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 AABCAP’s 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.

In their respective field, basic therapy/counselling training should consist of at least a total of 200 hours of attendance and 50 hours of supervision, with a minimum of 10 supervision hours occurring during the course. These are the minimal requirements stated by PACFA (Psychotherapy and Counselling Federation of Australia) for eligibility as a clinical member of any Member Association. 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 the disability 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, although not essential, 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 as part of the training course.
Admission Process

One or two members of the Training Committee will meet with each applicant in order to discuss their application for training. This will usually be in the form of an interview. For interstate or rural applicants, a telephone interview will be arranged. 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 Buddhist psychology 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 and practices express themselves in the student’s work as a health professional
- Develop knowledge about Buddhist concepts, such as 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 engagement 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, psychology 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, 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’ relational capacities, innate qualities of non-judgmental observation, active listening, flexibility, presence, insight, 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 and relational 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, and three retreats. Overall training hours of the course amounts to approximately 292 hours.

Modules

The training is structured into modules, which will be held on weekends from 8.30am – 5.30pm on Saturdays and Sundays. There will be five training modules per year. Each module will be taught by experienced psychotherapists and at times by teachers from different Buddhist traditions. This is hoped to give the students a broad experience of approaches both therapeutic and Buddhist. Each module will have a particular theoretical focus and will be supported by set readings.

<table>
<thead>
<tr>
<th>MODULE TOPIC *</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Four Noble Truths and the Eightfold Noble Path</td>
</tr>
<tr>
<td>The Precepts as Ethical Foundations</td>
</tr>
<tr>
<td>Retreat 1</td>
</tr>
<tr>
<td>The Four Foundations of Mindfulness</td>
</tr>
<tr>
<td>Insight, Emptiness and Impermanence</td>
</tr>
<tr>
<td>Retreat 2</td>
</tr>
<tr>
<td>The Brahma Viharas</td>
</tr>
<tr>
<td>Embodiment</td>
</tr>
<tr>
<td>Addictions</td>
</tr>
<tr>
<td>Retreat 3</td>
</tr>
<tr>
<td>Relationships</td>
</tr>
<tr>
<td>Aging, Sickness &amp; Death</td>
</tr>
<tr>
<td>Core Process Therapy</td>
</tr>
</tbody>
</table>

*Course dates will be advised.

Retreats

There will be 3 residential meditation retreats spread over the two-year course. Teachers in the different Buddhist traditions will lead the retreats.

Personal practice

It is expected that students begin to cultivate their own personal meditation practice throughout the training. Therefore, it is highly recommended that you develop a daily meditation practice.

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. Supervision will be integrated into the weekend modules. This provides an opportunity to incorporate theoretical and experiential learning in the context of the student’s own clinical work.
Teachers
The teachers are experienced practitioners in their own fields. Each psychotherapist teacher brings a solid background in both Buddhist practice and clinical therapeutic practice. Buddhist teachers are all well respected teachers in their own traditions. Biographies 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 the completion of course work, and discussion with faculty members. Students are also invited to evaluate the course in an ongoing way.

The AABCAP Training Committee 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
The cost is $3,750 per year or $7,500 in teaching fees for the two years. This includes 10 (non-residential) weekends, supervision, and 4, 6 and 8 day retreats.

There is an additional cost for accommodation and food during retreats. This varies depending on the venue and single or room share options. We aim to keep retreat costs as low as possible.

The fee for the course may be paid either quarterly, yearly or in full.

As is the custom in Buddhist teachings, on retreats students may also offer dana to the Buddhist teacher.

Membership of AABCAP
Graduates of the training course are given 50% off their first year AABCAP memberships. On successful completion of the course we hope 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 in July 2016. The closing date for applications is 30 January, 2016.

Contact AABCAP
Australian Association of Buddhist Counsellors and Psychotherapists
www.buddhismandpsychotherapy.org
info@buddhismandpsychotherapy.org
PO Box 2115,
Bondi Junction NSW 1355 Australia

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

This course is postgraduate level and our students are required to have a graduate degree or its equivalent on application. The course itself is of a diploma standard in its content. This course is designed to meet PACFA requirements and standards. PACFA accreditation is approved.
Appendix

Biographies:

Dr Liz Turnbull  (BA (Hons), PhD (Sociology), Dip Som Psych) Liz is a psychotherapist in private practice and supervises in somatic and mindfulness based therapies in Byron Bay, northern NSW. She is the Director of Training of AABCAP. Liz teaches Insight meditation. She is an executive on the AABCAP training committee. Since 1985, Liz has been a practising Buddhist with experience in the Vajrayana, Zen and western Insight traditions.

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. Megan is the Manager of the Bereavement Counselling Service at Sacred Heart Hospice in Sydney. She is also in private practice. She offers supervision to the chaplains who work in hospitals and prisons for the Buddhist Council of NSW. She practices in the Theravada tradition and has been a Buddhist practitioner for 23 years.

Dr Eng-Kong Tan  (MBBS, MPM, FRANZCP) is a medical doctor, consultant psychiatrist and analytic psychotherapist in private practice. He is the Founder and Chairman of Metta Clinic, a group psychiatric and psychotherapy clinic in Sydney. He is Foundation President of AABCAP and its first Director of Training. He was Chairman of the Section of Psychotherapy of the Royal Australian & NZ College of Psychiatrists (RANZCP) and Chairman of Training of the Psychoanalytic Psychotherapy Association of Australia (PPAA) He is currently Adjunct Professor, Academic Board and Course Advisory Committee member at Nan Tien Institute, Wollongong, a trustee of the University Buddhist Education Foundation (UBEF), and an executive of AABCAP.

Geoff Dawson  (BA (Psych, Phil), MAPS) is a Zen Buddhist teacher and a Dharma Successor to the American Zen teacher Charlotte Joko Beck. He is a teacher of the Ordinary Mind Zen School in Sydney and Melbourne. He is also a psychologist and psychotherapist in private practice in North Sydney. He has an extensive background in couple and family therapy and worked for many years as a manager, clinical supervisor and trainer for Relationships Australia. He now works mainly in the area of mindfulness based adult psychotherapy, couple therapy and providing clinical supervision to mental health

Subhana Barzaghi  (BA Soc Sc, Masters App Psychotherapy) has 20 years experience in the field of psychotherapy and over 30 years as a practicing Buddhist. She is a Zen Buddhist Roshi, resident teacher of Sydney Zen Centre, and an Insight Meditation teacher. Subhana teaches regular intensive Zen sesshins, Insight Meditation retreats and Dharma programs throughout Australia and New Zealand. As a psychotherapist she provides clinical supervision and has a private practice in Mosman.

Malcolm Huxter  (BA (Hons) (Psych), M Psych (Clin)) was a Buddhist monk in Thailand for two years and has attended many intensive retreats in Burma, Thailand, Australia and USA. Though currently taking a year’s leave to work in remote parts of Australia with asylum seekers, Mal usually works in both private practice and in community based mental health services in rural NSW. Mal has been using mindfulness related strategies in clinical settings for nearly 20 years and has written and conducted many mindfulness based programs for different clinical populations.
Jeff Ward (BA (Hons), Dip Adult Psychotherapy (ANZAP), PhD) is a clinical psychologist and psychotherapist in private practice in Canberra. Until 2009 he was a full-time member of staff in the clinical psychology program at the Australian National University. Jeff provides psychotherapy and clinical supervision, and specialises in the treatment of depression and complex trauma. He has been involved in Buddhist practice since 1975 and since the mid-80’s has been practising in the Zen tradition in Japan and Australia. He is a member of the Sydney Zen Centre and practice leader of the Canberra Zen Group.

Venerable Tejadhammo is the Spiritual Director for The Association of Engaged Buddhists and resident monk at Sangha Lodge and Vejjasala Healing Centre in the Southern Highlands. 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-faith dialogue.

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 *Sects and Sectarianism*, *A History Of Mindfulness*, *A Swift Pair of Messengers*, *Beginnings*, *White Bones Red Rot Black Snakes* and *Dreams of Bhadda*.

Patrick Kearney is an independent dharma teacher in the lineage of Mahasi Sayadaw of Burma. Patrick has trained extensively in the Mahasi approach to insight meditation, both as a bhikku (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. Patrick 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.

Loraine Keats (Jitindriya) trained as a Buddhist Nun for over 16 years in the Theravadan Forest tradition of Ajahn Chah & Ajahn Sumedho. During that time she lived and taught in England, Australia & the USA. After leaving the monastic order in 2004, Loraine earned a Master’s degree in Buddhist Psychotherapy Practice with the Karuna Institute & Middlesex University in the UK. From 2005-2007 she was co-manager and resident teacher at Sunyata Retreat Centre in County Clare, Ireland. Loraine returned to Australia in 2008 and now lives in Lismore, Northern NSW, where she has a private practice in Buddhist Psychotherapy.

Bruno Cayoun (DPsych (Clin), MAPS, CCLIN) is Director of the MiCBT Institute and a registered Clinical Psychologist in private practice in Hobart, Australia. He is the principal developer of Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) and has been teaching this approach to mental health professionals internationally since 2003. He has practiced mindfulness meditation in the Burmese Vipassana traditions and undergone extensive training in France, Nepal, India and Australia since 1989. Dr Cayoun supervises mindfulness research at the MiCBT Institute and in collaboration with several universities in Australia. He is the author of several MiCBT skills training manuals for professionals, mindfulness teaching CD’s and three books.

Tenzin Chodron (BA, B Soc Admin (Social Work)) is a Buddhist Nun in the Tibetan tradition and has worked since 2000 in the area of Spiritual Care with Karuna Hospice, a home based hospice service offering end of life care in the community and education on death and dying. Chodron is involved both in the clinical aspect of care with the dying and their families and also presents a training course in Spiritual Care With the Dying at Karuna. She has many years’ experience as a social worker and group facilitator in addition to having studied Buddhism intensively for the last 16 years.