



arth

Counselling & Arts Based Therapy

# The Bodhi Tree

APPLIED BUDDHIST PSYCHOLOGY

(Introductory Level)

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A 6 MONTH PART-TIME COURSE



*“I don’t know whether the universe, with its countless galaxies, stars and planets, has a deeper meaning or not, but at the very least, it is clear that we humans who live on this earth face the task of making a happy life for ourselves. Therefore, it is important to discover what will bring about the greatest degree of happiness.”*

*His Holiness the Dalai Lama XIV*

# THE BODHI TREE: Applied Buddhist Psychology

(Introductory Level)

A 6 month Part-time Course

Buddhism, at its heart, talks about eliminating suffering and achieving a positive mental state. That knowledge is as precious and valuable today, as it was 2500 years ago, if not more. The efforts of H.H. Dalai Lama XIV, along with that of eminent Masters like Dzongsar Khyentse Rinpoche and Jetsunma Tenzin Palmo, scientists and scholars like Dr. Daniel Goleman and Dr. Paul Ekman, have all drawn attention to how these traditions can help us attain a higher capacity of functioning, wisdom and compassion. Ven. Mathieu Ricard, in his book *Happiness*, speaks about this as 'a deep sense of flourishing that arises from an exceptionally healthy mind', or in other words an optimal state of being. This course is an attempt to bring some of these profound and meaningful Buddhist Mind Traditions to our fast-paced, technology-driven lives in a simple and practical manner.

## Course Highlights

- ❖ **Part-time, 6 month** course that connects you to an ancient tradition that studies the Mind & emphasises on Mind training.
- ❖ **Online Classes:** 3 hours every Saturday, 9.30am - 12.30pm (excluding festival weekends) from September 2020- February 2021
- ❖ **Application based learning** through use of theory, practical application, and personal practice, with an emphasis on authentic teachings. Classes will be interactive, informal and experiential, and includes arts-based activities
- ❖ **2 Guest Seminars** with senior Buddhist scholars and practitioners

## Course Design

'**The Bodhi Tree: Applied Buddhist Psychology**' aims to follow the Nalanda tradition of Mind study through 'Intellectual Understanding, Contemplation and Action', which means the teaching of theory is followed by reflection and consideration of the concepts, and then by application. This process reflects in the pedagogy which includes lectures, discussions, hand-outs, various practices and use of Arts-based activities. Research and experience shows us that adult learners are motivated, self-directed and have a rich experience from their own life to which they want to apply new learning. In keeping with this view, **the course tries to balance between focused learning, an informal tone and a mutually respectful atmosphere that is warm and friendly.**



## DATES & TIMINGS\*

DATES*	TIMINGS*
<b>September 2020:</b> 19th and 26th	9.30am-12.30pm
<b>October 2020:</b> 10th, 17th & 31st	9.30am-12.30pm
<b>November 2020:</b> 7th, 21st & 28th	9.30am-12.30pm
<b>December 2020:</b> 5th, 12th & 19th	9.30am-12.30pm
<b>January 2021:</b> 9th, 16th, 23rd & 30th	9.30am-12.30pm
<b>February 2021:</b> 6th, 13th & 20th	9.30am-12.30pm
Total Classes: 18	
Learning Retreat & Certification: March 20 & 21 or 17th & 18th of April 2021	9.30am-3.30pm

### \*Please note:

- Once the lockdown/COVID situation improves, we will aim to have a few regular (non-online) classes as per this planned schedule, **if the situation permits.**
- The 2 Guest seminars may follow a different schedule, based on availability of teachers. Students will be informed in advance.
- We will attempt to have a learning retreat along with the Certification in March or April 2021, this will be finalised by January 2021
- While we will do our best to stick to the given schedule, the lockdown has created some unpredictability, and students are requested to keep that in mind if there are any unavoidable changes to the schedule.

## Topics:

- o An Introduction to Buddhist Philosophy:
  - o Origins and history of Buddhist thought; and main schools in Buddhism
  - o Introduction to the 4 Noble Truths
  - o Tenet Schools
  - o Wisdom: Perceiving accurately, Errors in Perception.
  - o Relative Truth and Ultimate Truth
  - o Dependent Origination
- o Understanding links between Buddhist approaches and select Indian Mind Traditions
- o Exploring links between Buddhist Psychology, Neurosciences, Western Psychology and Quantum Physics
- o Introduction to Buddhist Psychology and Epistemology
  - o Understanding the "Self": Five aggregates
  - o Understanding the mind
    - o Mental Afflictions and Emotions
    - o Fifty-one Mental Factors
    - o Seven levels of Cognition
    - o Perception and Conception
- o Bodhicitta
- o The Six Paramitas
  - o Ethics of Restraint, Virtue and Compassion
  - o Mindfulness - developing skills and practice



## Components of the course:

- Lectures during contact hours, along with group exercises and discussions
- Individual practice and assignments to supplement the learning, which includes meditation practice, contemplative exercises, book reviews and an open-book exam<sup>1</sup>
- ‘Guest Seminar’ with Senior Buddhist teachers and practitioners
- Individual project and Paramitas practice.

## Who can apply?

‘The Bodhi Tree: Applied Buddhist Psychology’ is an introductory level course and is **open to graduates from all streams** who feel they may benefit<sup>2</sup>. However, given its emphasis on Buddhist Mind Traditions, it will be **especially relevant to Mental Health Professionals**- Psychologists, Psychiatrists, Social Workers and Counsellors. And given the detailed study and practice of ethics in Buddhism, this course may also be of special benefit to those in leadership positions, senior government and/or management positions and teachers.

“Most of the time we are trying to make the good things last, or we are thinking about replacing them with something even better in the future, or we are sunk in the past, reminiscing about happier times. Ironically, we never truly appreciated the experience for which we are nostalgic because we were too busy clinging to our hopes and fears at the time.”

— Dzongsar Jamyang Khyentse Rinpoche,  
What Makes You Not a Buddhist

## Requirements / Eligibility Criteria:

- Graduation (completed)
- Fluency in English
- Being open to learning, with a sincere interest to understand and apply the teachings with regular practice
- Willingness to share and work in/with groups

**Please note, course-work will include assignments and projects which will require few hours every week, in addition to the scheduled teaching time.**

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<sup>1</sup> Textbooks for the course & study kit (comprising of select texts) will be couriered to the students before classes begin.

<sup>2</sup> The past batches of our courses have seen a diverse mix of learners with different personal, religious and professional backgrounds including dentists, lawyers, senior management from corporates, psychologists, artists, counsellors, doctors, coaches, social workers, home-makers, teachers, arts-based therapists and dance-movement therapists.

## **Certification**

Certification is a time of celebrating our efforts and growth. For real benefit of the course, regular attendance (minimum 80%), active participation in the class and diligent work on assignments and projects is required. Certification is subject to completing all the course requirements.

## **Course Faculty**

**Dr. Nivedita Chalill** is a trained Medical Psychiatric Social Worker, Counsellor and Arts Based Therapist, with over two decades of experience in mental health. She is the founder of ARTH<sup>3</sup> (Mumbai) and has completed her Ph.D and M.Phil from the Tata Institute of Social Sciences (Mumbai). She began studying Buddhist Mind Traditions during her training to be an Arts Based Therapist with the WCCL Foundation (Pune). Since then she has continued exploring Buddhist psychology through teachings and practice; and is currently pursuing further studies in Buddhist Philosophy from the Tibet House, the Cultural Centre of His Holiness the Dalai Lama in New Delhi. While this is the fourth batch of 'The Bodhi Tree' in Mumbai, ARTH also runs a similar course in Chennai, titled 'Healing the Mind' since 2018.

## **Guest Faculty:**

**Asha Pillai-Balsara** is currently the Executive Director of WCCL Foundation, an NGO dedicated towards establishing Arts-Based Therapy & Study of Mind in India. She is a Board Member of the Dzongsar Khyentse Chökyi Lodrö College of Dialectics, which is a Shedra (a leading Buddhist monastic collage) located in Chauntra, Himachal Pradesh; and of the Khyentse Foundation. She is the visiting Faculty for the Post Graduate Certificate Course in 'Applied Mahayana Buddhist Psychology & Ethics' at the Savitribai Phule Pune University.

## **Venue:**

Classes will be conducted online. Students will require to be present via audio AND video for all the sessions. Venue for offline/regular classes, retreat and Certification Ceremony will be announced later.

## **Course Fees:**

The fees for this course is **Rs. 17,500/-** inclusive of taxes and the study material (2 textbooks and the study kit).

**Payment can be via Cheque or Online transfers.**

Account details:

**Account Name:** ARTH

**Current Account no.** 1012000100637001

IFSC:: KARB0000101

Bank: Karnataka Bank Ltd, Branch: Nariman point, Mumbai-21

We are also happy to announce 5 scholarship seats for employees being sponsored by their NGOs / Public Hospitals, and also to Arts Based Therapy practitioners and Social Workers who are currently engaged with organizations in the development sector.

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<sup>3</sup> ARTH is a mental health initiative that offers Counselling and Arts Based Therapy for people dealing with mental health issues. In addition to 'The Bodhi Tree' course in Mumbai, ARTH also offers an Applied Buddhist Psychology Course in partnership with BALM (Banyan Academy of Leadership in Mental health), in Chennai. For further details visit [www.arth.co](http://www.arth.co)

## **Admission Procedure**

- Read the prospectus; please clarify any queries/concerns.
- Fill the online admission form
  - you will need a scanned copy/image of photo-identity proof (such as PAN / Aadhar card), your graduation certificate/any higher degree and a photograph (a simple & recognisable selfie is acceptable as well!)
  - the form will also require the fees transaction details

ADMISSION FORM : <https://forms.gle/DpkjCvrU8JAWstTj8>

- You will receive a confirmation mail within 2-3 working days.
- And welcome mail with details about the class, along with the textbooks and study kit will be sent by the 10th of September 2020

**For any queries**  
e-mail: [arth.thebodhitree@gmail.com](mailto:arth.thebodhitree@gmail.com)  
[www.arth.co](http://www.arth.co)



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