

Australian Association of Buddhist
Counsellors and Psychotherapists

Buddhism and Psychotherapy

Professional Training Course

PACFA Accreditation Pending

Course Prospectus

(as of 7th April 2010)

The training committee intends to commence the 2nd course in February 2011

Member of



Buddhist Council of NSW



Introduction

The Australian Association of Buddhist Counsellors and Psychotherapists (AABCAP) was established in November 2006 by a group of professionals interested in bringing together practitioners in the helping professions to discuss, learn, and study the overlapping areas of psychotherapy and Buddhism.

In the last decade, conferences and seminars in Buddhism and Psychotherapy have been held in Sydney and Melbourne, and elsewhere in Australia, and there has been an exponential increase in interest in the development of the relationship between these two disciplines.

AABCAP's intention is to help practitioners integrate their experience and knowledge of psychotherapeutic and Buddhist practice into everyday life and work, and to offer a forum for those interested in similar ideas to come together and participate in debate and discussion.

From this beginning, the momentum to establish a two year training course at tertiary education level in Buddhism and Psychotherapy developed.

The AABCAP Training Committee, in conjunction with its Management Committee, is responsible for the administration of the course and ensuring that its content and design meet its intended aims.

Pre-Requisites

As this is a specialist postgraduate programme it is expected that prospective students will have a clinical qualification in areas such as psychiatry, psychology, psychotherapy, counselling, or social work. Other relevant tertiary qualifications will be considered.

Also required is significant, relevant clinical experience, of a minimum of five years, gained after the completion of the basic clinical qualification.

Applications are also encouraged from the Buddhist Sangha who wish to develop their understanding of the value of psychotherapy in the support of Buddhist practitioners.

We are guided during the selection process by the principle of non-discrimination on the grounds of class, gender, religious beliefs or cultural background. We do not wish to prevent a student with a physical disability undertaking the training as long as this does not directly interfere with their capacity to meet the requirements of the training programme or our capacity to respond to the student's needs. We do require that students have an adequate command of English.

It is desirable that students have previous therapy experience with a Buddhist-influenced psychotherapy.

It is preferable that applicants have an established regular meditation practice and have had previous experience of meditation retreats. Applicants need to be willing to undertake meditation retreats.

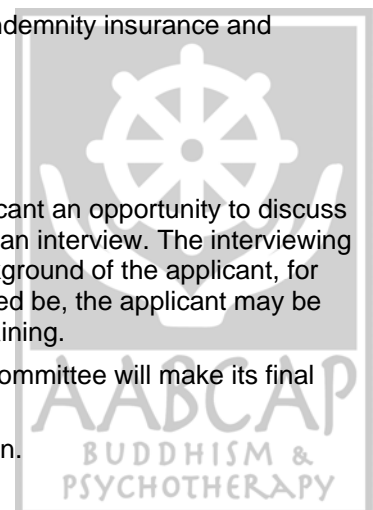
Prospective students must provide evidence of professional indemnity insurance and membership of their relevant professional body.

Admission Process

A member of the Selection Subcommittee will give each applicant an opportunity to discuss their application for training. This will usually be in the form of an interview. The interviewing member will be preferably matched with the professional background of the applicant, for example, a psychiatrist will interview a psychiatrist. Where need be, the applicant may be interviewed by the interviewing member and the director of training.

Once the application and interview is complete the Training Committee will make its final selection.

The Training Committee retains discretion regarding admission.



Aims

Through their training, students will be better able to:

- Explore the interface between Buddhism and psychotherapy
- Explore the therapeutic actions of interventions which use mindfulness practice as their base
- Explore the theoretical and scientific rationale for meditation/awareness training in psychotherapy practice
- Explore the social, cultural and ethical issues in the integration of Buddhism and psychotherapy
- Understand how Buddhist ideas / practices express themselves in the students' work as health professionals
- Develop knowledge about concepts of self / no-self, embodiment, consciousness
- Refine and deepen their meditation practice
- Appreciate and develop an interest in areas of research

Educational Philosophy

Training in psychotherapy requires engaging in a deeply reflective process where the threads of theory, skills, ethics, values, beliefs and internal experience can be explored, articulated and over time, woven together.

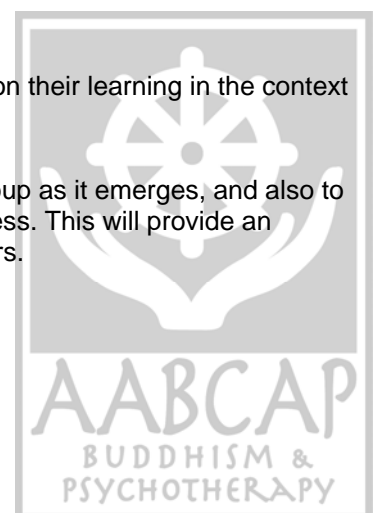
In this training we hope to provide a context in which people can explore their interest in the integration of Buddhist philosophy and practice into their work as psychotherapists and counsellors. The training process will be interactive and experiential so that knowledge held by members within the group can be tapped and utilised for learning.

The course will provide an opportunity to engage with the theoretical, academic, philosophical and scientific aspects of this exploration as well as the more personal "inner" process of learning which is central to this integration. We hope that the course can contribute to the ongoing development of participants' innate qualities of non-judgmental observation, active listening, flexibility, presence, insight and compassion and wisdom.

Meditation and contemplation will form a significant part of the course, and we will be exploring these practices for the purposes of self-regulation, self-exploration and self-liberation, and for their relevance in clinical contexts.

Supervision will provide an opportunity for students to reflect on their learning in the context of their own clinical work.

Students will be encouraged to participate in the life of the group as it emerges, and also to develop their observational skills in relation to the group process. This will provide an opportunity to deepen self-awareness and awareness of others.



The following educational strategies will be employed in the course:

- Lectures
- Discussions
- Reading and writing tasks
- Contemplation and meditation practices
- Supervision of clinical work
- Retreat experience
- Small group projects
- Reflection on the group process

Structure of training course

The training will be delivered over two years, with students attending five weekend modules per year, one of which will be for three days, and three retreats totalling 14 days. Overall training hours of the course amounts to 292 hours.

Modules

The training is structured into modules which will be held on weekends from 8.30 – 5.30pm on Saturdays and Sundays. Modules 4 & 7 will commence on a Friday, and for Friday and Saturday it will be from 8.30am - 5.30pm and on Sunday from 9.30am - 4.30pm.

There will be five training modules per year. Each module will be taught by an experienced psychotherapist and also by a Sangha member from one of the Buddhist traditions. This is hoped to give the students a broad experience of different approaches both therapeutic and Dhammic.

Each module will have a particular theoretical focus and will be supported by set readings,

Buddhism and Psychotherapy Professional Training Course COURSE OUTLINE		
CODE	MODULE TOPIC	DATE
BPM01	<i>Introduction.</i> Buddhist and Western Psychologies	February 19th / 20th, 2011
BPM02	Foundations of Self & Ethics / Ethics in Psychotherapy	April 2nd / 3rd, 2011
BPM03	Embodiment / Brahma Vihara	June 4th / 5th, 2011
BPR01	Retreat I (Venue TBC)	July 22nd — 25th, 2011
BPM04	Mindfulness & Buddhism / Mindfulness based Therapies and Clinical Supervision	September 9th / 10th / 11th, 2011
BPM05	Core Process Psychotherapy	November 26th / 27th, 2011
BPM06	Emptiness & The Science of Meditation	February 18th / 19th, 2012
BPR02	Retreat II (Venue TBC)	March 24th — 29th, 2012
BPM07	Relationships, Psychotherapy & Buddhist Perspectives and Clinical Supervision	May 18th / 19th / 20th, 2012
BPM08	Addictions / Dependant Origination	July 28th / 29th, 2012
BPM09	Aging Sickness & Death	September 8th / 9th, 2012
BPR03	Retreat III (Venue TBC)	October 20th — 28th, 2012
BPR03	Conclusions / Integrated Buddhist Psychotherapy	November 24th / 25th, 2012
	Graduation	AABCAP Annual Conference 2013

Retreats

There will be 3 residential meditation retreat spread over the two year course. The retreats will be led by representatives of the different Buddhist traditions.

Personal practice

It is expected that students will be cultivating their own personal meditation practice throughout the training.

Supervision

In order to integrate the learning with clinical practice students will be required to undertake a minimum of 10 hours supervision with an AABCAP recognised supervisor during the two year program. This is in line with PACFA requirements. This provides an opportunity to integrate theoretical and experiential learning in the context of the student's own clinical work. There are two days, consisting of six hours per day of clinical supervisions occurring in Module 4 and Module 7, hence these are the longer 3 day modules.

For associate members who wish to use this course to fulfil PACFA requirements, the remaining 40 hours shall be acquired in small groups (no larger than 5 members per group) arranged privately with an AABCAP approved supervisor. Students are encouraged to choose a supervisor who can offer expertise in their area of interest and training. Supervision may be undertaken for individual, family, couple or group work. The cost of such additional supervision is not included as part of the course fee.

Seminar leaders

The seminar leaders are experienced practitioners in their own fields. They each bring a solid background in both Buddhist practice and clinical therapeutic practice. Biographies of faculty staff can be found in the Appendix.

Assessment and evaluation

Evaluation of student progress is ongoing. At the end of each year the student will be assessed through peer and self assessments, the completion of course work, and discussion with faculty members.

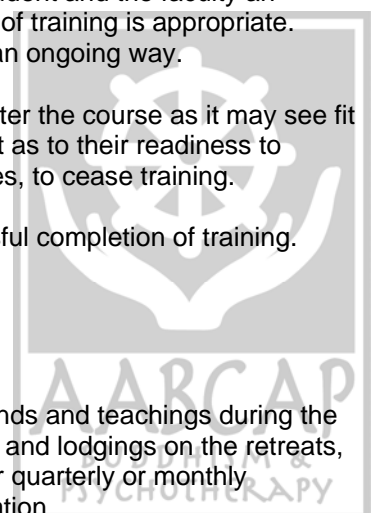
The completion of each stage of the training gives both the student and the faculty an opportunity to consider whether progression to the next stage of training is appropriate. Students are also invited to evaluate the seminar program in an ongoing way.

The AABCAP Training Committee also reserves the right to alter the course as it may see fit from time to time, and reserves the right to instruct the student as to their readiness to proceed to the next stage of the training, or in occasional cases, to cease training.

A formal certificate will be issued to all trainees at the successful completion of training.

Costs

Fees will be \$2,900.00 per year, for 5 (non-residential) weekends and teachings during the retreats. There will be an additional reasonable cost for meals and lodgings on the retreats, depending on the venue. The course fee may be paid in either quarterly or monthly instalments or as a lump sum. The course is of two years duration.



Membership of AABCAP

Students of the training course, if they have not already done so, are encouraged to apply to become members of AABCAP. On successful completion of the course we hope the graduates will continue their involvement in the dialogue between Buddhism and Psychotherapy and welcome their ongoing contributions to the life of AABCAP.

Further information

The training committee intends to commence the 2nd course in February 2011. Applications will be open from April 2010. The closing application date is 31st of August 2010.

Further information about the 2nd training course is available by contacting:

Sarah Lappin

Course Coordinator, AABCAP Training Committee

info@buddhismandpsychotherapy.org

phone: 0451 050 119

Contact AABCAP

Australian Association of Buddhist Counsellors and Psychotherapists

www.buddhismandpsychotherapy.org

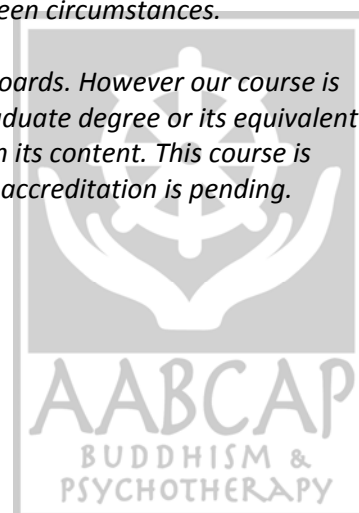
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Disclaimer: *All information is correct at the time of printing, however the Training Committee of AABCAP, and the Management Committee, reserve the right to alter the course in order to accommodate changing needs and unforeseen circumstances.*

This course is not accredited by State nor Federal Education Boards. However our course is at postgraduate level, our students are required to have a graduate degree or its equivalent on application and the course itself is of a diploma standard in its content. This course is designed to meet PACFA requirements and standards. PACFA accreditation is pending.



Appendix

Biographies of Training Committee

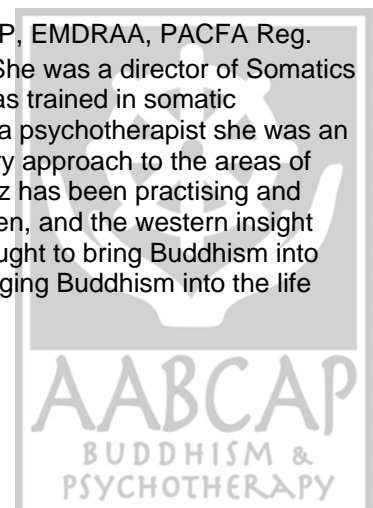
Biographies of Training Committee Executives, Mentors, Clinical Supervisors and Seminar Leaders:

Dr Eng-Kong Tan MBBS, MPM, FRANZCP Dr. Tan is a medical doctor, consultant psychiatrist and analytic psychotherapist in private practice, providing individual and couples therapy, meditation, personal development and analytic groups. He is the Founder and Chairman of Metta Clinic, a group psychiatric and psychotherapy clinic in Sydney. He was a lecturer in the Department of Psychological Medicine, Medical Faculty, University of Malaya. He is a former Chair of the Section of Psychotherapy of the RANZCP and Chairman of Training to the PPAA. He has been a member of the Training Committees of NSWIPP and ANZAP. He is currently a trustee of the University Buddhist Education Foundation (UBEF), an executive of AABCAP and the Director of Training of this Buddhism and Psychotherapy Professional Training Course. In the last three decades, Dr. Tan has presented keynote addresses, seminars and workshops to Buddhist and psychotherapy organisations in Australia and overseas.

Geoff Dawson BA (Psych, Phil), is a Zen Buddhist teacher - a Dharma Successor to Charlotte Joko Beck and teacher in the Ordinary Mind Zen School in Sydney and Melbourne. He is also a psychologist and psychotherapist in private practice in North Sydney. Geoff has a long standing interest in the area of Buddhism and Psychotherapy and has presented at many conferences and published papers in this area.

Dr Brian Gutkin MB, BCh., D.TCM, D.Psychoth, FRANZCP, is a graduate of Trinity College Dublin and a Fellow of the Royal Australian and New Zealand College of Psychiatrists . He is a Consultant Psychiatrist and Psychotherapist in private practice at St Leonards, Sydney . He has been a practicing Buddhist for over 15 years mainly in the Zen tradition. He is current President of AABCAP, an executive member of the Training Committee and a lecturer and supervisor in AABCAP's Buddhism and Psychotherapy Professional Training Course. He is a member of The Australian College of Psychotherapists and The Australian and New Zealand College of Psychotherapists (ANZAP). Brian is committed to helping individuals with anxiety, depression and addictions or suffering as a result of trauma in childhood or adolescence and offers supervision and training to therapists interested in integrating their therapeutic approach with Buddhist psychotherapeutic and meditative practices.

Liz Turnbull PhD (Sociology), Clin. MAASP, AABCAP, EMDRAA, PACFA Reg. Liz is a psychotherapist in private practice in Bondi, Sydney. She was a director of Somatics – Body Oriented Psychotherapy Training (2006 - 2010). Liz has trained in somatic psychotherapy, EMDR and Hakomi EDIS. Prior to becoming a psychotherapist she was an academic for a number of years engaged in an interdisciplinary approach to the areas of embodiment, subjectivity, and death and dying. Since 1985 Liz has been practising and meditating in the Dharma with experience in the Vajrayana, Zen, and the western insight (vipassana) traditions. During her time as an academic Liz sought to bring Buddhism into her teaching and research and continues to seek ways of bringing Buddhism into the life and practice of psychotherapy.



Biographies of Clinical Supervisors and Seminar Leaders:

Subhana Barzaghi B.A.Soc.Sc., Masters App. Psychotherapy with 20 years experience in the field of psychotherapy. Subhana is a practicing Buddhist for over 30 years and is a Zen Buddhist Roshi & Insight Meditation teacher. She is a resident teacher of Sydney Zen Centre and Blue Gum Sangha. Subhana teaches regular intensive Zen sesshins and Insight Meditation retreats and Dharma programs throughout Australia and New Zealand. As a psychotherapist she conducts therapeutic workshops, leads intensive 8 week programs in Buddhist psychotherapy, provides clinical supervision and has a private practice in Mosman.

Megan Thorpe MA, Grad. Dip. Ed. Studies (Health), Dip. Teach., trained in Core Process Psychotherapy, a Buddhist-based psycho-spiritual psychotherapy, at the Karuna Institute, in England. She is currently in private practice at the Metta Clinic on Sydney's north shore. She also works as a Bereavement Counsellor at Sacred Heart Hospice in Darlinghurst. She has worked as a teacher, trainer and group facilitator in health, education and social welfare for many years. Megan is the Vice President of AABCAP and a faculty member on the two year training course. Over the last 20 years she has had experience in a number of different Buddhist traditions, and since 2003 she has been practising in the Thai Forest tradition.

Malcolm Huxter B.A. Hons. (Psych.). M. Psych. (Clin.), has had confidence in the teachings of the Buddha since 1975. He was a Buddhist monk in Thailand for two years in the late 1970s and has attended many intensive retreats in Burma, Thailand, Australia and USA. Mal currently works both in private practice and in community based mental health services in rural NSW, Australia. Mal has been using mindfulness related strategies in clinical settings for nearly 20 years and has written and conducted mindfulness based programs for different clinical populations including: Panic, Bipolar disorder and GAD. Mal has been conducting workshops, seminars and retreats for therapists since 2001.

John Barter BA PSYCH, GRAD.DIP. SCI. PSYCH, GRAD.DIP. COUN., M.COUN., MAPS, is a registered counselling and consulting Psychologist and Mindfulness Meditation teacher/trainer. He brings to his work 30 years of study and practice in meditative disciplines, 11 years of which he was a Buddhist monk (of the Theravada Forest Tradition) living, and training in Australia, North-East Thailand, Britain, and Europe, as a student of Ven. Ajahn Chah (Thailand) and Ven. Ajahn Sumedho (UK / Europe). In his psychological work, John is the founding director, and key practitioner of the private counselling/psychotherapy and consulting practice, 'WELL-AWARE-NESS Living & Health' through which he presents a perspective towards health, healing, and human potential, that embraces the psychologies of both the East and the West.



Biographies of Sangha Seminar Leaders:

Reverend Mahinda was ordained as a Theravada Buddhist monk in 1976 under the tutelage of Venerable Dr K Sri Dhammananda. He undertook basic Buddhist studies and training in Sri Lanka and practiced Buddhist meditation under several masters in Sri Lanka, India, Myanmar and Thailand. He is also acquainted with Mahayana and Vajrayana traditions. Venerable Mahinda, is the Abbot of the Aloka Meditation Centre, and founder and Spiritual Director of the Australian Buddhist Mission. He has served as religious advisor to various Buddhist youth organisations in Malaysia and Singapore.

Venerable Tejadhammo is the spiritual director for The Association of Engaged Buddhists and senior resident monk at Sangha Lodge. Ordained in the Theravadan tradition he has also studied and received teachings in Mahayana and Vajrayana. He has a background in Western Philosophy and Theology and is involved in inter-religious dialogue via AME (Australian Monastic Encounter). Bhante gives teachings and conducts retreats in Australia and works with people with life-threatening illness & prisoners in Sydney.

Ven. Dr. Chonyi (Diana) Taylor BSc, MEd, PhD, MAPS is a published academic, poet and Buddhist writer and a retired psychotherapist. She was ordained in the Tibetan Buddhist tradition by His Holiness, the Dalai Lama. Subsequently she was a nun at Atisha Centre, Bendigo, before joining Chenrezig Nun's Community and completing four years of Buddhist studies. She was the resident teacher at Vajrayana Institute, Sydney and is well known for her contribution to the discussions on Buddhism and psychology. Currently she is an Honorary Lecturer at University of Sydney, Discipline of Psychiatry, and is touring teacher and online tutor for the Foundation for the Preservation of Mahayana Tradition.

Venerable Sujato was ordained in the forest tradition lineage of Ajahn Chah. Since 1994 he has been practising meditation in forest monasteries in Thailand, Malaysia and Australia. He specialises in historical research into the fundamental teachings found across the Buddhist traditions. His books include *A Swift Pair of Messengers*, *A History of Mindfulness*, *Beginnings*, and *Sects & Sectarianism*. He is the abbot of Santi Forest Monastery, in Bundanoon south of Sydney.

Reverend Miao You B. Ed., is an experienced teacher in Mahayana Buddhism at Nan Tien Temple. She is a disciple of the world renowned Dharma Master, the very Venerable Master Hsing Yun. She has been in the temple for the past 6 years after spending two years in Fo Guang Shan, Taiwan where she received her training from the Meditation College.

Patrick Kearney is an independent dharma teacher in the lineage of Mahasi Sayadaw of Burma, who was a key figure in the modern revival of insight meditation and mindfulness training. Patrick has trained extensively in the Mahasi approach to insight meditation, both as a bhikkhu (Buddhist monk) and a layman. His principal teachers in this lineage have been Panditarama Sayadaw and John Hale. He has also trained in the Diamond Sangha lineage of Zen Buddhism. His original teacher was Robert Aitken Roshi, and he has since studied with other Diamond Sangha teachers in Australia. Patrick has a particular interest in the original teachings of the Buddha – Buddhism as it was before Theravada or Mahayana were ever thought of. He has studied early Buddhism at post-graduate levels, and continues to study Pali, the language of the earliest surviving Indian recension of the Buddha's teachings. He seeks to bring his understanding of the early texts to the practice of dharma in the contemporary world.

