

Buddhism and Acceptance and Commitment Therapy

Course Description

This course seeks to provide an introduction to the intersections and parallels between Buddhism and Acceptance and Commitment Therapy and discusses the similarities and differences between them. The course will explore how the two may be integrated in providing Buddhist counselling and spiritual care. Participants in the course can expect to engage in experiential learning, reflection (self and group), meditations, case discussions/vignettes, and didactic coursework.

Course Facilitators

Kenneth Fung, Psychiatrist, MD FRCPC MSc FAPA DFAPA

Bhante Kusala, Buddhist monk, MA (Pali Studies), MDiv (Spiritual Care)

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

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

Course Learning Outcomes

- Gain deeper insight and knowledge on Buddhism and ACT
- Apply skills and knowledge of the course in helping oneself, friends, and family
- Apply skills based on the integrated knowledge of Buddhism and ACT in Buddhist counselling, spiritual care, and community work

Course Structure

There are 7 modules (26 hours) in this course taking place on Saturdays, 1:00 pm to 3:00 pm.

Modules 1-6 are four hours in length (two 2-hour classes) and module 7 is 2 hours. The course will be facilitated entirely through Zoom.

Module 1: Acceptance and Commitment Therapy & Buddhism, an Overview

- Kenneth Fung - Oct 8 & 15, 2022

Module 2: Presence & the Four Sublime States of Mind - Bhante Kusala - Oct 22 & 29, 2022

Module 3: Defusion & the Noble Eightfold Path - Michael Dougan - Nov 5 & 12, 2022

Module 4: Self-as-Context, Emptiness of Self & Buddha Nature - Glen Choi - Nov 19 & 26, 2022

Module 5: Acceptance & the Noble Eightfold Path - Michael Dougan - Dec 3 & 10, 2022

Module 6: Committed Actions, Values & Buddhist Ethics - Glen Choi - Jan 14 & 21, 2023

Module 7: Integration - everyone - Jan 28, 2023