



Healing the mind through knowing the mind

Diploma in Applied Buddhist Psychology (Online, part-time)

Aim: To introduce the theory and practice of Buddhist Psychology through the Nalanda tradition of intellectual understanding, contemplation and action.

- Three hours/week
- Interactive and experiential, following the Nalanda tradition
- Guest Seminars with senior Buddhist teachers & practitioners

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CLASS SCHEDULE:

- Inaugural class on 27 August 2020
- September 2020 to February 2021
- Every Friday 2 pm to 5 pm (except holiday weekends)
- The course will end with a learning retreat
- Certification in March/April 2021

SEMESTER I

Students will gain an introductory level understanding of the wisdom aspect of Buddhism and its applications for balanced mental health. They will also explore a few other Eastern perspectives and connections with psychology and neuroscience.

SEMESTER II

The emphasis will be on mind training and action. Students will study the ethical framework of bodhicitta, paramitas and mindfulness, and develop a context for ethics in daily life.

This course in Applied Buddhist Psychology has been designed by the WCCL Foundation (Pune) under the compassionate guidance of Dzongsar Khyentse Rinpoche.

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