

Australian Association of Buddhist  
Counsellors and Psychotherapists

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# Buddhism and Psychotherapy

## Professional Training Course

*PACFA Accreditation Pending*

## Course Prospectus

(as of 4th March 2010)

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

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

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.

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.

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



# 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.

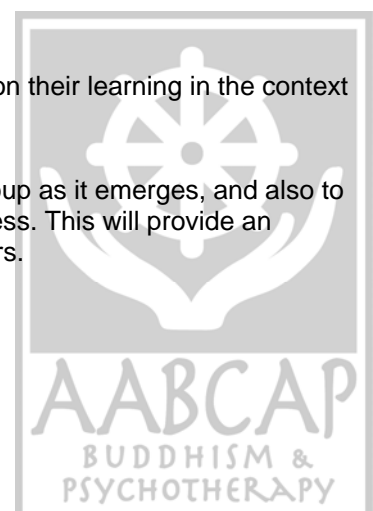
In this training we hope to provide a context in which people can explore their interest in the integration of Buddhist philosophy and practice into their work as psychotherapists and counsellors. The training process will be interactive and experiential so that knowledge held by members within the group 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 and three retreats totalling 14 days. Overall training hours of the course amounts to 272 hours.

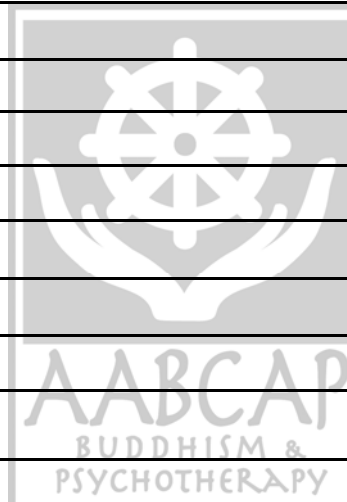
### Modules

The training is structured into modules which will be held on weekends from 8.30 – 5.30pm on Saturdays and Sundays.

There will be five training modules per year. Each module will be taught by an experienced counsellor/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	TBC
BPM02	Foundations of Maturity	TBC
BPM03	Therapeutic Actions and Buddhist Healing	TBC
BPM04	Embodiment	TBC
BPM05	<i>Integration.</i> Meditation—Science and Practice	TBC
BPR01	Retreat I	TBC
BPM06	Mindfulness Based Therapies I	TBC
BPM07	Mindfulness Based Therapies II	TBC
BPR02	Retreat II	TBC
BPM08	Ageing, Sickness and Death	TBC
BPM09	Development of Self, Path to Non-Self	TBC
BPM10	Conclusion. Philosophy and Integrated Buddhism and Psychotherapy	TBC
BPR03	Retreat III	TBC
	Graduation	TBC



## Retreats

There will be a residential meditation retreat in each year of the 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.

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.

## Course tutors & seminar leaders

The course tutors and 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.

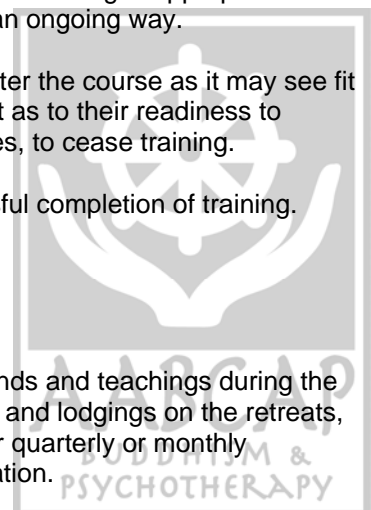
The completion of each stage of the training gives both the student and the faculty an opportunity to consider whether progression to the next stage of training is appropriate. Students are also invited to evaluate the seminar program in an ongoing way.

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

It is encouraged that students attending the training course, if they are not already a member, will apply to become members of AABCAP. On successful completion of the course we would expect the graduates to continue their involvement in the dialogue between Buddhism and Psychotherapy as well as contribute 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](mailto:info@buddhismandpsychotherapy.org)

phone: 0451 050 119

## Contact AABCAP

### Australian Association of Buddhist Counsellors and Psychotherapists

[www.buddhismandpsychotherapy.org](http://www.buddhismandpsychotherapy.org)

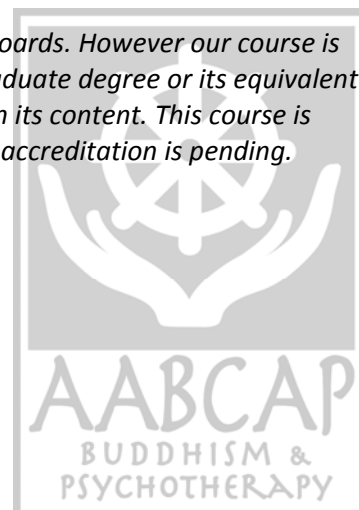
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**Disclaimer:** *All information is correct at the time of printing, however the Training Committee of AABCAP, and the Management Committee, reserve the right to alter the course in order to accommodate changing needs and unforeseen circumstances.*

*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

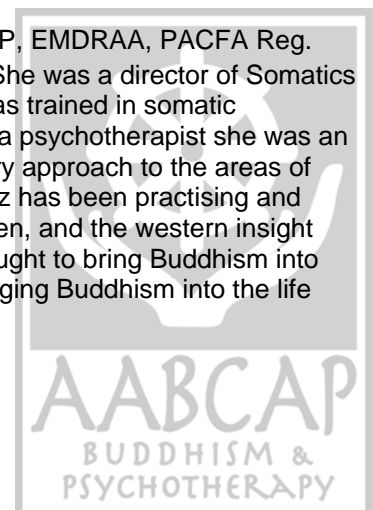
### Biographies of Training Committee Executives, Mentors, Clinical Supervisors and Seminar Leaders:

**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 PPA. 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.



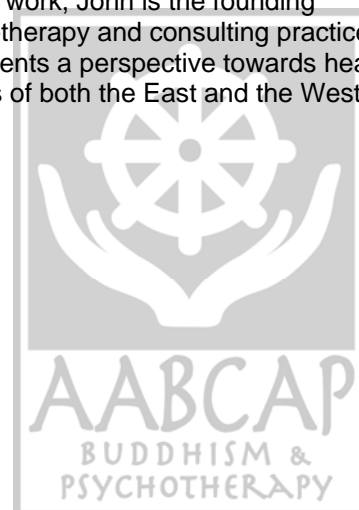
## Biographies of Clinical Supervisors and Seminar Leaders:

**Subhana Barzaghi** B.A. Soc. Sc, M. App. Psychotherapy, is a Zen Buddhist and Insight Meditation teacher. She is the resident teacher of the Sydney Zen Centre and founder of Blue Gum Sangha Sydney and the Kuan Yin Meditation Centre in Lismore. Subhana teaches regular intensive Zen sesshins and Insight retreats throughout Australia, New Zealand and India. Subhana has a Masters of Applied Psychotherapy with 15 years experience in the field. She conducts therapeutic workshops and has a private therapy practice in North Sydney.

**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 over 30 years consistent Buddhist meditation practice experience including a short two years as a Buddhist monk in Thailand in the late 1970s and 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 over 15 years and has written and conducted mindfulness based programs for different clinical populations including: Panic, Bipolar disorder and GAD. The GAD program has been empirically validated and is currently being submitted for publication.

**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 25 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.

**Venerable Tenzin Chonyi** (Dr Diana Taylor, PhD) is a published academic, poet and Buddhist writer working in private practice as a psychotherapist. She was a nun at Atisha Centre before joining Chenrezig Nun's Community and completing four years of Buddhist studies. She was the resident teacher at Vajrayana Institute and is well known for her contribution to the discussions on Buddhism and psychology.

**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.

