

Course Outline (June 2022 - subject to change)

Buddhism and Acceptance and Commitment Therapy

Course Description

This course seeks to provide an introduction to the intersections and parallels between Buddhism and Acceptance & Commitment Therapy with the goal of working towards the integration of the two. Participants in the course can expect to engage in experiential learning, reflection (self and group), meditation, case discussions/clinical vignettes, and didactic coursework.

Course Facilitators

Bhante Kusala, Buddhist monk, MA, MDiv

Glen Choi, MA (Zen Studies), PhD (Cultural Studies)

Kenneth Fung, Psychiatrist, MD FRCPC MSc FAPA FCPA

Michael Dougan, RP, MEd (Counselling Psychology), MA (Applied Psychology)

Course Learning Outcomes

- Apply skills based on the integrated knowledge of Buddhism and ACT in Buddhist counselling & spiritual care

Course Structure

There are 7 modules (26 hours) in this course. Modules 1-6 are four hours in length and module 7 is 2 hours. These modules will be spread out over 6 months, to begin in the fall of 2022. The course will be facilitated entirely through Zoom.

Module 1: ACT & Buddhism, an Overview

Module 2: Presence & the Four Sublime States of Mind

Module 3: Cognitive Defusion & the *Dvedhāvitakka Sutta* MN19 (Two Kinds of Thoughts); the *Vitakkasaṅṭhāna Sutta* MN20 (The Techniques of Calming Thoughts)

Module 4: Acceptance & the *Ānāpānasati Sutta* MN118 (Mindfulness of Breathing); the *Satipaṭṭhāna Sutta* MN10 (Four Foundations of Mindfulness)

Module 5: Self-as-Context & *Anatta*

Module 6: Committed Actions & Values

Module 7: Integration