

AABCAP



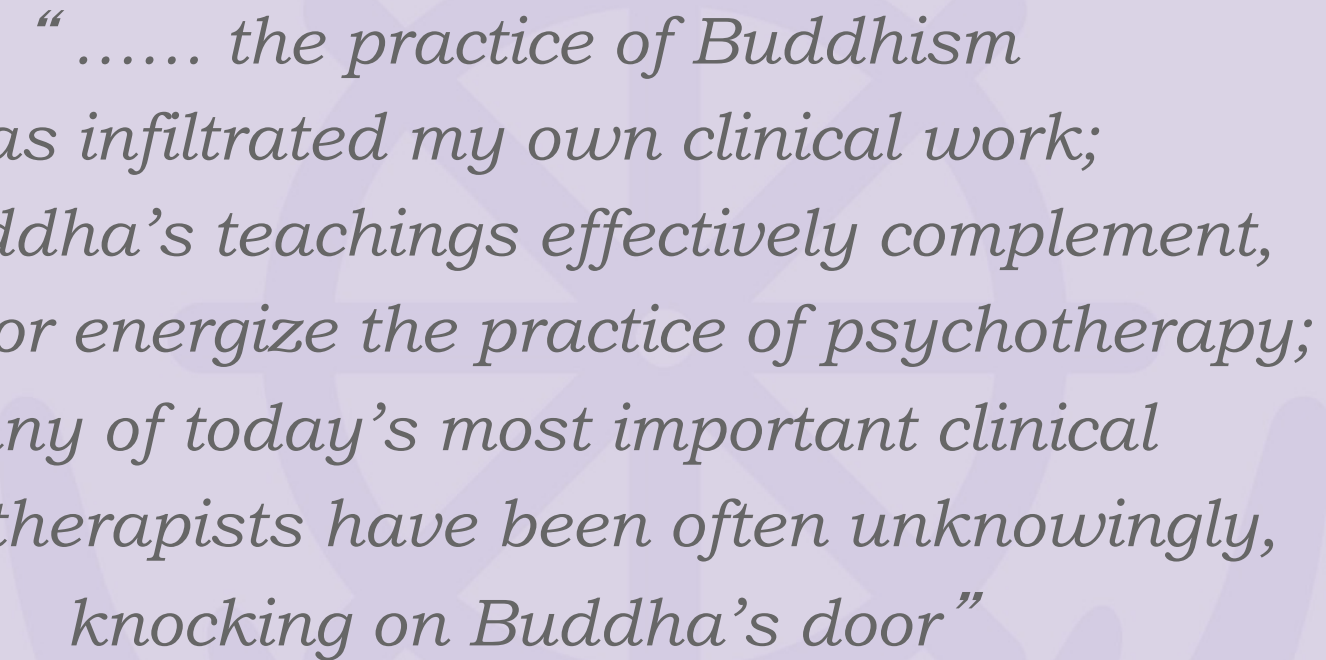
Integrating Buddhism & Psychotherapy

MODULE 01

6th Buddhism & Psychotherapy Professional Training Course

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Saturday 14th May 2022



*“ the practice of Buddhism
has infiltrated my own clinical work;
the Buddha’s teachings effectively complement,
inform, or energize the practice of psychotherapy;
many of today’s most important clinical
psychotherapists have been often unknowingly,
knocking on Buddha’s door ”*

*adapted from ‘Thoughts Without a Thinker’,
Mark Epstein, Basic Book, 1995*

Integrate

When we integrate theories/models
we have *to assimilate* –
to fit into existing categories of thought
to accommodate –
to extend to take the new into account
to acknowledge –
the divergences and differences



Buddhist Psychology

- ❑ History, foundations, development
- ❑ Buddhist teachings & practices
- ❑ Similarities & Differences of 3 Traditions
 - Theravada, Mahayana, Vajrayana
- ❑ Meditations – types & benefits,
 - limitations & contraindications

Historical Western Psychology

- 1899 Sigmund Freud
 - the unconscious, The Interpretation of Dreams
- 1900 William James
 - mind as stream of consciousness
- 1912 John Watson
 - Advent of Behaviorism
- 1920 Psychology as a Section of British Association for the Advancement of Sciences

Buddhist Concept of Mind FIVE AGGREGATES

- Rūpa (physical form)
- Vedanā (feelings)
- Saññā (perceptions)
- Saṅkhāra (choice, intention, volition)
- Viññāṇa (consciousness)

Buddhism

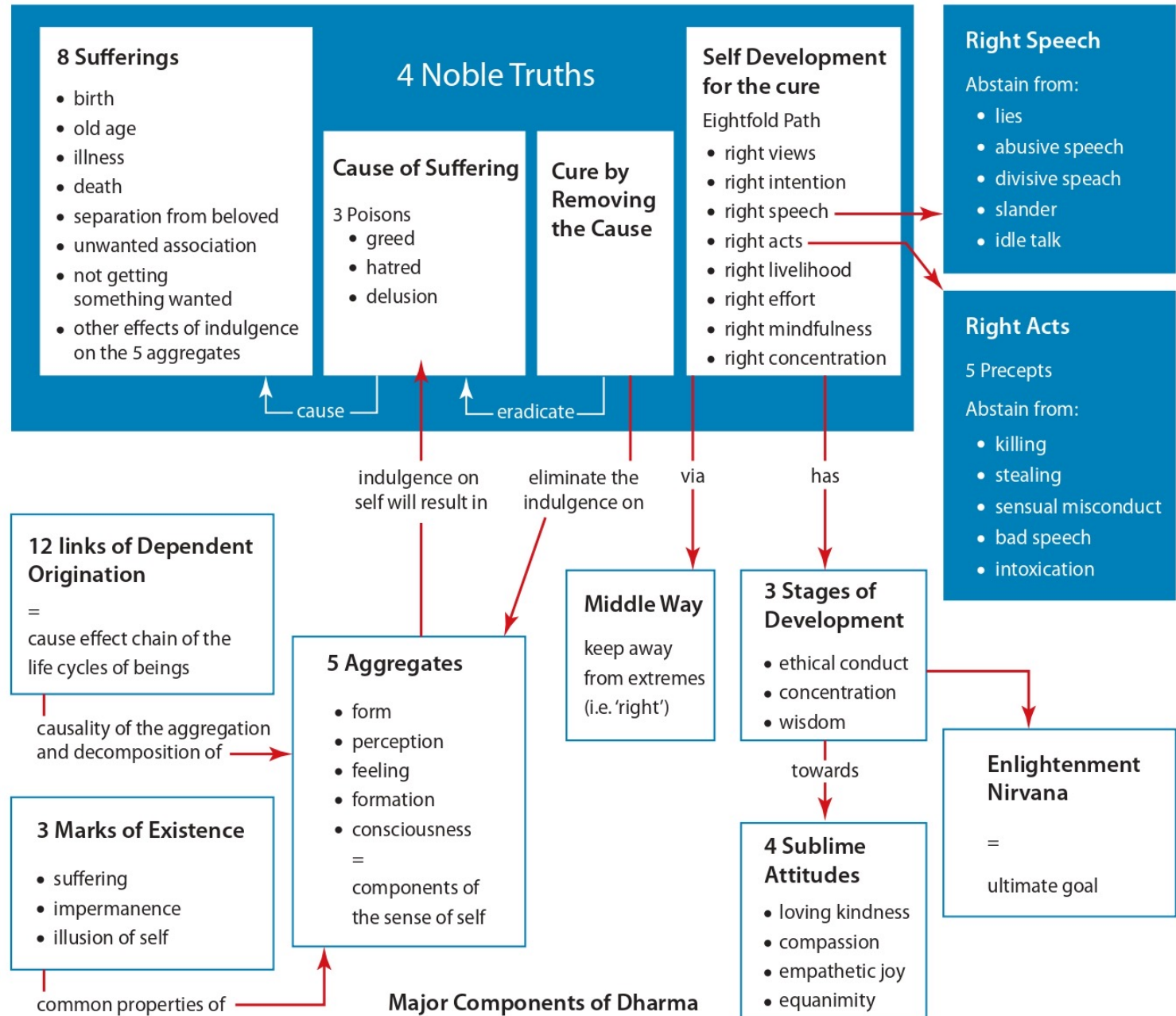
Triple Gem

- Buddha
- Dharma
- Sangha

= Basis of Buddhism

Unanswerable Questions

Some philosophical questions that Buddha considered as irrelevant to enlightenment and did not attempt to answer





ISSUES involved APPROPRIATING TEACHINGS for THERAPY

- There is no ONE Buddhism – 3 Major Traditions, offering similar and different therapeutic applications
- Buddhist Teachings over last 2,600 years:
Early Buddhism – oral tradition
Later Teachings – Pali Suttas, Chinese Agama, Tibetan teachings
Contemporary Buddhism – post modern, Western/Eastern, etc..
- What's lost/left out in translation/appropriation and integration?
- Not to mistake the finger pointing to the moon

Western Psychotherapies

- Analytic Therapies
- Dynamic Therapies
- Cognitive Therapies
- Behaviour Therapies
- Mindfulness Based Therapies

Western Analytic Psychology

- **One Person Psychology** (intrapsychic)
Freud- Id/ego/superego
- **Two Person / Position Psychology** (interpsychic)
Ego Psychology – adaptation to environment
British Object Relations subject ↔ object
Self Psychology – self-object needs
- **Third Position Psychology** (intersubjective)
Intersubjectivists & Relationalists



Buddhist Psychology of Thinking

- 3 groups of Thinkers
 1. Traditionalists
 2. Rationalists & Metaphysicians
 3. Experientialists – personal experience of knowledge
- Continuous Introspective Reflection (yoniso manasikara)
similar to Western Psychology's SRF

Self-Reflexive Functioning

Self-Reflection-

- Cognitive process in which one thinks about oneself as if from the outside

Self-Reflexivity-

- The capacity to experience, observe and reflect on oneself as both a SUBJECT and an OBJECT
- It is both experiential and affective

“Mentalisation”

- The capacity to reflect on feelings and thoughts built up through an intersubjective process between infant and parent

	<u>CBT</u>	<u>P/P Psy</u>	<u>Buddhism</u>
Symptoms	Anxiety Depression	Interpersonal Difficulties	Universal Suffering
Etiology	Nature Maladaptations	Nurture Defenses	Samsara Karma
Cure	Changing Thinking / Behavior	Restructuring Personality	Dharma The Truth
Treatment	Challenging	Uncovering	8 Fold Path
Research	Objective Scientific	Subjective Meanings	Meditation Life Itself





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Thank you