

## Buddhist Psychology and Counselling

වසර	සමාසිකය	විෂය පත්‍රය	විෂය පත්‍ර නාමය	වර්ගය	සම්භාර ගණන
I	I	BPCL 11013 (C)	බෞද්ධ මනෝවිද්‍යාව හැඳින්වීම Introduction to Buddhist Psychology	අනිවාර්ය	03
I	II	BPCL 12023 (C)	බෞද්ධ මනෝවිද්‍යාවේ මූලධර්ම Principles of Buddhist Psychology	අනිවාර්ය	03
II	I	BPCL 21033 (C)	බටහිර උපදේශන න්‍යායයන් සහ ක්‍රමවේද Western Counselling Theories and Techniques	අනිවාර්ය	03
		BPCL 21043 (C)	බෞද්ධ භාවනා සහ චිකිත්සාමය භාවිතය Buddhist Meditation and Therapeutic Usage	අනිවාර්ය	03
II	II	BPCL 22053 (C)	බෞද්ධ පෞරුෂත්ව විග්‍රහය Buddhist Personality Analysis	අනිවාර්ය	03
		BPCL 22063 (C)	මානසික රෝග පිළිබඳ බෞද්ධ විග්‍රහය Buddhist Analysis of Mental Disorders	අනිවාර්ය	03
III	I	BPCL 31073 (C)	ළමා මනෝවිද්‍යාව Child Psychology	අනිවාර්ය	03
		BPCL 31083 (C)	බෞද්ධ ආයුර්වේද උපදේශනය Buddhist Ayurvedic Counselling	අනිවාර්ය	03
III	II	BPCL 32093 (C)	උපදේශනය සඳහා බෞද්ධ මූලාශ්‍ර අධ්‍යයනය Study of Buddhist sources for counselling	අනිවාර්ය	03
		BPCL 32103 (C)	ජීවන කුසලතා කළමනාකරණය සහ ශීථිලභාව පුහුණුව Life Skills Management and Relaxation Training	අනිවාර්ය	03
					<b>30</b>

## Detailed Curriculum of the B.A. Degree in Buddhist Psychology and Counselling

<b>Fields of Study:</b> Buddhist Psychology and Counselling		
1.	<b>Code of the Course Unit</b>	BPCL (C) 11013
2.	<b>Title of the Course Unit</b>	Introduction to Buddhist Psychology
3.	<b>Number of Credits</b>	3
4.	<b>Type</b>	C
5.	<b>Coordinator of the Course Unit</b>	To be appointed by the Department
6.	<b>Pre-requisites</b>	None
7.	<b>Objective/s of the Course</b> To recognize the psychological perspectives of Buddhism by studying the fundamental concepts of Buddhist Psychology with reference to Buddhist sources and to identify the origin and evolution of Western Psychology in comparative grounds of Buddhist teachings.	
8.	<b>Intended Learning Outcomes (ILOs)</b> At the completion of this course unit, the student will be able to, <ol style="list-style-type: none"> <li>1. understand the scope of Buddhist psychology</li> <li>2. recognize the uniqueness of Buddhist Psychology among other disciplines</li> <li>3. appreciate the importance to Buddhist psychology</li> <li>4. realize the structure and functions of mind with reference to Buddhism and Western Psychology</li> <li>5. identify psychological theories found in <i>Tipiṭaka</i>, commentaries and other Buddhist sources</li> </ol>	

6. point out the relevance of Buddhist Psychology to physical, psychological, social and spiritual health.

9.	Contents			Mode of Delivery/ Way of Delivery (T/L Materials)	No of Hrs.	ILOs No.	Integrated Skills/Competencies
	Week	Main Themes	Sub Themes				
1 <sup>st</sup>	Introduction to the course (Introduction to Buddhist Psychology)	<ul style="list-style-type: none"> <li>- An introduction to course unit</li> <li>- Psychological value in Buddhist teachings</li> <li>- Importance of Buddhist psychology in the modern social context</li> <li>- Relevance of Buddhism to mental health field</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- PPT presentations, handouts, readings</li> <li>- Warm-calling, cold-calling</li> </ul>	3	1-3	Theoretical knowledge, practical knowledge, interpersonal skills, teamwork and leadership, creativity and problem solving, critical thinking	
2 <sup>nd</sup>	Historical Development of Buddhist Psychology	<ul style="list-style-type: none"> <li>- Buddha's interpretation of human being and its</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- presentations,</li> </ul>	3	1,2,3	Theoretical knowledge, creativity and problem solving, practical knowledge, team building and leadership, information usage and	

			<ul style="list-style-type: none"> <li>psychological significance</li> <li>- psychological foundation of contemporary Buddhist cultural and religious beliefs and practices</li> <li>- Development and recognition of Buddhist Psychology as a study discipline in modern world</li> </ul>	<ul style="list-style-type: none"> <li>handouts, worksheets</li> <li>- Think- pair- share, just-in-time quizzes</li> </ul>			management, interpersonal skills
<b>Assigning the compulsory written assignment</b>							
3 <sup>rd</sup>	Buddhist view of mind body relationship	<ul style="list-style-type: none"> <li>- Buddhist analysis of mind and body</li> <li>- Buddhist analysis of sensory perception</li> <li>- Human behavior and its</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- presentations, worksheets</li> <li>- Guided and independent practice, warm-calling, group work</li> </ul>	3	1-4	Theoretical knowledge, creativity and problem solving, practical knowledge, team building and leadership, identifying cultural, archaeological, religious and philosophical backgrounds of religions, attitudes, values and professionalism, language skills and interpersonal skills	

			impact on mind: a Buddhist Perspective				
4 <sup>th</sup>	Introduction to major schools of Western psychology		Psychoanalysis Cognitive Psychology Humanistic Psychology Existential Psychology	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- presentations, handouts, worksheets</li> <li>- Quizzes, cold-calling</li> <li>- Formative assessments</li> </ul>	3	1-4	Critical thinking, theoretical knowledge, team work and leadership, identifying cultural, archaeological, religious and philosophical backgrounds of religions, information usage and management, networking and social skills, language skills and interpersonal skills
5 <sup>th</sup>	Introduction to Psychological value of <i>Abhidhammic</i> Teachings	to of	-Analysis of consciousness in <i>Abhidhamma</i> -Analysis of mental factors ( <i>cetasika</i> ) -Influential	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- Interactive lectures, guided practice, pair-work</li> </ul>	3	3,4,5,6	Critical thinking, creativity and problem solving, theoretical knowledge, practical knowledge, team work and leadership, attitudes and values and professionalism, language skills and interpersonal

			elements of mind and its functions				skills
6 <sup>th</sup>	Introduction to mental health	<ul style="list-style-type: none"> <li>- The importance of sound mind/Normal and abnormal behavior</li> <li>- The burden of psychosocial problems in the modern world.</li> <li>- Simple strategies of protection the mental wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- PPT presentations, handouts</li> <li>- Group discussions, readings</li> </ul>	3	4,5,6	Theoretical knowledge, communication and leadership, team work and leadership, attitudes, values and professionalism, information usage and management, language skills and interpersonal skills	
7 <sup>th</sup>	Buddhist understanding of motivation	<ul style="list-style-type: none"> <li>- Analysis of three wholesome and unwholesome roots from Buddhist perspective, Concept of Thanha</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- presentations, handouts, worksheets</li> <li>- Small group activities, guided practice</li> </ul>	3	2-6	Theoretical knowledge, language skills and interpersonal skills, teamwork and leadership, information usage and management	
<b>Submission of the compulsory written assignment</b>							

	8 <sup>th</sup>	Buddhist understanding of emotions	<ul style="list-style-type: none"> <li>- Analysis of emotions from Buddhist perspective</li> <li>- Virtuous and Nonvirtuous emotions</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- PPT presentations, handouts, worksheets</li> <li>- Quizzes, warm-calling, group work</li> </ul>	3	2-6	Critical thinking, theoretical knowledge, team work and leadership, identifying cultural, archaeological, religious and philosophical backgrounds of religions, information usage and management, networking and social skills, language skills and interpersonal skills
	9 <sup>th</sup>	Psychological significance of selected texts from <i>Suttapiṭaka</i>	<ul style="list-style-type: none"> <li>- Introduction to Psychological/c ounseling value of Buddhist discourses of selected texts of Digha Nikaya</li> <li>- Introduction to the psychological/c ounseling value of Buddhist discourses selected texts of Majjhima Nikaya</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- presentations, handouts, readings</li> </ul>	3	3,4,5,6	Theoretical knowledge, critical thinking, practical knowledge, language skills and interpersonal skills, teamwork and leadership

10 <sup>th</sup> Mid Semester Evaluation week	Midsemester Evaluation	<ul style="list-style-type: none"> <li>- <b>Written Examination or</b></li> <li>- <b>Presentation (Poster /PowerPoint /Prezi/Street Dramas, etc.) or</b></li> <li>- <b>Field Visit</b></li> </ul>		3	1-6	Critical thinking, theoretical knowledge, practical knowledge and application, team work and leadership, networking and social skills, information usage and management, language skills and interpersonal skills
11 <sup>th</sup>	Buddhist teachings on sense faculties, sensations and stimuli, sensory processing mechanisms.	<ul style="list-style-type: none"> <li>- Sensory experience-A western psychological perspective</li> <li>- Sensations and Buddhist interpretation of internal and external stimuli</li> <li>- Sensory processing mechanisms in buddhism</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- presentations, handouts, worksheets</li> <li>- Quizzes, warm-calling, group/pair work</li> </ul>	3	2-6	Critical thinking, theoretical knowledge, team work and leadership, attitudes, values and professionalism, information usage and management, identifying cultural, archaeological, religious and philosophical backgrounds of religions, language skills and interpersonal skills
12 <sup>th</sup>	Inter- relationship between Buddhism and	<ul style="list-style-type: none"> <li>- Buddhist view of cognition, its definitions and</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> </ul>	3	2-6	Critical thinking, creativity and problem solving, theoretical knowledge, team work and



	Cognitive psychology	scope - Buddhist application of special terminologies, such as vinnana, vedana, sanna, vitakka, manasikara, papancha.	- presentations, handouts, worksheets - Quizzes, warm-calling, group/pair work			leadership, attitudes, values and professionalism, language skills and interpersonal skills
13 <sup>th</sup>	Significance texts of Buddhist psychology	-Introduction to <i>Visuddhismagga</i> as a handbook of Buddhist Psychology -Psychiatric significance of Jataka stories - <i>Dhammapadaṭṭhā-kathā</i> and character analysis (in short)	- Blended (Direct classroom teaching and online teaching) - presentations, handouts, worksheets - Quizzes, warm-calling, group/pair work	3	2-6	Critical thinking, creativity and problem solving, theoretical knowledge, team work and leadership, attitudes, values and professionalism, language skills and interpersonal skills
14 <sup>th</sup>	Psychological significance of	- Introduction to Nature of	- Blended (Direct classroom teaching	3	2-6	Critical thinking, creativity and problem solving, theoretical

		selected readings of <i>Vinayapiṭaka</i>	<p>Buddhist psycho-ethics</p> <ul style="list-style-type: none"> <li>- Psychological elements in the code of ethics</li> <li>- Buddhist view of controlling human behavior</li> </ul>	<p>and online teaching)</p> <ul style="list-style-type: none"> <li>- presentations, handouts, worksheets</li> <li>- Quizzes, warm-calling, group/pair work</li> </ul>			knowledge, team work and leadership, attitudes, values and professionalism, language skills and interpersonal skills
	15 <sup>th</sup>	Similarities and dissimilarities between Western Psychology and Buddhism	<ul style="list-style-type: none"> <li>- Similarities between Western Psychology and Buddhism</li> <li>- Dissimilarities between Western Psychology and Buddhism</li> </ul>	<p>Blended (Direct classroom teaching and online teaching)</p> <ul style="list-style-type: none"> <li>- presentations, handouts, worksheets</li> <li>- Quizzes, group/pair work</li> </ul>	3	1,2,3,5,6	Critical thinking, creativity and problem solving, theoretical knowledge, team work and leadership, attitudes, values and professionalism, language skills and interpersonal skills
10.		<b>Number of Notional Hours: 150</b>					
		1. Lecture Hours: 45		3. Self-study and Homework Preparation Hours: 75			
		2. Tutorial / Practical / Presentation Hours: 30					
11.	<b>Evaluation and Assessment:</b>						
	In-course Evaluation: 30% from total marks allocated						
	<b>Expected soft skills to be evaluated through the continuous assessments:</b>						

assignments%, term papers%, presentations%, reading%, discussions%, group works%, quizzes %, other% field studies%

End Semester Evaluation (Written paper at the final examination): 70%

**Recommended Reading:**

අමරකෝන්, එස් 2011, මානසික සුවය (බෞද්ධ හා බටහිර මනෝ විද්‍යාත්මක ආකල්ප තුළනාත්මක විග්‍රහයක්, කතෘ ප්‍රකාශන.

එදිරිසිංහ, ඩී 1998, මනෝවිද්‍යාව: ගුරු කුල සහ මනෝ විද්‍යාඥයෝ, තරංගි ප්‍රින්ටර්ස්, මහරගම.

එදිරිසිංහ, ඩී සහ පෙරේරා, ජී 2005, මනෝවිද්‍යා විමර්ශන, වත්මා ප්‍රකාශකයෝ, දෙහිවල.

එදිරිසිංහ, ඩී සහ හපුආරච්චි, ජී 2010, මනෝවිද්‍යාව: න්‍යාය සහ භාවිතය, වත්මා ප්‍රකාශකයෝ, දෙහිවල.

කමල්ගොඩ, ජේ 2003, මනෝවිද්‍යාව හා ජීවිතය, කථනා ප්‍රකාශන.

කුමුදුලතා, ඩී. එම්. ඒ 2007, අභිප්‍රේරණ සහ චිත්තවේග. (තෙත්විත් ප්‍රින්ට්), කතෘ ප්‍රකාශන, ගම්පොළ.

කුමුදුලතා, ඩී. එම්. ඒ 2007, පෞරුෂය. (තෙත්විත් ප්‍රින්ට්), කතෘ ප්‍රකාශන, ගම්පොළ.

වන්දනේකර, එස් 2008, ප්‍රායෝගික බෞද්ධ මනෝවිද්‍යාව, ඇස්. ගොඩගේ සහ සහෝදරයෝ, කොළඹ 10.

ඥාණිසස්සර හිමි, පී 2006, බෞද්ධ මනෝවිද්‍යා ආකල්පය, ඇස්. ගොඩගේ සහ සහෝදරයෝ, කොළඹ 10.

ඥානසීහ හිමි, එච් 2009, සත්ත්වයා සිත හා සිත නැති කිරීම, ඥාන සීහ ග්‍රන්ථ භාරකාර මණ්ඩලය.

විජිත හිමි, කේ 2007, බෞද්ධ හා බටහිර මනෝ විකිත්සාව, සූරිය ප්‍රකාශන, කොළඹ 10.

පේමරතන හිමි, එස් 2010, බෞද්ධ මනෝවිද්‍යාව. දයාවංශ ජයකොඩි සහ සමාගම, කොළඹ.

සිරිනන්ද හිමි, බී 2011, මිනිස් වර්යාවේ මනෝවිද්‍යාත්මක පැතිකඩ, කතෘ ප්‍රකාශන.

සිරිල්, බී. බී 2007, සෞඛ්‍ය අධ්‍යාපනය. අධ්‍යාපන ප්‍රකාශන අධ්‍යයනාංශය, බත්තරමුල්ල.

සුමනපෝති හිමි, ඩබ්ලිව්, 2003, මානසික සුවය පිළිබඳ බෞද්ධ හා බටහිර මනෝවිද්‍යාත්මක ආකල්පය. කතෘ ප්‍රකාශන.

සෝහිත හිමි, බී 2000, බුදුදහමෙන් පිළිබිඹුවන පෙළඹීම් න්‍යාය, ඇස්. ගොඩගේ සහ සහෝදරයෝ, කොළඹ 10.

හෙට්ටිආරච්චි, ඩී 2008, බෞද්ධ මනෝවිද්‍යා ප්‍රවේශය, දයාවංශ ජයකොඩි සහ සමාගම, කොළඹ 10.

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Fields of Study: Buddhist Psychology and Counselling							
1.	<b>Code of the Course Unit</b>		BPCL (C) 12023				
2.	<b>Title of the Course Unit</b>		Principles of Buddhist Psychology				
3.	<b>Number of Credits</b>		3				
4.	<b>Type</b>		C				
5.	<b>Coordinator of the Course Unit</b>		To be appointed by the Department				
6.	<b>Pre-requisites</b>		None				
7.	<b>Objective/s of the Course</b> To recognize the psychological significance and therapeutic value of fundamental teachings of Buddhism with reference to Western Psychology.						
8.	<b>Intended Learning Outcomes (ILOs)</b> At the completion of this course unit, the student will be able to, <ol style="list-style-type: none"> <li>1. introduce the fundamental teachings of Buddhism and their psychotherapeutic value.</li> <li>2. study Buddhist psychotherapeutic methods based on Buddhist sources</li> <li>3. apply Buddhist psychotherapy for the maintenance of mental, physical wellbeing.</li> <li>4. emphasise the utility of three trainings (<i>tisikkhā</i>) in mental relaxation.</li> <li>5. appreciate the inter-relationship between physical and psychological symptoms of people with mental health problems.</li> <li>6. understand the psychological importance of Traditional healing methods.</li> </ol>						
9.	<b>Contents</b>			<b>Mode of Delivery/ Way of Delivery</b>	<b>No of</b>	<b>ILO s No.</b>	<b>Integrated Skills/Competencies</b>
	<b>Week</b>	<b>Main Themes</b>	<b>Sub Themes</b>				

			(T/L Materials)	Hrs.		
1 <sup>st</sup>	1.Introduction to the fundamental Buddhist teachings with Psychotherapeutic value	<ul style="list-style-type: none"> <li>- An introduction to the course unit</li> <li>- Introduction to western and Buddhist concept of psychotherapy</li> <li>- Therapeutic teachings in Buddhism with reference to Western Psychology(<i>Tisikkhā, Tilakkhaṇa, Paṭiccasamuppāda</i>)</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- PPT presentations, handouts, readings</li> <li>- Warm-calling, cold-calling</li> </ul>	3	1	Theoretical knowledge, interpersonal skills, teamwork and leadership, creativity and problem solving, critical thinking
2 <sup>nd</sup>	Comparative understanding of the concept of Emancipation(Nirvana)in Buddhismand mental health	<ul style="list-style-type: none"> <li>- Characteristics and nature of emancipation</li> <li>- Concept of Nirvana from a Psychological point of view.</li> <li>- Path to Nirvana and its relevance to mental health.</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- PPT presentations, handouts, worksheets</li> <li>- Think- pair-share, just-in-time quizzes</li> </ul>	3	1,3,5	Theoretical knowledge, creativity and problem solving, team building and leadership, information usage and management, interpersonal skills

Assigning the compulsory written assignment						
3 <sup>rd</sup>	Buddhist interpretations of causality; Psychological relevance of mind-body relationship	<ul style="list-style-type: none"> <li>-Nature of mental functions and causation(karma, pratīyasamutpāda, hetu, and pratyaya)</li> <li>-Mind-body relationship and its impact on sensory experience</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- presentations, worksheets</li> <li>- Guided and independent practice</li> </ul>	3	1-5	Theoretical knowledge, creativity and problem solving, team building and leadership, identifying cultural, archaeological, religious and philosophical backgrounds of religions, attitudes, values and professionalism, language skills and interpersonal skills
4 <sup>th</sup>	Introduction to psychotherapeutic methods in Buddhism	<ul style="list-style-type: none"> <li>- Introduction to behavior modification, cognitive behavior modification and emotional regulation in Western Psychology.</li> <li>- Introduction to <i>Sila, samādhi, panna</i> with reference to behavior modification, cognitive behavior modification and emotional regulation in Western Psychology</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- PPT presentations, handouts, readings</li> </ul>	3	2, 3,4,5	Theoretical knowledge, critical thinking, practical knowledge and application, language skills and interpersonal skills, teamwork and leadership

5 <sup>th</sup>	Buddhist Explanation of Consciousness	<ul style="list-style-type: none"> <li>- Non independent nature of Consciousness in Buddhism(Four aggregates)</li> <li>- Consciousness's mutual dependence with nama-rupa</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- Interactive lectures, guided practice, pair-work</li> </ul>	3	2,3,4,5	Critical thinking, creativity and problem solving, theoretical knowledge, practical knowledge and application, attitudes and values and professionalism, language skills and interpersonal skills	
6 <sup>th</sup>	Buddhist psychotherapeutic methods and Psychology of Buddhist Meditation	<ul style="list-style-type: none"> <li>- Introduction to <i>samatha</i> meditation</li> <li>- Therapeutic value of <i>samatha</i> meditation and its relevance to the field of psychotherapy</li> <li>-Psychotherapeutic techniques associated with other meditative approaches in Buddhism</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- Interactive lectures, guided practice, pair-work</li> </ul>	3	2,3,4,5	Critical thinking, creativity and problem solving, theoretical knowledge, practical knowledge and application, attitudes and values and professionalism, language skills and interpersonal skills	
7 <sup>th</sup>	Analysis of <i>dhyāna</i> (mental absorptions) and <i>abhiññā</i> (supernormal knowledge) with	<ul style="list-style-type: none"> <li>- Introduction to <i>dhyāna</i> and <i>abhiññā</i></li> <li>- Mental purification in Buddhism and Western Psychology</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- PPT</li> </ul>	3	3,4,5	Theoretical knowledge, communication and leadership, team work and leadership, attitudes, values and professionalism, information usage and management, language skills and interpersonal	



	reference to psychotherapy		<ul style="list-style-type: none"> <li>- presentations, handouts</li> <li>- Group discussions, readings</li> </ul>			skills
8th	A comparative understanding of Self-actualization with reference to <i>Nibbāna</i> .	<ul style="list-style-type: none"> <li>- Introduction to concept of Self-actualization</li> <li>- Comparison of self-actualized person with Arahants (with reference to contextual understanding)</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- presentations, handouts, worksheets</li> <li>- Small group activities, guided practice</li> </ul>	3	3,5	Theoretical knowledge, language skills and interpersonal skills, teamwork and leadership, information usage and management
<b>Submission of the compulsory written assignment</b>						
9 <sup>th</sup>	Therapeutic examples found in Buddhist sources	<ul style="list-style-type: none"> <li>- Introduction to Buddhist examples of psychotherapy (King Kosala, Kisa Gotami, Patacara etc.)</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- Presentations, handouts,</li> </ul>	3	3,4, 5	Critical thinking, theoretical knowledge, identifying cultural, archaeological, religious and philosophical backgrounds of religions, information usage and management, networking and social skills, language skills and interpersonal skills

				worksheets			
10 <sup>th</sup> Mid Semester Evaluation week	Midsemester Evaluation	<ul style="list-style-type: none"> <li>- <b>Written Examination or</b></li> <li>- <b>Presentation (Poster /PowerPoint /Prezi/Street Dramas, etc.) or</b></li> <li>- <b>Field Visit</b></li> </ul>			3	1-5	Critical thinking, theoretical knowledge, practical knowledge and application, team work and leadership, networking and social skills, information usage and management, language skills and interpersonal skills
11 <sup>th</sup>	Buddhist Concept of Personality	<ul style="list-style-type: none"> <li>- Introduction to Buddhist concept of Personality</li> <li>- Classification of Personality</li> <li>-Buddhist Teachings on the development of Personality.</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- PPT presentations, handouts, worksheets</li> <li>- Formative assessments</li> </ul>		3	1, 3,4, 5	Critical thinking, theoretical knowledge, team work and leadership, identifying cultural, archaeological, religious and philosophical backgrounds of religions, information usage and management, networking and social skills, language skills and interpersonal skills
12 <sup>th</sup>	Modern Buddhist Psychotherapies	<ul style="list-style-type: none"> <li>-Mindfulness Based Stress Reduction, Mindfulness Based Cognitive Therapy,</li> <li>-Moritha Therapy, Naikan Therapy,</li> <li>-Dialectical Behavior Therapy, Acceptance and Commitment Therapy</li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- PPT presentations, handouts,</li> </ul>		3	3,4, 5	Critical thinking, theoretical knowledge, team work and leadership, attitudes, values and professionalism, information usage and management, identifying cultural, archaeological, religious and philosophical backgrounds of religions, language skills and interpersonal skills

				worksheets - Quizzes, warm- calling, group/pair work			
13 <sup>th</sup>	Therapeutic techniques found in Buddhist <i>Jātaka</i> Stories	-Introduction to the techniques of Buddhist <i>Jātaka</i> Stories to the field of psychotherapy.	- Blended (Direct classroom teaching and online teaching)  - PPT presentations, handouts, worksheets  - Quizzes, warm- calling, group/pair work	3	3,4,5	Critical thinking, creativity and problem solving, theoretical knowledge, team work and leadership, attitudes, values and professionalism, language skills and interpersonal skills	
14 <sup>th</sup>	Introduction to four bases of mindfulness and its therapeutic value	-Mindfulness of the body -Mindfulness of feelings -Mindfulness of mind -Mindfulness of Dhamma.	- Blended (Direct classroom teaching and online teaching)	3	3,4,5	Critical thinking, creativity and problem solving, theoretical knowledge, team work and leadership, attitudes, values and professionalism, language skills and interpersonal skills	

				<ul style="list-style-type: none"> <li>- PPT presentations, handouts, worksheets</li> <li>- Quizzes, warm- calling, group/pair work</li> </ul>			
	15 <sup>th</sup>	Buddhist rituals and their Psychotherapeutic significance	<ul style="list-style-type: none"> <li>- Introduction to ritualistic psychotherapeutic methods</li> <li>- Psychological value of <i>Paritta</i> chanting, <i>Bodhi Pūjā/Atavissi Pūjā</i></li> </ul>	<ul style="list-style-type: none"> <li>- Blended (Direct classroom teaching and online teaching)</li> <li>- PPT presentations, handouts, worksheets</li> <li>- Quizzes, group/pair work</li> </ul>	3	3,4, 5	Critical thinking, creativity and problem solving, team work and leadership, attitudes, values and professionalism, language skills and interpersonal skills
10.	<b>Number of Notional Hours: 150</b>						
	1. Lecture Hours: 45		3. Self-study and Homework Preparation Hours: 75				
	2. Tutorial / Practical / Presentation Hours: 30						
11.	<b>Evaluation and Assessment:</b>						

	<p>In-course Evaluation: 30% from total marks allocated</p> <p><b>Expected soft skills to be evaluated through the continuous assessments:</b></p> <p>assignments%, term papers%, presentations%, reading%, discussions%, group works%, quizzes %, other% field studies%</p>
	<p>End Semester Evaluation (Written paper at the final examination): 70%</p>
	<p><b>Recommended Reading:</b></p> <p>විජිත හිමි, කේ 2006, බෞද්ධ හා බටහිර මනෝ විකිත්සාව, සූරිය ප්‍රකාශන, කොළඹ 10.</p> <p>ගල්මංගොඩ, එස් 2006, බෞද්ධ භාවනා ක්‍රම සහ මනෝ විකිත්සාව,සරසවි,දිවුලපිටියග</p> <p>චන්ද්‍රවිමල හිමි, ආර් 2013, විදර්ශනා භාවනා ක්‍රමය, ශ්‍රී චන්ද්‍රවිමල ධර්ම පුස්තක සංරක්ෂණ මණ්ඩලය,පොකුණුවිට.</p> <p>චන්ද්‍රවිමල හිමි, ආර්. 2012, වඤ්චක ධර්ම හා චින්තෝපක්ලේශ ධර්ම, ශ්‍රී චන්ද්‍රවිමල ධර්ම පුස්තක සංරක්ෂණ මණ්ඩලය, පොකුණුවිට.</p> <p>ජයතුංග, ආර්. එම් 2003, මනෝවිද්‍යාත්මක උපදේශනය, විජේසූරිය ග්‍රන්ථ කේන්ද්‍රය,මුල්ලේරියාව.</p> <p>ජයසිංහ, ආර්. 2003, මනෝවිද්‍යාත්මක උපදේශන ප්‍රවේශය, එස්. එස්. ප්‍රින්ටර්ස්,කොළඹ.</p> <p>නිස්සංක, එච්. එස්. එස් 2005, සහනය සඳහා උපදේශනය, එස්. ගොඩගේ සහ සහෝදරයෝ,මරදාන.</p> <p>ජේමරතන හිමි, එස්. 2010, බෞද්ධ මනෝවිද්‍යාව. දයාවංශ ජයකොඩි සහ සමාගම,කොළඹ.</p> <p>මානවඩු, එෆ්. 2014, නූතන උපදේශන ප්‍රවේශය. සී/ස සරසවි ප්‍රකාශකයෝ,නුගේගොඩ.</p> <p>වික්‍රමතුංග, ජී. එච්. 2003, මනෝවිද්‍යා උපදේශනය, සදීපා ප්‍රකාශන,කොළඹ.</p> <p>විජේසුන්දර, එම්. 2018, උපදේශන මනෝවිද්‍යා ප්‍රවේශය, සාර ප්‍රකාශන, කොට්ටාව.</p> <p>Davies, M. 2005, <i>My therapy</i>, The Hogarth Press Ltd.,London.</p> <p>Davies, M. 2008, <i>Boundaries in Counseling and Psychotherapy</i>, The Hogarth Press Ltd.,London.</p> <p>Doniger O’Flaherty, Wendy, ed(1980). <i>Karma and Rebirth in Classical Indian Traditions</i>. Berkeley: University of California Press.</p> <p>Dryden. 2005, <i>Dryden's handbook of individual therapy</i>. The McGraw-Hill Companies.New York.</p>

	<p>Freud, S. 1929, <i>Introductory lectures on psychoanalysis</i>. Unwin Brothers, Great Britain.</p> <p>Kalupahana, D.J.(1987). <i>The Principles of Buddhist Psychology</i>. State university of New York, Albany</p> <p>Kalupahana, D.J.(1975). <i>Causality: The Central Philosophy of Buddhism</i>. Honolulu: University Press of Hawai'i.</p> <p>Sharrf, R. S. 2004, <i>Theories of psychotherapy and counseling</i>. (4th Ed.). Thomson Wadsworth. USA.</p> <p>Sills, 1999. <i>Contracts in Counseling &amp; psychotherapy (professional skills for counselors' series)</i>. The Hogarth Press Ltd. London.</p>