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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

A 6-month Part-time Course (online)

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. 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

- ❖ Application-based learning with emphasis on theory and practice
- ❖ Online classes, 9.30 am - 12.30 pm IST every Saturday (except festival / long weekends) starting from mid-September 2024 till Feb. 2025.
- ❖ Classes will be interactive, informal and experiential, and include arts-based activities
- ❖ Guest Seminars with distinguished Buddhist scholars and practitioners
- ❖ Individual practice and assignments, which include meditation practice, book reviews, presentations, an open-book exam and working with groups.
- Individual project and Paramitas practice
- **BONUS Mid-week 'Booster': 30-min guided practice session on Tuesdays at 8pm IST**

## Course Design

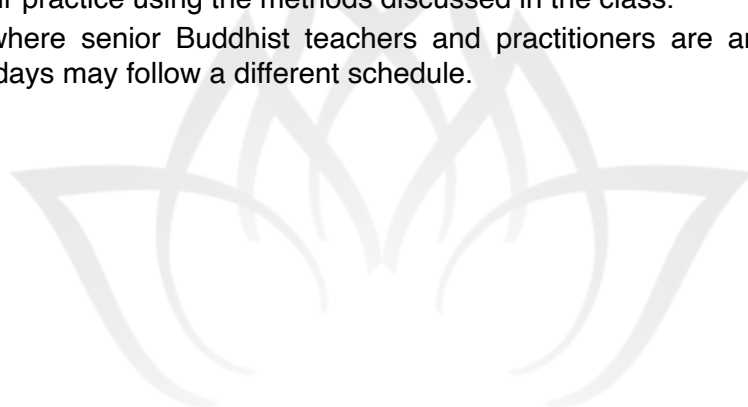
'The Bodhi Tree: Applied Buddhist Psychology' aims to follow the Nalanda tradition of Mind study through 'Intellectual Understanding, Contemplation and Action', which means the teaching of theory is followed by reflection and consideration of the concepts, and then by application. This process reflects 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.**

This course has been **created for adults who have work, family and/or other commitments through the week and are interested in learning about Buddhist Mind Traditions.**

Regular classes will be conducted online every Saturday (excluding festival weekends) from September 2024 till February 2025. During the week, students are expected to engage in self-study and build their practice using the methods discussed in the class.

Guest seminars, where senior Buddhist teachers and practitioners are an integral part of this course, and those days may follow a different schedule.



## Topics:

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



## SCHEDULE\*

DATES FOR CLASSES	TIMINGS (IST)
September 2024: 14, 21, 28	9.30am - 12.30pm
October 2024: 19, 26	9.30am - 12.30pm
November 2024: 9, 16, 23, 30	9.30am - 12.30pm
December 2024: 7, 14, 21	9.30am - 12.30pm
January 2025: 4, 11, 18 & 19, 25	9.30am - 12.30pm
February 2025: 1, 8, 15, 22	9.30am - 12.30pm

### \*Please note:

1. In addition to the dates mentioned above, **ARTH runs a 30-minute practice session every Tuesday at 8 pm IST** for students of earlier batches. Students of the '24-'25 batch are invited to join these practice sessions as a mid-week booster.  
Please note this is **offered free of cost & is not mandatory**.
2. The above-mentioned schedule includes 1 extra class, which will allow us to make adjustments in the event of any emergencies.
3. The dates and times may vary during the Guest Seminar (highlighted). These will be announced at least a month in advance

## Who can apply?

'The Bodhi Tree: Applied Buddhist Psychology' is an introductory level course and is open to people from all streams who feel they may benefit<sup>1</sup>. However, given its emphasis on Buddhist Mind Traditions, it will be especially relevant to Mental Health Professionals- Psychologists, Psychiatrists, Social Workers and Counsellors.

## 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, coursework will include assignments and projects which will require a few hours every week, in addition to the scheduled teaching time.**

“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

## 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.

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<sup>1</sup> The past batches of the course 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.

## Course Faculty

**Dr. Nivedita Chalill** is a trained Medical Psychiatric Social Worker, Counsellor and Arts Based Therapist, with over 25 years of experience in mental health. She is the founder of ARTH<sup>2</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 a certified Educator from WCCLF; 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.

**Ms. Bhavisha Sanadhya** is a Human Development professional (Mumbai University) and Arts Based Therapy (ABT) practitioner trained from WCCLF (Pune) with over two decades of experience in the field of health. She is currently the CEO of the Hematology Cancer Consortium (HCC), and will be conducting all the ABT sessions.

## Guest Seminar:

We are thrilled to announce 2 guest seminars for this batch with our incredibly precious teachers

**Ven. Geshe Dorji Damdul** (Director, Tibet House, New Delhi): **Jan 18 & 19th 2025**

(timings to be announced)

**Asha Pillai-Balsara** (Executive Director, WCCLF, Pune): **Dec 7th 2024** (9.30 am - 12.30 pm)

**Platform: ONLINE, via Zoom/Webex.** Links will be shared with the welcome mail.

## Course Fees

The fee for this course is **Rs. 14,000/-**, inclusive of taxes + study material (2 Textbooks and 4 reference books will be couriered to the students by the 10th of September 2024.)

**3 Scholarships** are available for ABT students or Social Workers who are engaged with NGOs/marginalised groups, and demonstrate commitment to take the teachings forward.

Online transfer details:

**Name:** ARTH

**Current Account no.**  
1012000100637001

**IFSC::** KARB0000101

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

## Admission Procedure

- Read the prospectus: please clarify any queries/concerns via email.
- Kindly make the payment online and **keep the details available (Name of account holder, amount transferred, and date)**
- Fill out the online admission form: [CLICK HERE](#)

**Please note, that you will need the following to submit your form:**

- 1. Identity Proof: Photo of PAN / Aadhar card / License**
- 2. Graduation certificate/any higher degree**
- 3. Photograph (selfies are fine too!)**
- 4. Transaction details of the fee payment**

- We will confirm your admission in 4 working days.
- **A welcome mail with details about the class will be sent by the 10th of September 2024**

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2 ARTH is a mental health initiative that offers Counselling and Arts Based Therapy for people dealing with mental health issues.

**For any queries**  
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[www.arth.co](http://www.arth.co)



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