

AABCAP



Eight Fold Path - Clinical Applications

BY

Dr Eng-Kong Tan MBBS MPM FRANZCP

BUDDHISM & PSYCHOTHERAPY PROFESSIONAL TRAINING COURSE

PTC6 MODULE ONE Saturday 14 May 2022

The Eight Fold Path

- | | | |
|---------------------|---|--------------------|
| ▪ Right View | } | Wisdom |
| ▪ Right Intention | | |
| ▪ Right Speech | } | Ethics |
| ▪ Right Action | | |
| ▪ Right Livelihood | | |
| ▪ Right Effort | } | Meditation as a |
| ▪ Right Mindfulness | | Mental Development |
| ▪ Right Immersion | | |

Eightfold path



AABCAP



The Path and The Therapies

- **EIGHT FOLD PATH**

UNDERSTANDING greed,
hatred and delusion,

applying EFFORT in overcoming
them and practicing
MINDFULNESS as the means

leads to the CESSATION
of SUFFERING.

- **THE PSYCHOTHERAPIES**

UNDERSTANDING deficits,
conflicts, defence mechanisms,
thoughts, feelings and actions,

WORKING THROUGH or
changing them are the means

to RESOLVING the disorders &
REMOVING the symptoms

Right View

Cause & Effect - Karma

SKILLFUL

Characteristics of Existence:

Impermanence

Dissatisfaction

Selflessness

UNSKILLFUL

Pathological afflictions:

Greed

Hatred

Delusion

Right View – Clinical Applications

- Realisation & Acceptance of CHANGE
- Insatiability of Sense Desires
- Trimming of Narcissism
- Practice of Generosity
- Cultivation of L-kindness
- Growing maturity



AABCAP



Right Intentions

“The Mind is the forerunner of all experience”- Dhammapada

THREE SKILLFUL INTENTIONS

1. LETTING GO – Renunciation and Practice of Generosity
2. CULTIVATING LOVE
3. PRACTICING COMPASSION – to self and others

Right Intentions – Clinical Applications

1. Mindfully Checking In – am I here, now, calm, in my body and my mind?
2. Reviewing Habits – letting go bad and instituting good ones
3. Cultivating Positivity - doing good for self and others
4. Practicing Self Compassion



Right Speech

Skillful Speech includes:

Speaking the truth, not to use silence to hide

Kind words – enhances relationships and forms friendships

Gentle language - respects others and self, inspires

Meaningful talk - leads to harmony and clear minds

Before speaking, ask ourselves:

Is it true? Is it kind? Is it beneficial?

Does it harm anyone? Is this the right time to say something?

Noble silences promotes peace, shared understanding
in communion, spiritual moments arise

Right Speech – Clinical Applications

- Psychotherapy as the “talking cure”
- Interventions/Interpretations - When, what and how to say it
- Silences in the Session - therapeutic uses of silences, varieties of silences, meditative moments as medicine
- When it is necessary to speak up – abuse/danger to self or others, legal/ethical concerns, boundary issues
- Privacy & Confidentiality

Right Actions

FIVE MINDFULNESS TRAININGS (Ethics in Action)

- adapted from Thich Nhat Hahn

1. Respect Life – no killing, violating
2. Practice Generosity – no stealing, exploiting
3. Sexually Responsible – no misconduct, abuse
4. Speak the Truth – no lying
5. Avoid Intoxicants – alcohol & drugs

Right Actions – Clinical Applications

- First do no harm
- Is this skillful / good for me and the client?
- Therapist prepares to receive client / patient
- Is there a better treatment for the client?
- What will prevent relapses?
- What will sustain good health?



Right Livelihood

“ The helping profession is a noble profession.

It is a privilege and pleasure to be of service to another ”

Ask ourselves:

- How is our work supporting our psychological and spiritual well-being?
- Does our job break any of our 5 moral precepts?
- Are there factors in our job making it difficult for our mind to settle down?

Right Livelihood – Clinical Applications

- ✓ Am I earning my living without transgressing my ideals of love and compassion?
- ✓ Is my client's occupation good for the health and well-being of all living beings?
- ✓ Are we working MINDFULLY or MINDLESSLY?

Right Effort

Where do I put my energies? How do I persevere?

CULTIVATE & MAINTAIN POSITIVE STATES OF MIND

- THE VIRTUES – patience, kindness, tolerance, etc.
- CHOOSING GOOD FRIENDS – kalyamitta
- STUDYING THE SCRIPTURES

PREVENT & OVERCOME NEGATIVE STATES OF MIND

HINDRANCES –

greed, ill-will, dullness & drowsiness, doubt, restlessness & worry

OVERCOMING THEM –

ignore, distract, use antidote, reasoning



Right Effort – Clinical Applications

POSITIVE PSYCHOLOGY

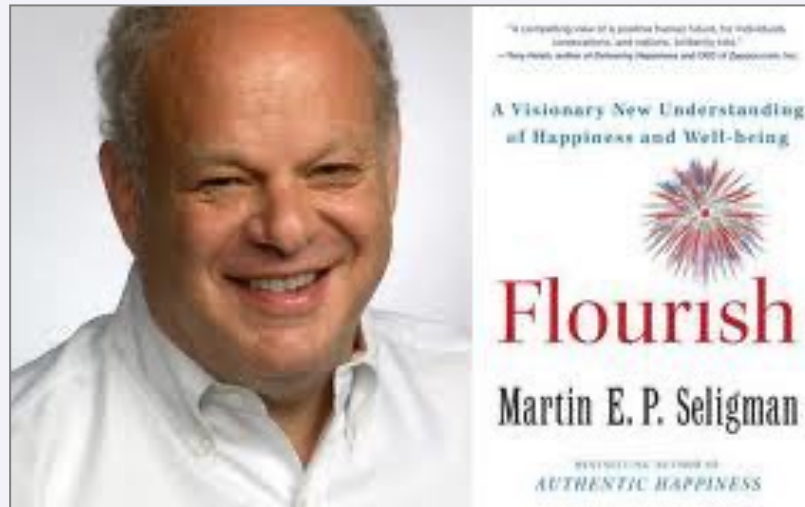
- 4 S' s – sense, synthesise, savor, soak in +ve
- Happiness = S + C + V
- V = relationships and serving a greater good
- Exercising Strengths & Virtues

OVERCOMING NEGATIVE STATES OF MIND

Cognitive Behaviour Therapies

Seligman's Model of Flourishing

- ✓ POSITIVE EMOTIONS
- ✓ ENGAGEMENT
- ✓ RELATIONSHIPS
- ✓ MEANING
- ✓ ACCOMPLISHMENT



from “FLOURISH – A Visionary New Understanding of Happiness and Well-being”
by Martin Seligman

Right Mindfulness

‘When the four foundations of mindfulness are developed and cultivated, they fulfil the seven factors of enlightenment,they fulfil true knowledge and deliverance’ – 118:15 Anapanasati Sutta

- **MINDFULNESS OF THE BODY** – the breath, posture, parts of the body
- **MINDFULNESS OF FEELINGS** – pleasant, painful, neutral
- **MINDFULNESS OF MIND** – being mindful of the nature of awareness at that time
- **MINDFULNESS OF PRINCIPLES** – causality: awareness of what leads to suffering (5 hindrances), and what leads to peace (7 awakening factors).

Right Mindfulness – Clinical Applications

CLINICAL DEFINITION OF MINDFULNESS:

the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgementally to the unfolding of experience moment by moment -
Jon Kabat-Zinn

TWO ASPECTS OF MEDITATION

samatha meditation – for tranquillity

vipassana meditation – for insights

R.A.I.N. – recognition, acceptance, investigation and non-identification (Michele McDonald)

INSIGHT DIALOGUE – pause, relax, open, trust emergence, listen deeply and speak the truth (Gregory Kramer)

The Mindful Therapist

- Capacity for **ATTENTION** – evenly suspended
- **ACCEPTANCE** – moment by moment
- **AFFECT** tolerance – manages C/T
- **EMPATHY** – empathic attunement
- **COMPASSION** – growing capacity
- Reduced **NARCISSISM**
- Capacity for altruistic **JOY**

Mutual Meditative Moments as Medicine

MINDFULNESS in the THERAPEUTIC DYAD

- Both mindful of the flow of the RELATIONAL
- Both in CO-MINDFUL Meditative States
- From Intersubjectivity to INTERBEING
- Both cultivating expansive AWARENESS
- Therapy transcends to the SPIRITUAL
- Universal TRUTHS arrive and are verbalised
- NOW moments of engagement



Clinical Applications of Mindfulness

MINDFULNESS BASED THERAPIES

MBSR, MBCT, ACT, MBRT, MBAT – Jon Kabat-Zinn and others

MINDFULNESS INFLUENCED THERAPIES

CORE PROCESS PSYCHOTHERAPY – Maura Sills

HAKOMI – Ron Kurtz, MORITA THERAPY

MINDFULNESS TECHNIQUES

INSIGHT DIALOGUE - P.R.O.T.L.T. - Gregory Kramer

R.A.I.N. – Michelle McDonald

Right Concentration (Immersion)

Skillful meditative immersion is wholesome, one-pointed, and mindful

1st level – immersion and seclusion from senses, full of joy and bliss

2nd level – all movement of mind stops

3rd level – joy fades into deeper bliss

4th level – full equanimity

.

Right Concentration – Clinical Applications

*“A silver bird
Flies over the autumn lake.
When it has passed,
The lake’s surface does not try to hold on to the image of the bird”*
- Poem by Vietnamese Dhyana Master Huong Hai

When there is R concentration – Stillness/Samadhi, everything comes together, coalesces

Similarly, in psychotherapy, when therapist and client are engaged and in equanimity, insights/moments of truth arise simultaneously

These are spiritual meditative moments – the medicine

Spiritual Moments in Psychotherapy

- Transcendence of conventional Self to something deeper and larger
- At-one-ment, direct communion to others
- Glimpses of “O” – ultimate reality
- Faith in the process
- Awareness of Higher Order Emotions – loving-kindness, compassion, forgiveness

