

MODULE OUTLINE

Module 4, 2022

The Boundless Heart – The Four Immeasurables

Saturday 3rd & Sunday 4th December 2022

Seminar Leader: Subhana Barzaghi

A. MODULE AIMS

This module will introduce the teachings of the Boundless Heart - The Four Immeasurables, also known as the Four Brahma Viharas or divine abodes – Love, Compassion, Joy & Equanimity. The seminar will help to establish an understanding of how the Four Immeasurables can be an ethical & philosophical framework for the therapeutic alliance.

Students will learn how to apply these practices and their relevance in the therapeutic context to enhance a client's well-being and transform difficult and painful psychological and emotional conditions.

Through discussion, exploration and experiential understanding of these four practices, the therapist can learn to embody these qualities for their own well-being and self-care. There will also be an opportunity to deepen ones meditation experience through guided meditations and instructions.

B. LEARNING OUTCOMES

- Understand, explore and discuss the teachings of the Boundless Heart – the Four Immeasurables, their definition and the benefits of each immeasurable quality of the heart-mind.
- Discuss and explore how the Four Immeasurables can provide an ethical framework of integrity and loving presence for the therapeutic alliance and relationship.
- Learning to establish and cultivating the Four Immeasurables through guided meditations and practices to develop an experiential understanding and become proficient with the practices.
- Discuss the relevance and application of the practices of the Four Immeasurables in the therapeutic context to enhance the client's self-esteem, improve self-worth, and alleviate and regulate emotional pain in order to enhance well-being and an open heart.
- Applying loving presence, self-compassion, awakening joy and cultivating equanimity as an unconditional positive regard and self-care for oneself as the therapist.
- Provide specific examples of the application of the Four Immeasurable in case examples in psychotherapy.

C. CONTENT

The main content of the module will include:

- The teachings of the Boundless Heart - Four Immeasurables from a Zen & Theravadin perspective.
- The Metta Sutta – the Buddha’s words on Loving-kindness
- Guided meditation and instructions in cultivating loving-kindness, compassion, sympathetic joy and equanimity.
- Providing talks, case examples and experiential exercises on the Four Immeasurables.

D. TEACHING METHODS

Seminar, experiential exercises, small and large group discussions, offering personal reflections, guided meditation and demonstrations.

E. ASSIGNMENT

Students to complete a written essay at the end of the weekend which includes your personal reflections, experiences, insights and challenges in relation to establishing the Four Immeasurables in your life and your therapy practice.

The essay will include the following reflections:

- The challenges and benefits of establishing a regular practice and cultivating these four practices.
- Reflections on your own ability to apply the Four Immeasurables in a therapeutic context.
- Reflections on embodying these heart-felt qualities for your own self-care and well-being.

This essay consisting of 1,000-1500 words (+/- 10%) to be submitted to the seminar leader, Subhana Barzaghi at subhana@bigpond.net.au and Director of Training, Deborah Chisholm: DOT@aabcap.org no later than four weeks after the weekend module.

F. ASSESSMENT CRITERIA AND PROCEDURE

Contributions during seminar and group discussions and written essay demonstrating:

- Comprehension and understanding of the teachings and relevance of the Four Immeasurables in the therapeutic context.
- Participating in the practices and experiential exercises and offering reflective personal comments
- Demonstrate the application of the Four Immeasurables for oneself and for the client.

Grading: Level of competency: Competent / Not-Yet-Competent.

G. ESSENTIAL READINGS: Please find all essential readings in the AABCAP online class space.

H. RECOMMENDED READINGS

1. Salzberg, S. (1995), *Loving-Kindness: The Revolutionary Art of Happiness*. Boston:
PTC6 M4 Module Outline

Shambhala.

2. Gilbert, P. (2010). *Training Our Minds in, with and for Compassion: An Introduction to Concepts and Compassion-focused Exercises Workbook*. UK:Compassionate Mind Foundation. [Provided](#)

3. Other Gilbert publications found at:

<http://compassionatemind.co.uk/clinicians/publications>

4. Leary, M., Tate, E., Adams, C., Allen, A. and Hancock, J. (2007). 'Self-compassion and Reactions to Unpleasant Self-relevant Events: The Implications of Treating Oneself Kindly', in *Journal of Personality*, 92: 887–904. [Provided](#).

H. PROFILE OF SEMINAR LEADER

Subhana Barzaghi is a dharma teacher in both the Zen and Insight Meditation traditions and has been practicing Buddhist meditation for 40 years. She is the resident teacher and Spiritual Director of the Sydney Zen Centre. Subhana is a Director of the Insight Meditation Institute and co-teacher with Alan Bassal of the Mindfulness & Compassion Teacher Training Course. Subhana teaches regular intensive Zen meditation and Insight Meditation retreats throughout Australia and New Zealand. She leads a range of workshops including: Death and Dying, Zen and the Arts, Cultivating the Boundless Heart and Born to Love - Attachment Theory.

Subhana has 25 years of experience as a psychotherapist. She worked as a Sexual Assault counsellor at Lismore Base Hospital and the primary counsellor at the Lismore & District Women's Health Centre. For the last twenty years she has had a private psychotherapy practice in Sydney. Her qualifications include; B.Soc.Sci, & Masters in Applied Psychotherapy. She is a Graduate of Hakomi Integrative Psychotherapy, a Clinical Supervisor and Seminar Trainer with AABCAP.