



Australian Association of Buddhist  
Counsellors and Psychotherapists

# Buddhism and Psychotherapy

## Professional Training Course

### Course Prospectus 2019-2020



Member Buddhist Council of NSW

AABCAP ABN 67 962 463 348  
PO Box 2115 Bondi Junction NSW 1355  
[www.aabcap.org](http://www.aabcap.org)  
[PTCcoordinator@aabcap.org](mailto:PTCcoordinator@aabcap.org)

## 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 AABCAP's Management Committee, is responsible for the administration of the course and ensuring that its content and design meet its intended aims.

## Course 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 may be considered.

In their respective field, an applicant's basic psychotherapy/counselling training needs to consist of at least 200 hrs of attendance (whether gained in one training or over several trainings). A minimum of 10 supervision hours need to have been attended during training. Also required is significant, relevant clinical experience of a minimum of 3 years, gained after the completion of the basic clinical qualification, and a minimum of 30 hours of supervision in clinical practice.

Applications are also encouraged from the Buddhist Sangha who wish to develop their understanding of the value of psychotherapy in the support of Buddhist practitioners.

We are guided during the selection process by the principle of non-discrimination on the grounds of class, gender, religious beliefs or cultural background. We do not wish to prevent a student with a physical disability undertaking the training as long as the disability does not directly interfere with their capacity to meet the requirements of the training programme or our capacity to respond to the student's needs. We do require that students have an adequate command of English.

It is not essential, that students have previous therapy experience with a Buddhist-influenced psychotherapy. It is preferable but not essential that applicants have an established regular meditation practice and have previous experience of Buddhist meditation retreats. Applicants need to be willing and able to undertake meditation retreats as part of the training course.

## Admission Process

As a first step the applicant should submit the [Expression of Interest](#) form on the [AABCAP website](#).

If the applicant is sure they meet the prerequisites for course entry, an application form can be found on the [AABCAP website](#). Please post or email the application form with all the necessary documentation, including the application fee (whether by cheque or direct deposit) to the relevant address.

After applications have been received and reviewed, the Director of Training will meet with each applicant in order to discuss their application for the training. This will usually be in the form of an interview by skype, zoom, or telephone. Once the application and interview processes are complete the Training Committee will make its final decision. The Training Committee retains discretion regarding admission. As places available on the course are limited, the accepted applicant's place is only secured once they make their first instalment payment of fees.

# Aims

Through their training, students will be better able to:

- Explore the interface between Buddhist psychology 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 and practices express themselves in the student's work as a health professional
- Develop knowledge about Buddhist concepts, such as: self/no-self, mindfulness, emptiness, consciousness, embodiment, etc.
- Refine and deepen their meditation practice
- Appreciate and develop an interest in areas of relevant current research

## Educational Philosophy

Training in psychotherapy requires engagement 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, psychology 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, 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' relational capacities, innate qualities of non-judgmental observation, active listening, flexibility, presence, insight, 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.

Group 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 and relational 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/seminars
- Discussions
- Reading and writing tasks
- Self-reflection, contemplation and meditation practices
- Small and large group experiential exercises
- Interaction and reflection in group process
- Supervision of clinical work
- Retreat experience

# Structure of training course

The training will be delivered over two years, with students attending ten weekend modules and three residential retreats of varying lengths. Overall training hours of the course amount to approximately 300 hours. The 2019/2020 training will be held in Sydney at the Buddhist Library. The retreat venue will likely be a rural centre just south of Sydney.

## Modules

The weekend modules are spaced approx. 6-8 weeks apart and will be held from 8.30am – 5.00pm on Saturdays and Sundays. There will be five training modules per year. Each module will be taught by experienced psychotherapists and teachers from different Buddhist traditions. This is hoped to give the students a broad experience of approaches, both therapeutic and Buddhist. Each module will have a particular theoretical focus and will be supported by set readings.

	MODULE TOPIC *
1	Intro to Buddhism and Psychotherapy: The Four Noble Truths and the Eightfold Noble Path
2	Ethical Frameworks in Buddhism and Psychotherapy
R1	<i>Retreat 1 – Theravada (Insight)</i>
3	Mindfulness and its Four Foundations in Psychotherapy
4	The Boundless Heart – The Four Immeasurables
5	Relationships: Buddhist and Psychotherapy Perspectives
R2	<i>Retreat 2 – Mahayana/Vajrayana (Tibetan)</i>
6	Embodiment, and body based psychotherapies
7	Addiction – in Buddhism and Psychotherapy
8	Aging, Sickness & Death
9	Insight, Emptiness and Impermanence
R3	<i>Retreat 3 – Mahayana (Zen)</i>
10	Buddhist Psychotherapy and Integration

\*Proposed course dates can be found below in Appendix 2.

## Retreats

There will be three residential meditation retreats spread over the two-year course, led by experienced meditation teachers who are also therapists. Each of the retreats will be taught from the paradigm of one of the three main Buddhist traditions: Theravada; Vajrayana (Tibetan); and Mahayana (Zen). The retreats increase in length as we proceed through the training: the first is 4 days (3 nights), the second 6 days (5 nights), and the third 8 days (7 nights). This assists students to gradually deepen their meditative practice and understanding. The retreats help students to integrate the Buddhist teachings through their own contemplative experience under the guidance of skilled teachers.

## Personal practice

It is expected that students begin to cultivate their own personal meditation practice throughout the training. Therefore, it is highly recommended that you develop a daily meditation practice.

## Supervision

A total of 15 hours of group supervision with approx. 6 participants per group is integrated into the weekend modules led by an AABCAP recognised supervisor. This provides an opportunity to incorporate theoretical and experiential learning in the context of the students' clinical work over the two years. Students will prepare and present a case study for discussion. A minimum of 15 hours of face-to-face counselling or psychotherapy practice in the specialist modality or field of practice (client

contact) must be completed during training. Details of the client work must be included in a professional log which the student maintains and presents at appropriate times during the course as evidence of competence to practice in the specialist modality or area of practice. (Client confidentiality must be maintained in the log).

## Teachers

All AABCAP teachers are experienced practitioners in their own fields. Each psychotherapist teacher has an extensive background in both Buddhist practice and clinical therapeutic practice, and the Buddhist teachers are all well respected and learned teachers in their own traditions. The teacher biographies can be found below in Appendix 1.

## Assessment and evaluation

Evaluation of student progress is ongoing and includes the completion of course work and participation in the modules. Students are also invited to evaluate the course in an ongoing way.

The AABCAP Training Committee 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 graduation certificate will be issued to trainees at the successful completion of training.

## Costs

The full course cost is \$8,900, or \$4,450 per year. (A \$400 discount is offered for full payment at the beginning of the course). This includes teaching fees for 10 (non-residential) weekend modules, group supervision, and 4, 6 and 8 day retreats.

There is an additional cost to cover accommodation and food during the residential retreats. This varies depending on the venue and single or share options. We aim to keep retreat costs as low as possible. Course fees may be paid either in full, yearly, or quarterly. Retreat costs will be due prior to each retreat.

## Membership of AABCAP

Graduates of the training course are given 50% off their first year AABCAP memberships. On successful completion of the course we hope graduates will continue their involvement in the dialogue between Buddhism and Psychotherapy and welcome their ongoing contributions to the life of AABCAP.

## PACFA Accreditation

The AABCAP Professional Training Course is accredited Under the PACFA Specialist Training Scheme (re-accreditation currently pending). This course is postgraduate level and our students are required to have a graduate degree or its equivalent on application. The course itself is of a diploma standard in its content, however is not accredited through TEQSA or ASQA. The AABCAP training course hours can be used for Professional Development points, please

## Contact AABCAP

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PO Box 2115,

Bondi Junction NSW 1355 Australia

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

# Appendix 1

## Biographies of Seminar Leaders (in alphabetical order):

**Francine Bartlett** (BSW [Hons], MSci [Hons]), is an accredited Mental Health Social Worker and counsellor who has worked in Government, Non-Government and Private Practice. She has taught on Attachment Theory, Ethics, Human Development and Trauma in several Psychotherapy training courses. She works across the life span, specialising in children, families and the perinatal period. Francine began Vipassana meditation in the 1970's and completed the AABCAP training in 2013. Both inform her practice of therapy and supervision.

**Subhana Barzaghi** (BA Soc Sc, Masters App Psychotherapy) has 25 years' experience in the field of psychotherapy and over 40 years as a practicing Buddhist. She is a Zen Buddhist Roshi, resident teacher of Sydney Zen Centre, and an Insight Meditation teacher. Subhana teaches regular intensive Zen sesshins, Insight Meditation retreats and Dharma programs throughout Australia and New Zealand. As a psychotherapist she provides clinical supervision and has a private practice in Mosman.

**Venerable Tenzin Chodron** (BA [Sociology], B Soc Admin [Social Work]) is a Buddhist Nun in the Tibetan tradition and has worked since 2000 in the area of Spiritual Care with Karuna, a home based hospice service offering end of life care in the community and education on death and dying. Chodron is involved both in the clinical aspect of care with the dying and their families and also presents training courses in Spiritual Care with the Dying. She has many years' experience as a social worker and group facilitator in addition to having studied Buddhism for over 20 years. She is also a Registered Teacher with FPMT (Foundation for the Preservation of the Mahayana Tradition).

**Geoff Dawson** (BA [Psych, Phil], MAPS) is a Zen Buddhist teacher and a Dharma Successor to the American Zen teacher Charlotte Joko Beck. He is a teacher of the Ordinary Mind Zen School in Sydney and Melbourne. He is also a psychologist and psychotherapist in private practice in North Sydney. He has an extensive background in couple and family therapy and worked for many years as a manager, clinical supervisor and trainer for Relationships Australia. He now works mainly in the area of mindfulness based adult psychotherapy, couple therapy and providing Clinical supervision to mental health.

**Jane Enter** (B.A Hons, Clin Psych, Dip Adult Psychotherapy, MAPS) has extensive experience as a clinician and supervisor in the AOD sector. She was the Clinical Director at The Sanctuary, Byron Bay for over 12 years, providing support and supervision to staff delivering treatment for drug and alcohol rehabilitation in a residential setting. Jane has trained in Self Psychology and is a previous graduate of AABCAP's training in Buddhism and Psychotherapy. Jane also has a private practice and now lives and works in Victoria.

**Louise Fisher** (B.App.Soc.Sc. B.Psych.Sc.[Hons], MPsych [Clin]) is a clinical psychologist and a trained counsellor and psychotherapist. She has also completed Levels I and II of the Gottman Couples Training. Louise currently works at St John of God Hospital, Richmond, co-facilitating a Dialectical Behaviour Therapy skills group. She has previously run a mood disorder therapy group at South Pacific Private Hospital, as well as a depression and bipolar support group for the Black Dog Institute. She also sees private clients in Potts Point for both individual and couples therapy, .

**Malcolm Huxter** (M. Psych [Clin]) is a clinical psychologist in private practice on the North Coast of NSW. He has been a Buddhist meditation practitioner for over 40 years, including two years as a Buddhist monk in Thailand in the 1970s. He has taught mindfulness and related practices such as loving kindness and compassion in clinical settings since 1991. He has also trained in a range of contemporary third wave therapies. In the past, Mal has worked in child and family health, adolescent



mental health (Australia and UK), adult community mental health (Australia and UK), and immigration detention centres (Xmas Island). He is the author of "Healing the Heart and Mind with Mindfulness - Ancient Path, Present Moment", published by Routledge in 2016.

**Venerable Jitindriya** aka Loraine Keats (MA Budd Psych) is a Buddhist nun in the Theravada Forest Tradition. She first trained as a monastic in the lineage of Ajahn Chah & Ajahn Sumedho from 1988-2004. After leaving the monastic order she earned a Master's degree in Buddhist Psychotherapy Practice with the Karuna Institute & Middlesex University in the UK, and continued to teach meditation and Buddhist retreats on invitation. Returning to live in Australia in 2008 she practiced as a Buddhist psychotherapist in Northern NSW for ten years, and was Director of Training for AABCAP from 2016-2018. Jitindriya re-entered the monastic life in early 2018, and now lives at Santi Forest Monastery in the Southern Highlands of NSW, where she is a guiding teacher.

**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 *Sects and Sectarianism*, *A History Of Mindfulness*, *A Swift Pair of Messengers*, *Beginnings*, *White Bones Red Rot Black Snakes* and *Dreams of Bhadda*. Bhante Sujato set up *Sutta Central*, a web based resource of Early Buddhist texts, translations, and parallels, and has also completed a new English translation of the four Buddhist Nikayas.

**Dr Eng-Kong Tan** (MBBS, MPM, FRANZCP) is a medical doctor, consultant psychiatrist and analytic psychotherapist in private practice. He is the Founder and Chairman of Metta Clinic, a group psychiatric and psychotherapy clinic in Sydney, and is the Foundation President of AABCAP and its first Director of Training. He is a member of the NSW Institute of Psychoanalytic Psychotherapy and the Australian Association of Group Psychotherapy. He was Chairman of the Section of Psychotherapy of the Royal Australian & NZ College of Psychiatrists (RANZCP) and Chairman of Training of the Psychoanalytic Psychotherapy Association of Australia (PPAA). Eng-Kong is currently Adjunct Professor, Academic Board and Course Advisory Committee member at Nan Tien Institute, Wollongong, a trustee of the University Buddhist Education Foundation (UBEF), and an executive of AABCAP.

**Venerable Tejadhammo** is the Spiritual Director for The Association of Engaged Buddhists and resident monk at Sangha Lodge and Vejjasala Healing Centre in the Southern Highlands. 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-faith dialogue.

**Dr Liz Turnbull** (BA [Hons], PhD [Sociology], Dip Som Psych) Liz is a psychotherapist in private practice and supervises in somatic and mindfulness based therapies in Byron Bay, northern NSW. Liz teaches Insight meditation. She is an executive on the AABCAP training committee. Since 1985, Liz has been a practising Buddhist with experience in the Vajrayana, Zen and western Insight traditions.

**Jeff Ward** (BA [Hons], Dip Adult Psychotherapy [ANZAP], PhD) is a clinical psychologist and psychotherapist in private practice in Canberra. Until 2009 he was a full-time member of staff in the clinical psychology program at the Australian National University and is currently the president of the Empathink Association of Psychoanalytic Self Psychology. Jeff has been involved in Buddhist practice since 1975 and since the mid- 1980's has been practising in the Zen tradition in Japan and Australia. Jeff is currently an apprentice Zen teacher in the Diamond Sangha tradition and leads the Canberra Zen Group.

**Ven. Lozang Yonten** is an American-born Buddhist nun (Bhikshuni) in the Tibetan tradition, since 2003. She has studied intensively at Chenrezig Institute and offered service at Dharma Centres in India, Taiwan, Australia and New Zealand, and is a registered teacher within the Foundation for the Preservation of the Mahayana Tradition (FPMT). Ven. Yönten was the Resident Teacher of Kunsang Yeshe Retreat Centre in the Blue Mountains, Australia, from 2011-2014 before her position as part-time teacher-in-residence at Mahamudra Centre for Universal Unity in New Zealand until February

2018. She currently teaches internationally, including in a Buddhist Psychoanalytic Training program in Israel.

## Appendix 2

### Course dates 2019/2020

Please be advised that AABCAP have done their best to set module and retreat dates outside of Public Holidays and School Holidays. Since most of our students are NSW based, we have predominantly worked around the NSW school term. Other States and Territories often have different school term dates however, so occasionally a module may overlap with those holiday periods, particularly the July module each year. This, unfortunately, is unavoidable.

For this course, the 2020 July dates for M8 is a case in point. Please check these dates if you have concerns re the school holiday period in your State or Territory.

2019*	
<b>M1</b>	Feb 9 <sup>th</sup> /10 <sup>th</sup> (Sat & Sun) – Intro: The Four Noble Truths and the Eightfold Path
<b>M2</b>	Apr 6 <sup>th</sup> /7 <sup>th</sup> (Sat & Sun) – Ethical Frameworks in Buddhism & Psychotherapy
<b>R1</b>	May 31 <sup>st</sup> – June 3 <sup>rd</sup> (Fri–Mon) – Retreat 1, Theravada (Insight) (3 nights)
<b>M3</b>	July 27 <sup>th</sup> /28 <sup>th</sup> (Sat & Sun) – Mindfulness & its four foundations in Psychotherapy
<b>M4</b>	Sept 21st/22nd (Sat & Sun) – The Boundless Heart – The Four Immeasurables
<b>M5</b>	Nov 23rd/24th (Sat & Sun) – Relationships: Buddhist & Psychotherapy Perspectives

2020*	
<b>R2</b>	Feb 4 <sup>th</sup> – 9 <sup>th</sup> (Tues–Sun) – Retreat 2, Mahayana/Vajrayana (Tibetan) (5 nights)
<b>M6</b>	Mar 28 <sup>th</sup> /29 <sup>th</sup> (Sat & Sun) – Embodiment – and body based Psychotherapies
<b>M7</b>	May 16 <sup>th</sup> /17 <sup>th</sup> (Sat & Sun) – Addictions – in Buddhism & Psychotherapy
<b>M8</b>	July 4 <sup>th</sup> /5 <sup>th</sup> (Sat & Sun) – Aging, Sickness & Death
<b>M9</b>	Aug 22 <sup>nd</sup> /23 <sup>rd</sup> (Sat & Sun) – Insight, Emptiness and Impermanence
<b>R3</b>	Oct 10 <sup>th</sup> – 17 <sup>th</sup> (Tue–Sun) – Retreat 3, Mahayana (Zen) (7 nights)
<b>M10</b>	Dec 5 <sup>th</sup> /6 <sup>th</sup> (Sat & Sun) – Buddhist Psychotherapy and Integration

*\* All efforts are made to preserve these set course dates. However, AABCAP reserves the right to make any changes necessary should unforeseen circumstances arise. In such a case, all enrolled students will be consulted to find suitable alternatives.*

*NB: Every module introduces and integrates relevant aspects of Buddhist teachings and practices with Western psychological theories and techniques.*