



arth

Counselling & Arts Based Therapy

THE BODHI TREE

Applied Buddhist Psychology

A 6-MONTH ONLINE 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 Online Course

At its core, Buddhism offers timeless teachings on the nature of suffering and the cultivation of a positive, awakened state of mind. These insights are as relevant—if not more so—today as they were over 2,500 years ago. Inspired by the efforts of H.H. the 14th Dalai Lama and esteemed teachers like Dzongsar Khyentse Rinpoche, Jetsunma Tenzin Palmo and Ven. Geshe Dorji Damdul, as well as scholars and scientists such as Dr. Daniel Goleman and Dr. Paul Ekman, this course seeks to make these profound Buddhist mind traditions accessible and applicable to our fast-paced, technology-driven lives. This program offers a gentle, experiential journey into Buddhist Psychology, interweaving deep wisdom with practical tools for everyday life.

Course Highlights

- Live online sessions every Saturday from 9:30 AM to 12:30 PM IST from September 2025 to March 2026
- Interactive, informal, and arts-based learning experience
- Focus on real-world application through theory and personal practice
- Guest seminars with distinguished Buddhist scholars and practitioners
- Weekly assignments including meditation, book reviews, group work, and presentations
- A final individual project and Paramitas practice
- Mid-week "Booster" guided session every Tuesday at 8:00 PM IST (30 minutes)

Course Design

Rooted in the Nalanda tradition of study—Intellectual Understanding, Contemplation, and Action—the course encourages a thoughtful progression from learning to reflection to practice. Our pedagogy includes lectures, discussions, handouts, experiential learning, and creative arts-based activities.

Recognizing that adult learners bring their own life experiences and curiosity, the course blends structured learning with a warm, respectful, and relaxed environment. Designed especially for those balancing professional and personal commitments, this course provides an opportunity for deep learning without the pressure of rigid academic frameworks.

*Everything is impermanent. From moment to moment change reveals itself.
Though we try endlessly to negotiate, something always seems to come along
to smash whatever it is that we cling to. Endlessly, frantically, we try to get it back again.
Our lives unfold like this. And it is so normal we don't question it.
But until we begin to question it, until we begin to become more conscious of how we
engage in this struggle all of the time, we cannot open to inner equanimity.*

- Jetsunma Tenzin Palmo

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
 - Perception and Conception
- Bodhicitta
- The Six Paramitas
 - Ethics of Restraint, Virtue and Compassion
 - Mindfulness - developing skills and practice



SCHEDULE*

MONTH	DATES FOR SATURDAY CLASSES (9.30am - 12.30pm)	TUESDAY PRACTICE (8PM - 8.30PM)
September 2025:	20, 27	16, 23
October 2025:	4, 11, 25	7, 14, 21, 28
November 2025:	1, 15, 22, 29	4, 18, 25
December 2025:	6, 13, 20	2, 9, 16, 23, 30
January 2026:	3, 10, 17, 31	6, 13, 20, 27
February 2026:	7, 14, 21, 28	3, 10, 17, 24
March 2026:	14 (Certification Ceremony)	3, 10

*Please note:

1. The schedule includes an additional class for flexibility in case of any unforeseen changes.
2. Guest seminars, which will be scheduled on weekends are mandatory and may differ from regular timings. Dates will be announced at least 2 months in advance.

Who can apply?

This is an introductory-level course open to individuals from all backgrounds. However, it is particularly well-suited to:

- Educators and parents
- Mental health professionals: psychologists, psychiatrists, social workers, and counselors
- Coaching and other helping professions
- Anyone sincerely interested in integrating Buddhist Mind Traditions into their personal or professional lives

Requirements / Eligibility Criteria:

- Completed undergraduate degree
- Fluency in English
- A spirit of openness and willingness to practice
- Commitment to group learning and weekly self-study (a few hours each week)

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 the real benefit of the course, **regular attendance (minimum 80%), active participation in the class and diligent work on assignments and projects are required.** Certification is subject to completing all the course requirements.

Course Faculty

Dr. Nivedita Chalil is a Counsellor and Arts-Based Therapist with over 25 years of experience in the field of mental health. She is the founder of ARTH (Mumbai & Dubai) and a licensed counsellor in Dubai, UAE. She holds a Ph.D., M.Phil., and M.A. in Psychiatric Social Work from the Tata Institute of Social Sciences (TISS), Mumbai, and brings with her a wealth of experience across hospitals, crisis situations, rehabilitation centers, and academic institutions.

Her journey into Buddhist Mind Traditions began during her training in Arts-Based Therapy with the WCCL Foundation, Pune. What began as an exploration gradually deepened into a personal and professional path of study and practice. She is now a certified Educator with WCCLF and is currently pursuing advanced studies in Buddhist Philosophy at Tibet House, the Cultural Centre of His Holiness the Dalai Lama, in New Delhi.

Shaped by these varied causes and conditions, Nivedita brings to the course a thoughtful blend of clinical insight, creative expression, and contemplative depth. Her teaching style is warm, experiential, and grounded in both ancient wisdom and everyday relevance—with a heartfelt intention to nurture compassion, harmony, and light in every space we inhabit.

Guest Seminar:

The Guest Seminars aim to connect participants with senior teachers, practitioners and organizations, in order to deepen their understanding, explore key texts and concepts.

(Dates to be finalized and will be announced 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 2025.)

Three scholarships are available for ABT students and social workers affiliated with NGOs or marginalized communities who show a commitment to applying and sharing the teachings.

Online transfer details:

Name: ARTH

Current Account no. 1012000100637001

IFSC:: KARB0000101

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:

In order to submit your form, you will need:

- 1. Photo-identity:** A Photo of PAN / Aadhar card / Driving license
- 2. Graduation certificate/any higher degree:** Scanned Copy or photo
- 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 5th of September 2025.

For any queries

e-mail: arth.thebodhitree@gmail.com

www.arth.co

