

CERTIFICATE COURSE IN

Applied Buddhist Psychology and Ethics

Making our lives more meaningful by understanding, analysing and applying Buddhist psychology and philosophy

About the Course

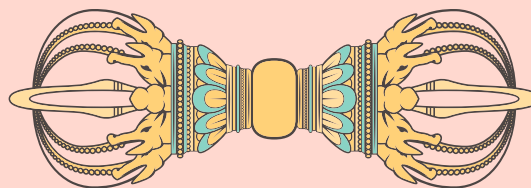
Teachers and scholars of Nalanda Tradition not only strove to understand philosophy and psychology but they also strove to implement their theories in the perfect laboratory – their own mind. This pragmatic approach of studying the mind, taming it, training it or recognizing it's essence, has enabled many dharma practitioners to arrive at perfect enlightenment.

This course aims to introduce students to a fundamental understanding of Buddhist Philosophy and Psychology, thereby helping students to understand the 'view' held by enlightened masters.

At the practical level, the course aims to introduce students to the various meditation techniques and ethical actions available in the Buddhist Nalanda Tradition, so that the grand view can be realized on a day-to-day level.

You will learn systematic methods to train your mind thereby making everyday problems easier to solve.

Practical mental tools to handle these times of stress and anxiety will be acquired.



WCCL Foundation is very happy to announce a course in Applied Buddhist Psychology & Ethics. This is an offline course which will be conducted in Savitribai Phule Pune University. The course is open to all people (undergraduate to senior citizens). The faculty for this course is a visiting professor at the Dept. of Pali, SPPU. WCCL Foundation is a registered NGO, which has over 20 years (estd. 2001) of experience in training related to Buddhist Psychology, Arts-Based Therapy and allied healthcare systems.

- Executive Director, WCCL Foundation, Pune



SHANTIDEVA



NAGARJUNA



CHANDRAKIRTI

WHO CAN ATTEND THIS COURSE?

1. Anyone above 18 years of age who has an inclination to study and practice.
2. Persons who work towards mental & physical health: Psychologists, Psychiatrists, Psychiatric nurses, Social workers, Healthcare workers, Counsellors, and other such allied service providers.
3. Individuals interested in Leadership & Ethics: Future Business Leaders, Entrepreneurs, Artists, Scientists, Economists, Political Scientists, Educators, Administrative Officers, Environmentalists, and other key personnel whose choices can impact many people.

COURSE-WORK & ASSIGNMENTS

The course will combine Theory, Contemplation and Action.

Theory will be taught using audiovisual aids and creative arts-based approaches. Tibetan Buddhist Teachers & Scholars will serve as visiting faculty.

Contemplation will be practiced using assignments like creative writing (essays), Mandala & Zen Painting, Poetry Reading, Photography, Book Reviews & Movie Reviews.

Action will be encouraged by engaging in practical projects - Silent retreats, Helping others, Practicing Generosity, Discipline, Patience & other such ethics.

Each of the above will be assessed by teachers for authenticity & sincerity.

FOR REAL BENEFIT, WHAT IS REQUIRED?

1. Regular Attendance - practicing how to keep commitments & fulfill ethical action.
2. Sincere Daily practice - bringing theory into day-today life.
3. Diligent Project Work - being mindful in relationships.

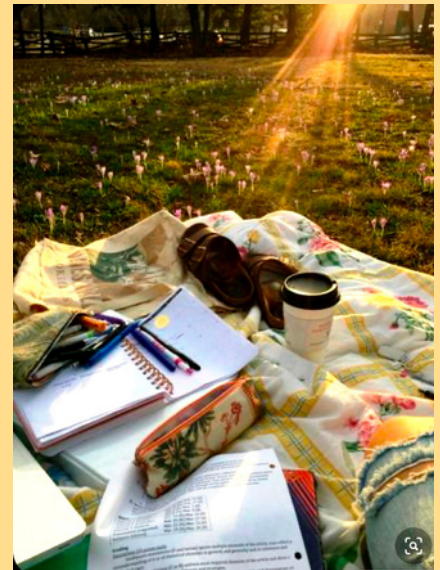


Siddhartha's (Gautama Buddha) priority was to get down to the root of the (human) problem. Buddhism is not culturally bound. Its benefits are not limited to any particular society and have no place in government and politics. Siddhartha was not interested in academic treatises and scientifically provable theories. Whether the world is flat or round did not concern him. He had a different kind of practicality. His teachings are not a grandiose intellectual philosophy to be read, and then shelved, but a functional, logical view that can be practiced by each and every individual."

- Dzongsar Khyentse Rinpoche, 'What makes you Not a Buddhist'

Course Highlights...

- Part-time course structure, suitable for working professionals and students!
- Approximately 120 hours of study, contemplation and practice conducted over two semesters.
- The course design & syllabus is as per the university syllabus.
- Text books used for the course are Savitribai Phule Pune University course books.
- The course will consist of OFFLINE classes at the Pune University campus.
- Students are expected to have 100% attendance.



Admission Process

- All those who are interested, please submit the completed Online Application Form **Online Application Form Link: <https://forms.gle/P9TjXSTEcWUDi8wZ7>**
- Once your admission is approved by WCCL Foundation, you will receive acceptance letter and bank details for payment of fees.
- Upon receipt of your fees, your admission is confirmed. WCCL will send a welcome letter.



CREATIVE & CONTEMPLATIVE

The course is an interesting and creative mix of lectures, movies, discussions and presentations. Workshops and seminars from different points of view are offered. Music, art and stories enliven, motivate and change your perspective. It shows ways of working with difficult relationships and problems in the society around us.



DATES TO REMEMBER:

Last date of registration with WCCL Foundation:
1st August 2023

Course Begins: **19th August 2023**

*Course Schedule:***AUGUST 2023**

19 Aug
26 Aug

SEPTEMBER 2023

02 Sep, 09 Sep,
23 Sep, 30 Sep

OCTOBER 2023

07 Oct
21 Oct

NOVEMBER 2023

26 Nov

DECEMBER 2023

02 Dec, 9 Dec, 16 Dec,
23 Dec (Sem 1 submissions)

JANUARY 2024

06 Jan (Sem 2 starts)
13 Jan, 20 Jan, 27 Jan

FEBRUARY 2024

03 Feb, 10 Feb, 17 Feb

MARCH 2024

02 Mar, 9 Mar, 16 Mar,
23 Mar, 30 Mar

APRIL 2024

06 Apr (Sem 2
submissions)

Normal Class Timings: 9 am to 1 pm on all the dates except for the special lecture

***Sem 1 Special Lecture:** Will be conducted in November. They will be taught by Geshe Dorji Damdul. Dates subject to change depending on Geshe Dorji Damdul's Schedule.

****Sem 2 Special Lecture:** These may happen sometime in Jan/Feb, dates will be shared later (Subject to schedule of Teacher)

All classes will be taught Offline

VENUE FOR OFFLINE CLASSES

Old Library - Dept. of Pali and Buddhist Studies, SPPU (not the main office), Terrace Floor, YC - NISDA Building, Ambedkar Bhavan, Savitribai Phule Pune University, Pune - 411 007.

Google Map:

<https://maps.app.goo.gl/t4gFAYP9jzbzYfUJU6>

Students Speak:

"The AMBPE course was my first foray into the study of Buddhism. With the right balance on study and practice, this experience invites you to start thinking about living a compassionate and ethical life. Kind teachers, mind-shifting lectures, a group of fellow students who will co-explore their selves and their lives with you - everything about this course makes it a fascinating, learning journey!"

- Surya Pratap Deka - Founder,
Flourishing Minds Foundation

Applicable Fees Structure

FEES TO BE PAID TO WCCL FOUNDATION:	TOTAL
Exam Fees, Administration Expense & Tuition fee	Rs. 11,000
Study material Includes: 3 textbooks from Dept. of Pali & Buddhist Studies, SPPU (<i>Textbook 1, Textbook 2 & Practice Guide</i>) & Reference books (<i>2 reference books</i>)	Rs. 2,000/-
Total fee (Tuition fee + study material)	Rs. 13,000/-

Eligibility Criteria

- OPEN TO ALL, EASY ADMISSION PROCESS, NO ENTRANCE EXAM.
- CERTIFICATE OF COMPLETION AWARDED BY WCCL FOUNDATION, PUNE

Course Faculty:

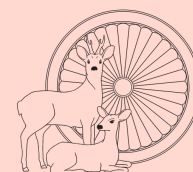
The course will be taught by Ms. Asha Pillai-Balsara. She is a visiting faculty at the Dept. of Pali, Savitribai Phule Pune University. With over 25 years of training experience, she has been teaching Buddhist Psychology courses in various institutions across India. Some of the institutions she has taught in are: Savitribai Phule Pune University, Banyan Academy for Leadership in Mental Health (BALM) Chennai, Arth Institute Mumbai, Mind & Arts Institute Mumbai. She serves on the board of Khyentse Foundation, Dzongsar Khyentse Chokyi Lodro Institute. She is the Executive Director of WCCL Foundation since 2001. Under her leadership, WCCL Foundation has pioneered the development and training of Arts-Based Therapy (ABT) based on the theoretical principles of Applied Buddhist Psychology & Ethics.

Contact us

(M) (Whatsapp) : +91 83800 50455 (Admission Support) Email: abpewccl@gmail.com



<http://wcclf.org/mind-training/>



DEER PARK

<http://deerpark.in/>

Syllabus

SEMESTER I - APPLIED BUDDHIST PSYCHOLOGY

Objectives:

Students will be able to:

- Gain an introductory level understanding of Buddhist Psychology & its applications for balanced mental health.
- Understand concepts in the study of Mind from Eastern perspective supported by advances in modern psychology & neuroscience.

Unit 1:

1. Overview of Buddhist thought (Lineages & Vehicles) & its relevance to mental health.
2. Introduction to 4 Noble Truths - Defining suffering & Contemplating the source of mental problems; Benefits of applying Buddhist View, Meditation & Action.
3. Advances in Cognitive Neuropsychology supporting the Buddhist Perspective: Neurological studies corroborating Buddhist Perspectives, Dialogues between Psychologists, Scientists & Buddhist Thinkers - agreements & disagreements.

Unit 2:

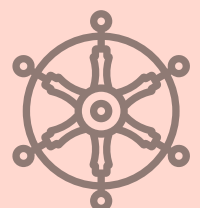
1. Impermanence: change as inevitable and useful, and seeing this in daily life thereby looking at what we hold on to.
2. Mental afflictions: Understanding Emotions & Relationships, Affect & Mood.
3. Dependent origination: what is compounded phenomenon? Cause-condition-effect.
4. Beyond Suffering: Duality & Non-Duality, Relative Truth & Ultimate Truth.

Unit 3:

1. Mind & Cognition (Awareness & Knowing) - Psychology & Epistemology of Mind in Buddhism.
 - What is mind?
 - Seven levels of cognition
 - Five aggregates
 - 51 mental factors

Unit 4:

Guest Lectures & Practice Assignments



Syllabus

SEMESTER II - APPLIED ETHICS IN BUDDHISM

Objectives:

- Studying the ethical framework of Bodhichitta, Paramitas & Mindfulness
- Developing a context for ethics in daily life thereby, improving inter-personal skills, social skills & achieve purpose of life.
- To elaborate & contemplate on a secular system of Ethics as proposed by H.H. Dalai Lama in his book "Ethics for new Millennium".

Unit 5:

1. Bodhichitta - the foundation of ethics.
2. The Six Paramitas.
3. Case studies - the biological basis of compassion, Motivation & Altruism, Empathy & mirror Neurons.

Unit 6:

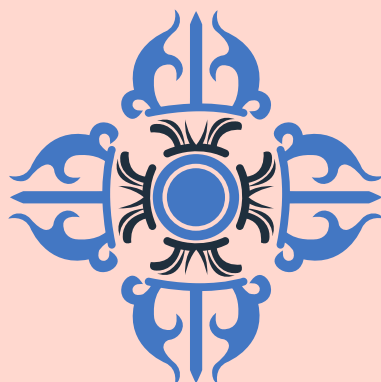
1. The ethic of restraint - Cultivating a habit of inner discipline, Ordinary Vs. Negative Emotions, Recognizing afflictive emotions and their triggers, gain insight & act with ethical restraint.
2. The ethic of virtue - Cultivating and reinforcing our positive qualities, cultivating antidotes to afflictive emotions.
3. The ethic of compassion - Practicing equanimity, compassion towards self & others, compassion as a fundamental evolutionary tool for survival.

Unit 7:

1. The need for discernment - Ethical discipline, conduct, discernment. Basic ethical precepts, responding to the conduct of others, Ethical dilemmas of science & technology.
2. Universal responsibility - Cultivating contentment, Honesty & Justice, Working Together.
3. Levels of commitment - True Help, Start where we are, Voluntary & in moderation.
4. Mindfulness - developing skills/practices required for ethical living.

Unit 8:

Guest Lectures & Practice Assignments



Note: The course does not aim to provide a formal pedagogy of western psychology.