

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

	Fields of Study: Buddhist Counselling		
1.	Code of the Course Unit		BUCL 11002
2.	Title of the Course Unit		Principles of Buddhist Psychotherapy
3.	Number of Credits		02
4.	Type		Compulsory
5.	Coordinator of the Course Unit		Mrs. Mihirani Wijesundara
6.	Pre-requisites		None
7.	Objective/s of the Course To study the theory and principles of Buddhist Psychotherapy required for practical Buddhist Counselling purposes.		
8.	Intended Learning Outcomes (ILOs) At the completion of the Course, student should be able, 1. To identify the psychotherapeutic elements reflected in early Buddhist teachings. 2. To identify the principles of the Five Hindrances (Pañcanīvaraṇa) and Psychopathology 3. To study the theoretical background of Buddhist Psychoanalysis 4. To study the concepts of Absorption (Jhāna) and Supernormal Knowledge (Abhiññā)		

9.	Contents			Mode of Delivery / Way of Delivery (T/L Materials)	No of Hrs.	ILO s No.	Integrated Skills/Competencies
	Week	Main Themes	Sub Themes				
	1 st	Basic principles of Buddhist Psychotherapy	<ul style="list-style-type: none"> - the goal of therapy, the affective focus of therapy, Compassion, Insight oriented dialogues, Conscious breath work, overview of Mindfulness Based therapies. 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - PPT presentations, handouts, readings - Warm-calling, cold-calling 	3	1, 2, 3	Theoretical knowledge, interpersonal skills, teamwork and leadership, creativity and problem solving, critical thinking
	2 nd	Application of Fundamental Buddhist Teachings (e.g. Tisikkhā, Tilakkhaṇa, Paṭiccasamuppāda, etc.) in Psychotherapy	<ul style="list-style-type: none"> - Psychotherapeutic value of Sila(Pnacha sila, Dasa Sila and Eight fold path) - Samadhi(Nature of meditative consciousness, Emotion regulation, Burmese Vipassana movement and Thai forest tradition) - Pragna(Nature of Intuitive Experiences) 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - PPT presentations, handouts, worksheets - Think- pair-share, just-in-, time quizzes 	3	1,3,4	Theoretical knowledge, creativity and problem solving, team building and leadership, information usage and management, interpersonal skills

			<ul style="list-style-type: none">- Anicca, Dukkha, Anaaththa and understanding of Four noble truths and eight-fold path- How understanding causes of suffering and rebirth facilitate enlightenment				
3 rd	Different Social Views and of Psychotherapy	-Psychotherapy in Non western cultures, Cultural adaptations on psychotherapy and local psychotherapy models, inclusion of religion and spirituality in psychotherapy	<ul style="list-style-type: none">- Blended (Direct classroom teaching and online teaching)- presentations, worksheets- Guided and independent practice	3	1-4	Theoretical knowledge, creativity and problem solving, team building and leadership, identifying cultural, religious and philosophical backgrounds of religions, attitudes, values and professionalism, language skills and interpersonal skills	
4 th	Buddhist Psychotherapeutic Methods	Acceptance Commitment therapy, Dialectical Behaviour therapy, Sati therapy. Mindfulness Based Stress Reduction(MBSR), Mindfulness based cognitive therapy(MBCT), Mnatras	<ul style="list-style-type: none">- Blended (Direct classroom teaching and online teaching)- PPT presentations, handouts, readings	3	2, 3,4,	Theoretical knowledge, critical thinking, practical knowledge and application, language skills and interpersonal skills, teamwork and leadership	

	5 th	Ancient Methods of Buddhist Psychotherapy	<ul style="list-style-type: none"> - Discourse of Mindfulness(Satipattana sutta), Discourse on all Cankers(Sabbasava sutta), Discourse on Breathing awareness(Anapanasati sutta), Vitakka Santhana sutta 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - Interactive lectures, guided practice, pair-work 	3	2,3,4	Critical thinking, creativity and problem solving, theoretical knowledge, practical knowledge and application, attitudes and values and professionalism, language skills and interpersonal skills
	6 th	Interdependence of Body and Mind (Nāma-Rūpa) with reference to Pali sources	<ul style="list-style-type: none"> - The nature of Psychophysical aggregates, Nature of consciousness, Arthavinishcaya sutta. 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - Interactive lectures, guided practice, pair-work 	3	1,2,3,4	Critical thinking, creativity and problem solving, theoretical knowledge, practical knowledge and application, attitudes and values and professionalism, language skills and interpersonal skills
	7 th	The Five Hindrances (Pañcanīvaraṇa) and Psycho-pathology	<ul style="list-style-type: none"> - Comparison between modern concepts of mental illnesses and five hindrances. 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - PPT presentations, handouts - Group discussions, 	3	1,3,4,2	Theoretical knowledge, communication and leadership, team work and leadership, attitudes, values and professionalism, information usage and management, language skills and interpersonal skills

				readings			
	8th	Analysis of Universal Mental Factors common to every consciousness (Sabba Citta Sādhāraṇa Cetasika) and Buddhist Psychoanalysis	- Nature of chetasika and its classifications, Psychoanalysis and collective unconsciousness	- Blended (Direct classroom teaching and online teaching) - presentations, handouts, worksheets - Small group activities, guided practice	3	1,2,3,4	Theoretical knowledge, language skills and interpersonal skills, teamwork and leadership, information usage and management
	9th	Buddhist Analysis of Absorption (Jhāna) and Supernormal Knowledge (Abhiññā)	- Nature of mental training (meditation), Proceeding practices, Four dhyanas, Arupas, Dhyana in Early Buddhism, Nature of supernormal abilities and Buddhist view on them	- Blended (Direct classroom teaching and online teaching) - Presentations, handouts, worksheets	3	3,4,2,1	Critical thinking, theoretical knowledge, identifying cultural, , religious and philosophical backgrounds of religions, information usage and management, networking and social skills, language skills and interpersonal skills
10.		Number of Notional Hours: 90					
		Lectures : 15 hours ? Meditation Programme (Compulsory): 25 hours Clinical Training (Two days) : 20 hours <div style="text-align: right;">Independent Learning : 30 hours</div>					

11.	Evaluation and Assessment: Evaluation and Assessment: Written Examination :60% Meditation Programme: 20% Clinical Training : 20%
	Recommended Reading: <p>උපනන්ද හිමි, රත්නොට 2010, බෞද්ධ මනෝවිද්‍යාව සහ රෝග, ගොඩගේ ප්‍රකාශන, කොළඹ 10.</p> <p>කොඩිකාරආරච්චි, සී 2004, බෞද්ධ මනෝවිද්‍යාව, විමර්ශන ප්‍රකාශන, කොළඹ 10.</p> <p>චන්ද්‍රසේකර, සරත් 2008, ප්‍රායෝගික බෞද්ධ මනෝවිද්‍යාව. ගොඩගේ ප්‍රකාශන, කොළඹ 10.</p> <p>නිශ්ශංක, එස්එච්එස් 2003, බෞද්ධ මනෝවිකිත්සාව, එම්.ඩී. ගුණසේන සහ සමාගම, කොළඹ 11.</p> <p>පේමරතන හිමි, පුරන්තලාවේ 2010, බෞද්ධ මනෝවිද්‍යාව, දයාවංශ ජයකොඩි ප්‍රකාශන, කොළඹ 10.</p> <p>මඩපාන, සරණසේන 2009, ධනාත්මක සිතිවිලි සහ බුදුදහමට අනුව දෙලොව දියුණුව (බෞද්ධ මනෝවිද්‍යා උපදේශ ග්‍රන්ථ). සරසවි ප්‍රකාශන, නුගේගොඩ.</p> <p>වීරසූරිය, ගුණසිරි මණිමා 2011, බුදුසමය එළි කරන මනෝවිද්‍යාත්මක ලක්ෂණ, ආරිය ප්‍රකාශන, වරකාපොල.</p> <p>සිරිසුජාන හිමි, ලඹුදුවේ 2007, ධම්ම ආරෝග්‍යය සහ මිනිසා, එස් ඇන්ඩ් එන් ප්‍රින්ටර්ස්, කොළඹ 10.</p> <p>සද්ධාරන හිමි, කනත්තෙගොඩ 2011, බුදුහාමුදුරුවෝ මනෝ වෛද්‍යවරයෙකි, සරස්වතී ප්‍රකාශන, දිවුලපිටිය.</p> <p>සෙනෙවිරත්න, කොත්මලේ 2008, බෞද්ධ මනෝවිද්‍යාව, ගොඩගේ ප්‍රකාශන, කොළඹ 10.</p> <p>හරිශ්චන්ද්‍ර, ඩීවීජේ 2013, බුද්ධධර්මය සහ මනෝ වෛද්‍ය විද්‍යාව, විජිත යාපා ප්‍රකාශන, කොළඹ 04.</p> <p>හෙට්ටිආරච්චි, ධර්මසේන 2008, බෞද්ධ මනෝවිද්‍යා ප්‍රවේශය, දයාවංශ ජයකොඩි ප්‍රකාශන, කොළඹ 10.</p> <p>Abramson, LY, and Sackeim, HAA 1977, Paradox in Depression: Uncontrollability and Self Blame, Psychological Bulletin.</p>

Eysenck, HJ 1961, *The Effects of Psychotherapy*, New York.

Mahoney, Michael J 1967, *Abnormal Psychology*, Harper and Row Publishers, San Francisco.

Freud, S. 1929, *Introductory lectures on psychoanalysis*. Unwin Brothers, Great Britain.

Kalupahana, D.J.(1987). *The Principles of Buddhist Psychology*. State university of New York, Albany

Kalupahana, D.J.(1975). *Causality: The Central Philosophy of Buddhism*. Honolulu: University Press of Hawai'i.

Sharrf, R. S. 2004, *Theories of psychotherapy and counseling*. (4th Ed.). Thomson Wadsworth. USA.

Sills, 1999. *Contracts in Counseling & psychotherapy (professional skills for counselors' series)*. The Hogarth Press Ltd. London.

I hereby state that above necessary revisions are added by me.



.....

Ranil Kumaranayake,

Lecturer,

Unit of Psychology,

Department of Philosophy,

University of Kelaniya.

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

	Fields of Study: Buddhist Counselling		
1.	Code of the Course Unit		BUCL 12002
2.	Title of the Course Unit		Counseling Theory, Techniques and Skills
3.	Number of Credits		02
4.	Type		Compulsory
5.	Coordinator of the Course Unit		Mrs. Mihirani Wijesundara
6.	Pre-requisites		None
7.	Objective/s of the Course To Develop knowledge of Counselling approaches, Techniques and enhance the knowledge and competence in use of counselling skills.		
8.	Intended Learning Outcomes (ILOs) At the completion of the Course, student should be able, 1. To Identify the Techniques of Counselling 2. To become familiar with the Techniques of Counselling 3. To introduce and develop Active Listening, Empathy, Confrontation 4. To safeguard the personal confidence of Clients' details 5. Preparing a Treatment Planning		

9.	Contents			Mode of Delivery / Way of Delivery (T/L Materials)	No of Hrs.	ILO s No.	Integrated Skills/Competencies
	Week	Main Themes	Sub Themes				
	1 st	Course Overview, Counseling theories Introduction, Counselling Relationship.	<ul style="list-style-type: none"> - Introduction to Course, - Introduction to Counselling Theories, Techniques and Skills, - Counsellor characteristics and Rapport 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - PPT presentations, handouts, readings - Warm-calling, cold-calling 	3	1, 2, 3	Theoretical knowledge, practical knowledge and application, interpersonal skills, teamwork and leadership, creativity and problem solving, critical thinking
	2 nd	Psychoanalytic Therapy, Adlerian therapy	<ul style="list-style-type: none"> - Freudian view of Personality, Tripartite Structure of mind, Défense mechanisms and Anxiety. - Adler's Individual Psychology, Superiority and inferiority concepts 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - PPT presentations, handouts, worksheets - Think- pair-share, just-in-, time quizzes 	3	1,3,4	Theoretical knowledge, creativity and problem solving, practical knowledge and application, team building and leadership, information usage and management, interpersonal skills

	3 rd	Behavioral and Cognitive Approaches	<ul style="list-style-type: none"> - Classical and Operant conditioning, Behavior modification, Observational Learning - Aron Beck's cognitive therapy concepts, Albert Ellis' Ideas. 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - presentations, worksheets - Guided and independent practice 	3	1-4	Theoretical knowledge, creativity and problem solving, practical knowledge and application, team building and leadership, identifying cultural, archaeological
	4 th	Person Centered Therapy and Existential Therapy	<ul style="list-style-type: none"> - Rogerian core conditions, Organismic valuing, nature of the person, Therapeutic climate. - Core ideas of Existential therapy (Ideas of Victor Frankl, Rollo May, Otto Rank, Irvin Yalom) 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - PPT presentations, handouts, readings 	3	2, 3, 4	Theoretical knowledge, critical thinking, practical knowledge and application, language skills and interpersonal skills, teamwork and leadership
	5 th	Psychoanalytic Techniques and Adlerian Therapy techniques	<ul style="list-style-type: none"> - Psychoanalytic Techniques (dream analysis, free-flowing conversations, transference analysis, interpretation, and free 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - Interactive lectures, guided 	3	2, 3, 4	Critical thinking, creativity and problem solving, theoretical knowledge, practical knowledge and application

			association) - Adlerian Techniques(Encouragement, Style of Life Analysis, The Question technique, Hypothesis Interpretation, Catching oneself, Pushbutton Technique)	practice, pair-work			
	6 th	Behavioral Techniques and Cognitive Behavioral Techniques	-Systematic Desensitization, Exposure therapies and Flooding, Aversion therapy modelling, Reinforcement, Shaping and other behaviour modification methods - Cognitive restructuring or reframing, Guided discovery, Journaling and thought records, Activity scheduling and behaviour activation, Behavioural Experiments, Relaxation, and stress reduction techniques, Role Playing, Successive Approximation,	- Blended (Direct classroom teaching and online teaching) - Interactive lectures, guided practice, pair-work	3	1,2,3,4	Theoretical knowledge, communication and leadership, team work and leadership, attitudes, values and professionalism, information usage and management, language skills and interpersonal skills

	7 th	Person Centered Techniques and Existential techniques	<ul style="list-style-type: none"> - Person Centered Techniques (Congruence, Empathy, Unconditional positive Regard, Non-directiveness, Reflection of Feelings) - Existential techniques (Establishing contact, Exploring the four worlds, Mapping the client's worldview, Choosing and changing) 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - PPT presentations, handouts - Group discussions, readings 	3	1,3,4,2	Theoretical knowledge, language skills and interpersonal skills, teamwork and leadership, information usage and management
	8 th	Basic and advanced Counseling Skills for a Counselor	<ul style="list-style-type: none"> - Attending, . Active Listening, Empathy, Reflecting and Paraphrasing, Questioning, Summarizing, (Interpretation and Treatment planning), Immediacy, Self-Disclosure and Confrontation, Follow up 	<ul style="list-style-type: none"> - Blended (Direct classroom teaching and online teaching) - presentations, handouts, worksheets - Small group activities, guided practice 	3	1,2,3,4	Theoretical knowledge, language skills and interpersonal skills, teamwork and leadership, information usage and management
10.		Number of Notional Hours: 90					

	<p>Lectures : 15 hours?</p> <p>Skills Training :45 hours</p> <p>Independent Learning :30 hours</p>
11.	<p>Evaluation and Assessment:</p> <p>Evaluation and Assessment: Written Examination: 80% Skills Training : 20%</p>
	<p>Recommended Reading:</p> <p>පෙරේරා, කමල්සිරි 2013, උපදේශන කුසලතා සඳහා ප්‍රායෝගික උපදේශනය, විජේසූරිය ප්‍රකාශන.</p> <p>රස්නැක් බෙන් (පරි.) 2010, බුදුන් වහන්සේගේ උපදේශන ශිල්ප ක්‍රමය සහ භාවිතය, ශික්ෂා මන්දිර ප්‍රකාශන, කොළඹ 08.</p> <p>Corey, G. (2014). <i>Theory and practice of group counseling</i> (9th ed.). CENGAGE Learning Custom Publishing.</p> <p>Sharf, R.S. (2010) <i>Theories of Psychotherapy and Counseling: Concepts and Cases</i>. 5th Edition, Brooks/Cole, Cengage Learning, USA.</p> <p>Zalaquett, C., & Ivey, M. (2016). <i>Intentional interviewing and counseling</i> (9th ed.). CENGAGE Learning Custom Publishing.</p> <p>Gibson, Robert, and Mitchell, Marianne 2014, <i>Introduction to Counselling and Guidance</i>, PHI Learning Private Limited, Delhi.</p> <p>Gladding, Samnel 2013, <i>Counselling</i>, Dorling Kindersley (India) Pvt. Ltd, India.</p> <p>McLeod, John 2010, <i>The Counsellor's Workbook</i>, Akash Press, New Delhi.</p> <p>Singh, Kavita 2011, <i>Counselling Skills for Managers</i>, Published by Asoke & Ghosh PHI Learning Private Limited, Delhi.</p> <p>Soundararajan, Radhika 2012, <i>Counselling theory Skills and Practice</i>, Tata Mc Graw Hill Education Pvt. Ltd, New Delhi.</p>

I hereby state that above necessary revisions are added by me.



.....

Ranil Kumaranayake,

Lecturer,
Unit of Psychology,
Department of Philosophy,
University of Kelaniya.

