



THE BODHI TREE

APPLIED BUDDHIST PSYCHOLOGY

(INTRODUCTORY LEVEL)

COUNSELLING AND ARTS BASED THERAPY

A 6 MONTH, PART-TIME COURSE

SIXTH BATCH: HIGHLIGHTS

- ❖ **HYBRID MODEL:** **Offline** classes on 17 & 18 Sept. in Mumbai , followed by **online** classes on Sunday mornings (dates mentioned in prospectus)
- ❖ Interactive and experiential classes with emphasis on theory, practical application, & personal practice.
- ❖ Inquiry based learning through lectures, group discussions, arts-based activities, reflective exercises and meditation.
- ❖ Guest Seminars with distinguished Buddhist scholars and practitioners
- ❖ Open for all graduates (any stream)



“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

This course follows the Nalanda tradition of study through '**Intellectual Understanding, Contemplation and Action**'.

In Semester I, students will gain an introductory level understanding of the wisdom aspect of Buddhism and its applications for balanced Mental Health. They will also explore a few other Eastern perspectives and connections with psychology and neuroscience.

In Semester II, the emphasis is on Mind training and Action, where students will study the ethical framework of Bodhicitta, Paramitas and Mindfulness to develop a context for ethics in daily life.

This course is open to people from all streams who feel they may benefit, including Mental Health Professionals such as psychologists, social workers and counsellors.

For the prospectus and other details please [click here](#).

Or email us at [**arth.thebodhitree@gmail.com**](mailto:arth.thebodhitree@gmail.com)