

Post Graduate Diploma In Applied Buddhist Psychology

Healing The Mind Through Knowing The Mind



- * Interactive, experiential program designed for the adult learner
- * ONLINE classes
- * Open for graduates from any stream

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The aim of this program is to introduce the theory and practice of Buddhist Psychology through the Nalanda tradition of intellectual understanding, contemplation and action.

Class Schedule:

Saturdays from 3.30pm - 6.30pm

Sept., 2021: **18, 25**

Oct., 2021: **9, 23, 30**

Nov., 2021: **13, 20, 27**

Dec., 2021: **4, 11, 18**

Jan., 2022: **8, 22, 29**

Feb., 2022: **5, 12, 19, 26**

March, 2022: **5**

In 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. In Semester II, the emphasis is on Mind training and Action, where 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 **Ven. Dzongsar Khyentse Rinpoche.**