

Buddhisms and Psychotherapies: Asian and Western Diversities

Thursday, August 17, 2017, 9:30am-4:30pm

Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Barre Center for Buddhist Studies

149 Lockwood Rd.

Barre, MA 01005

ph. 978-355-2347 ext. 10

www.bcbsdharma.org

Program description

This workshop examines the burgeoning intersection of Buddhism and psychotherapy through case studies and narrative accounts, along with moments of contemplative practice and small group discussion. Distinctively, the multiple combination of Buddhist and psychotherapeutic practices have taken different cultural turns in Asia and the West. In exploring a select number of permutations through concrete examples, new possibilities emerge that underscore cultural tendencies and what we can learn from them. Paradigms covered include Zen, Vipassana, Pure Land Buddhist practices, Jungian, Object-Relations, Naikan, Morita therapies, and Mindfulness-based Interventions.

Preliminary schedule

- Thursday
 - 8:30 – 9:30am Check-in
 - 9:00 – 12:00 Morning Session
 - 12:00-12:30 Lunch
 - 2:00 – 4:30pm Afternoon Session
 - 4:30pm Tea

Goals and Learning Objectives

1. Acquire historical and cultural contextual knowledge of the matrix of Buddhist and psychotherapeutic/counseling practices as they emerged in Asia and in the West.
2. Gain awareness of the range of schools of practices in both Buddhism and clinical psychotherapy, with an emphasis on Vipassana, Zen, and Pure Land Buddhism, on the one hand, and Cognitive Behavioral Therapy, and the Psychodynamic psychotherapies of Freudian Psychoanalysis, Jungian Analytical Psychology, and related developments such as Object-Relations Psychotherapy, on the other.

3. Deepen awareness of the relationship between objective methods in both Buddhist and clinical practices, on the one hand, and the unique character of human experience from moment to moment, on the other.
4. Obtain a more sophisticated understanding of operative models of the 'mind' in both Buddhism and psychotherapy, and their applicability in praxis, both Buddhist and clinical.
5. Gain an appreciation for the significance of and interrelationship among 'listening,' 'deep listening,' and 'deep hearing,' as key practices in both Buddhism and clinical counseling and psychotherapy, as well as in their combination.
6. Learn the significance of both 'remembering' and 'forgetting' practices in Buddhism and counseling/clinical psychotherapy, and their syntheses.

- This course is suitable for beginner, intermediate and experienced meditators and practitioners.
- The target audience is for licensed mental clinicians as well as clients/patients who wish to expand their understanding and practice of the intersection of Buddhism practices and diverse forms of clinical psychotherapy ranging from cognitive behavioral therapy to psychodynamic psychotherapy. It is also relevant for teachers, educators, and Buddhist practitioners.

Faculty

Mark Unno, PhD, is the Thomas F. Herman Distinguished Teaching Award associate professor of East Asian Buddhism in the Department of Religious Studies at the University of Oregon. He is also an ordained Shin Buddhist priest and author of *Shingon Refractions* (2004) as well as many articles on Shin and Zen Buddhism and comparative religion.

Continuing Education

Psychologists: *This program is co-sponsored by the Barre Center for Buddhist Studies and the Institute for Meditation and Psychotherapy. The Institute for Meditation and Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Meditation and Psychotherapy maintains responsibility for this program and its content. This course offers 5 hours of credit.*

Social Workers: *“This course has been approved for 5 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number **D 72814.**”*

Register at www.bcbsdharma.org or by calling 978-355-2347 ext. 10.

Fee: \$75 program fee (includes lunch), donation to teacher is customary but not mandatory, plus \$25 processing fee for CEUs.

Location: Barre Center for Buddhist Studies (directions at www.bcbsdharma.org)