



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 2026 to March 2027
- 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”: Practice oriented session every Tuesday 8 - 8:30 PM IST

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 2026:	5, 12, 19, 26	8, 22, 29
October 2026:	10, 17, 24, 31	6, 13, 27
November 2026:	14, 21, 28	3, 10, 17, 24
December 2026:	12, 19	1, 8, 15, 22, 29
January 2027:	2, 9, 23, 30	5, 12, 19
February 2027:	6, 13, 20, 27	2, 16, 23
March 2027:	TBA (Certification Ceremony)	

*Please Note:

1. The schedule shared above is tentative and includes two buffer classes. Minor changes may occasionally be necessary and will, wherever possible, be communicated at least 2–4 weeks in advance. Exceptions may occur in the case of unforeseen circumstances or emergencies.
2. Guest seminars form an integral part of the course and attendance is mandatory. These sessions may be scheduled on weekends and may not follow the regular class timings. Seminar dates will be announced at least two months in advance.
3. To support open discussion, participation, and confidentiality within the learning community, regular classes will not be recorded. We therefore request students to plan their schedules accordingly and kindly refrain from requesting recordings or alternative access to missed sessions

“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

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
- Professionals from the field of 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.

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.

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 30th of August 2026.)

Online transfer details:

Name: ARTH

Current Account no. 1012000100637001

IFSC:: KARB0000101

Scholarships

It has always been our sincere effort to keep the course fees as affordable as possible. At the same time, we recognize that financial circumstances can sometimes make participation difficult, and we believe that a lack of funds should not prevent a genuine student from accessing these teachings. To support this intention, three scholarships are available for social workers, NGO-affiliated professionals and individuals from marginalized communities who demonstrate a sincere commitment to studying, applying, and sharing the teachings. If you feel that financial constraints are the only obstacle between you and benefiting from this course, we warmly encourage you to get in touch with us.

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 any standard Government issued ID such as 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 within four working days of receiving your application through a welcome email. If you do not receive a response within that time, please write to us at arth.thebodhitree@gmail.com. Before doing so, we kindly request that you check your spam or promotions folder, as our emails occasionally find their way there.

Once you receive your admission confirmation, we encourage you to block the first two weeks of classes in your calendar to ensure a smooth start to the course.

Thank you for attention.

For any queries

e-mail: arth.thebodhitree@gmail.com

www.arth.co



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