innate qualities of non-judgmental observation, active listening, flexibility, presence, insight, compassion and wisdom.

Meditation and contemplation form a significant part of the course and students explore these practices for the purpose of self-regulation, self-exploration, and self-liberation, and for their relevance in clinical contexts.

Group supervision provides an opportunity for students to reflect on their learning in the context of their own clinical work.

Students are encouraged to participate in the life of the group as it emerges, and also to develop their observational and relational skills in relation to the group process. This provides an opportunity to deepen self-awareness and awareness of others.

The following educational strategies are employed in the course:

- Lectures/seminars
- Discussions
- Reading and writing tasks
- Self-reflection, contemplation and meditation practices
- Small and large group experiential exercises
- Interaction and reflection in group process
- Supervision of clinical work
- Retreat experience

Structure of training course

The training is delivered over two years, with students attending ten weekend modules and three residential or online retreats of varying lengths. Overall training hours of the course amount to approximately 288 hours. The 2022 - 2024 course will be held online with a potential face to face option if circumstances permit. Face-to-face venues are usually Sydney centred and a rural retreat centre for the three residential retreats.

The training will be delivered online and with a face-to-face option, should circumstances permit. The face-to-face option will depend on current Covid related government regulations as well as meeting the minimum number of enrolled students who choose face to face as their preferred option. Students can select their preference when completing their expression of interest. The maximum combined number of students accepted into the course is 35. Online students need to have access to a stable internet connection and a computer equipped with a camera and microphone.

COVID Restrictions

Should Covid restrictions continue or be reinstated at any point of the course, the training will be held online only for the duration of the restrictions.

Modules

The weekend modules are spaced approx. 6-8 weeks apart and are held from 8.30am – 5.00pm on Saturdays and Sundays. There are five training modules per training year. Each module is taught by experienced psychotherapists and teachers from different Buddhist traditions. This offers the students a broad experience of approaches, both therapeutic and Buddhist. Each module has a particular theoretical focus and is supported by set readings.

	DATES	MODULE TOPIC *
Module 1	14 – 15 May 2022	Intro to Buddhism and Psychotherapy: The Four Noble Truths and the Eightfold Noble Path
Module 2	02 – 03 Jul 2022	Ethical Frameworks in Buddhism and Psychotherapy
Module 3	27 – 28 Aug 2022	Mindfulness and its Four Foundations in Psychotherapy
Retreat 1	21 – 24 Oct 2022	<i>Theravada (Insight)</i>
Module 4	03 – 04 Dec 2022	The Boundless Heart – The Four Immeasurables
Retreat 2	07 – 12 Feb 2023	<i>Mahayana/Vajrayana (Tibetan)</i>
Module 5	01 – 02 Apr 2023	Relationships: Buddhist and Psychotherapy Perspectives
Module 6	03 – 04 Jun 2023	Embodiment and Body Based Psychotherapies
Module 7	05 – 06 Aug 2023	Aging, Sickness & Death
Module 8	07 – 08 Oct 2023	Addictions in Buddhism and Psychotherapy
Retreat 3	02 – 09 Dec 2023	<i>Mahayana (Zen)</i>
Module 9	03 – 04 Feb 2024	Insight, Emptiness and Impermanence
Module 10	06 – 07 Apr 2024	Buddhist Psychotherapy and Integration

**Content and order liable to change. Please enquire for module / retreat dates.*

Retreats

There are three residential (or online) meditation retreats spread over the two-year course, led by experienced meditation teachers who are also therapists. Each of the retreats will be taught from the paradigm of one of the three main Buddhist traditions: Theravada; Vajrayana (Tibetan); and Mahayana (Zen). The retreats increase in length as we proceed through the training: the first is 3 nights, the second 5 nights, and the third retreat 7 nights. Retreats are an integral and compulsory part of the training that assist students to gradually deepen their meditative practice and understanding. The retreats help students to integrate the Buddhist teachings through their own contemplative experience under the guidance of skilled teachers.

Personal Practice

It is expected that students begin to cultivate their own personal meditation practice throughout the training. Therefore, it is highly recommended that you develop a daily meditation practice.

Supervision and Client Logs

A total of 13.5 hours of group clinical supervision with a maximum of 6 participants per group is integrated into the weekend modules led by an AABCAP recognised supervisor. This provides an opportunity to incorporate theoretical and experiential learning in the context of the students' clinical work over the two years. Students prepare and present a case study for discussion. In addition, a minimum of 15 hours of face-to-face counselling or psychotherapy practice in the specialist modality or field of practice (client contact) must be completed during training. Details of the client work must be included in a professional log which the student maintains and presents at appropriate times during the course as evidence of competence to practice in the specialist modality or area of practice. (Client confidentiality must be maintained in the log).

Teachers

All AABCAP teachers are experienced practitioners in their own fields. Each psychotherapist teacher has an extensive background in both Buddhist practice and clinical therapeutic practice, and the Buddhist teachers are all well respected and learned teachers in their own traditions. The teacher biographies can be found below.

Assessment and evaluation

Evaluation of student progress is ongoing and includes the completion of course work and participation in the modules. Students are also invited to evaluate the course in an ongoing way. The AABCAP Training Committee reserves the right to instruct the student as to their readiness to proceed to the next stage of the training, or in occasional cases, to cease training. A formal graduation certificate is issued to trainees at the successful completion of training.

Course Fees

The full course fees are \$9,300 or \$4,650 per year. (A \$400 discount is offered for full payment at the beginning of the course and a \$200 discount for annual payment). This includes teaching fees for 10 (non-residential or online) weekend modules, group supervision, and the teaching during the retreats. For face-to-face participants there is an additional cost to cover accommodation and food during the residential retreats. This varies depending on the venue and single or share options. We aim to keep retreat costs as low as possible as is likely to be between \$140 and \$190 per night. Course fees may be paid either in full, yearly, or quarterly. Retreat costs will be due prior to each retreat. For the cancellation policy please see the cancellation policy document.

Membership of AABCAP

For the duration of the training course with AABCAP, students who are currently financial receive the student membership for free. Current students who wish to be registered in a membership category other than student are eligible for a deduction of the cost of the student membership from the chosen membership category for the duration of the training course.

Graduates of the training course are offered their first post course year of AABCAP membership free of charge (PACFA membership excluded). On successful completion of the course we hope graduates will

continue their involvement in the dialogue between Buddhism and Psychotherapy and welcome their ongoing contributions to the life of AABCAP.

PACFA Accreditation

The AABCAP Professional Training Course is accredited under the PACFA Specialist Training Scheme. This course is postgraduate level and our students are required to have a graduate degree or its equivalent on application. The course itself is of a diploma standard in its content, however is not accredited through Tertiary Education Quality and Standards Agency (TEQSA) and Australian Skills Quality Authority (ASQA). The AABCAP training course hours can be used for Professional Development points.

AABCAP Faculty and Support Team

Course Presenter Biographies (in alphabetical order):



Francine Bartlett (BSW [Hons], MSci [Hons]), is an accredited Mental Health Social Worker and counsellor who has worked in Government, Non-Government and Private Practice. She has taught on Attachment Theory, Ethics, Human Development and Trauma in several Psychotherapy training courses. She works across the life span, specialising in children, families and the perinatal period. Francine began Vipassana meditation in the 1970's and completed the AABCAP training in 2013. Both inform her practice of therapy and supervision. Francine co-teaches M2 and M5 and is also one of AABCAP's course supervisors and supports all modules and retreats.



Subhana Barzaghi (BA Soc Sc, Masters App Psychotherapy) has 25 years' experience in the field of psychotherapy and over 40 years as a practicing Buddhist. Subhana is authorised to teach in two different Buddhist traditions. She is a Zen Buddhist Roshi in the Diamond Sangha, resident teacher of Sydney Zen Centre, a guiding teacher for the Melbourne Zen Group and an Insight Meditation teacher. Subhana teaches regular intensive Zen Sesshins, Insight Meditation retreats and Dharma programs throughout Australia and New Zealand. Subhana is a Founding Director for the Insight Meditation Institute and the Mindfulness & Compassion Teacher Training Course. As a psychotherapist she provides clinical supervision and has a private practice in Mosman. Subhana teaches M4, leads R3 and is also one of the clinical supervisors on the course.



Geoff Dawson (BA [Psych, Phil], MAPS) is a Zen Buddhist teacher and a Dharma Successor to the American Zen teacher Charlotte Joko Beck. He is the teacher of the Ordinary Mind Zen School in Sydney and Melbourne. He is also a psychologist and psychotherapist in private practice in North Sydney. He has an extensive background in couple and family therapy and worked for many years as a manager, clinical supervisor and trainer for Relationships Australia. He now works mainly in the area of mindfulness based adult psychotherapy, couple therapy and provides clinical supervision to mental health professionals. Geoff teaches M5 and is one of the clinical supervisors on the course.



Louise Fisher (B.App.Soc.Sc. B.Psych.Sc.[Hons1], MPsych [Clin]) is a clinical psychologist and a trained counsellor, psychotherapist and couples therapist. Louise is a director of the DBT Psychology Clinic in Potts Point. She has previously held positions at St John of God Hospital, Richmond, South Pacific Private Hospital, and has run a depression and bipolar support group for the Black Dog Institute. Louise sees private clients in Potts Point for both individual and couples therapy. Louise teaches M10 and is one of AABCAP's course supervisors.



Malcolm Huxter (M. Psych [Clin]) is a clinical psychologist in private practice on the North Coast of NSW. He has been a Buddhist meditation practitioner for over 40 years, including two years as a Buddhist monk in Thailand in the 1970s. He has taught mindfulness and related practices such as loving kindness and compassion in clinical settings since 1991. He has also trained in a range of contemporary third wave therapies. In the past, Mal has worked in child and family health, adolescent mental health (Australia and UK), adult community mental health (Australia and UK), and immigration detention centres (Xmas Island). He is the author of "Healing the Heart and Mind with Mindfulness - Ancient Path, Present Moment", published by Routledge in 2016. Mal teaches M3 and is part of the AABCAP supervision team.



Venerable Samaneri Jayasara (aka Margaret Smith) is a Buddhist nun in the Theravadin tradition. She has studied and practised Buddhism in various capacities for over 30 years. She has a PhD in education, which mainly focused on Buddhism and psychotherapy, and has taught at secondary, undergraduate and post-graduate levels in psychology and counselling. She has also worked as a trainer in mental health and crisis intervention in the welfare sector. Venerable Jayasara co-teaches R1.



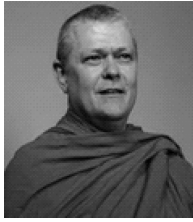
Venerable Jitindriya (aka Loraine Keats) MA Budd Psych is a Buddhist nun in the Theravada Forest Tradition. She first trained as a monastic in the lineage of Ajahn Chah & Ajahn Sumedho from 1988-2004. After leaving the monastic order she earned a Master's degree in Buddhist Psychotherapy Practice with the Karuna Institute & Middlesex University in the UK, and continued to teach meditation and Buddhist retreats on invitation. Returning to live in Australia in 2008 she practiced as a Buddhist psychotherapist in Northern NSW for ten years, and was Director of Training for AABCAP from 2016-2018. Jitindriya re-entered the monastic life in early 2018, and now lives at Santi Forest Monastery in the Southern Highlands of NSW, where she is a guiding teacher. Venerable Jitindriya co-teaches R1.



Pernilla Siebenfreund (CHT, SEP) Pernilla is a Certified Hakomi Mindful Somatic Psychotherapist and a Certified Trainer with the Hakomi Institute Pacifica Team. She leads Hakomi workshops and teaches on Hakomi Professional Trainings in Sydney. She has a private practice in Brisbane, offering psychotherapy to couples and individuals as well as supervision in the Hakomi method. She previously worked with children and parents in a Brisbane based agency, and she is also a Somatic Experiencing Practitioner. Pernilla has been a meditation practitioner for over 25 years, attending numerous retreats and courses with a variety of Buddhist teachers, as well as doing week long solitary retreats. Her particular interest is in embodying spiritual teachings and practices and to integrate them into everyday life. Born in Sweden to a German father and Swedish mother, Pernilla lived her first 28 years in Scandinavia before she immigrated to Australia. She now lives with her partner Paul, chooks, and bees in Alderley Brisbane. She loves going for long walks in nature and to listen to beautiful and heartfelt music. Pernilla teaches M6.



Patricia McLoughlin (BA. MA. Dip.Ed) Since 1992 Patricia has worked in both the public and private health sectors in a variety of roles and settings, including education; treatment and counselling. After many years in the Alcohol and other Drugs and Infectious Diseases fields she completed 3 units of Clinical Pastoral Education at St Vincent's Hospital (Sydney). Subsequently she has worked as a Pastoral Practitioner in Mental Health and since 2014 as a Bereavement specific counsellor, for the Sydney Local Health District. Patricia has been exploring and practicing buddhism, in the Theravadan tradition since 2008 and is currently a member of the Association of Engaged Buddhists (AEB) under the spiritual guidance of Ven. Tejadhammo. Patricia was a participant in the AABCAP Professional Training course in 2011 and teaches M7.



Venerable Sujato was ordained in the forest tradition lineage of Ajahn Chah. Since 1994 he has been practising meditation in forest monasteries in Thailand, Malaysia and Australia. He specialises in historical research into the fundamental teachings found across the Buddhist traditions. His books include *Sects and Sectarianism*, *A History Of Mindfulness*, *A Swift Pair of Messengers*, *Beginnings*, *White Bones Red Rot Black Snakes* and *Dreams of Bhadda*. Bhante Sujato set up *Sutta Central*, a web based resource of Early Buddhist texts, translations, and parallels, and has also completed a new English translation of the four Buddhist Nikayas. Bhante Sujato co-teaches M1 and M2.



Dr Eng-Kong Tan (MBBS, MPM, FRANZCP) is a medical doctor, consultant psychiatrist and analytic psychotherapist in private practice. He is the Founder and Chairman of Metta Clinic, a group psychiatric and psychotherapy clinic in Sydney, and is the Foundation President of AABCAP and its first Director of Training. He is a member of the NSW Institute of Psychoanalytic Psychotherapy and the Australian Association of Group Psychotherapy. He was Chairman of the Section of Psychotherapy of the Royal Australian & NZ College of Psychiatrists (RANZCP) and Chairman of Training of the Psychoanalytic Psychotherapy Association of Australia (PPAA). Eng-Kong is currently Adjunct Professor, Academic Board and Course Advisory Committee member at Nan Tien Institute, Wollongong and trustee of the University Buddhist Education Foundation (UBEF). Eng Kong co-teaches M1 and M7 and is one of the clinical supervisors on the course.



Liz Turnbull (BA [Hons], PhD [Sociology], Dip Som Psych) Liz is a psychotherapist in private practice and offers supervision in somatic and mindfulness based therapies in Byron Bay, northern NSW. Liz teaches insight meditation. She is an executive on the AABCAP Training Committee. Since 1985 Liz has been a practicing Buddhist with experience in the Vajrayana, Zen and western Insight traditions. Liz is a retreat leader and part of the AABCAP clinical supervision team.



Jeff Ward (BA [Hons], Dip Adult Psychotherapy [ANZAP], PhD) is a clinical psychologist and psychotherapist in private practice in Canberra. Until 2009 he was a full-time member of staff in the clinical psychology program at the Australian National University and is currently the president of the Empathink Association of Psychoanalytic Self Psychology. Jeff has been involved in Buddhist practice since 1975 and since the mid- 1980's has been practising in the Zen tradition in Japan and Australia. Jeff is currently an apprentice Zen teacher in the Diamond Sangha tradition and leads the Canberra Zen Group. Jeff teaches M9 and co-teaches R3 and he is also part of the supervision team

Biographies of Clinical Supervisors (in alphabetical order):



Sally Carlisle Sally is a Registered Psychotherapist, General and Mental Health Nurse with 30 years of clinical experience. She specialises in working with clients' affected by anxiety, depression, trauma, psychosis and those wishing to find more fulfilment and happiness in life. Sally has a passionate interest in bringing the wisdom teachings of Buddhism, mindfulness, and meditation into the therapy space. Through this she has witnessed enormous success and benefit in alleviating the suffering of her clients, while making room for peace to arise. Having maintained her own disciplined meditation practice over many years this allows her to offer a warm, compassionate and empathic presence to her clients. She has a deep belief in the healing power of positive, healthy connections with others and fosters trusting relationships with her clients that allow them to feel safe and supported. Sally offers both long and short-term therapy to individuals and couples and also teaches meditation to those interested.



Dr. Brian Gutkin Brian is a longstanding Zen practitioner and was president of AABCAP in the early days. Born in Dublin, Ireland, he qualified in medicine at Trinity College Dublin before moving to Sydney where he trained as a Psychiatrist at Prince of Wales Hospital, then as a Psychoanalytic Psychotherapist at the Sydney Institute of Contemporary Psychotherapy. He is also a member of the Australian and New Zealand College of Psychotherapists (ANZAP). He was Director of Psychiatry at South Pacific Private, a clinic specialising in therapy for complex trauma and addiction for 16 years, and is currently in private practice as a Consultant Psychiatrist and Psychotherapist in St Leonards.



Nicholas Tabley (M.App.Psych M.Ad.Ed, Dip.Fam.Ther.) is in Private practice as a psychologist and psychotherapist on the NSW South Coast. He has been practicing in the Vipassana tradition for the last 15 years and is also a trained yoga teacher having taught for over 25 years. He has a background in systemic therapies, ACT and Compassion Focused Therapy. He has many years' experience as a lecturer and trainer in university and private college settings in counselling and related subjects. He offers general mental health counselling and psychotherapy to adults, couples and occasionally families incorporating mindfulness based approaches.



Adrian van den Bok (M.A. Cultural Psych; Dip Coun & Psych; Cert Focusing Ther.) is a PACFA Registered Supervisor and has conducted several thousand hours of group and individual supervision for individual therapists and organisations such as Life Line, St Vincent de Paul Society and the Jansen Newman Institute. He is also an educator & workshop leader and a therapist in private practice. An advocate of Advaita - Nonduality - Adrian incorporates post structuralist and social constructionist ideas in the unravelling of identity and as tools in the recognition of Oneness.

Contact AABCAP

www.aabcap.org

AABCAP Course Coordinator

Email: PTCcoordinator@aabcap.org

Disclaimer: All information is correct at the time of printing, however the Training Committee of AABCAP, and the Management Committee, reserves the right to alter the course in order to accommodate changing needs and unforeseen circumstances.

23 March 2022 SL