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**Dates
(Thursdays)**

Aug 5, 12, 19, 26
Sept 2, 9, 16, 23, 30
Oct 7
(2004)

Class Times

7pm - 10pm

Course Fee

\$450

To Register

Please call or email
Annah Lee (see above)

Website

www.brahmec.com

What Is In The Course?

This course will provide an understanding of the self-healing process to regain and maintain emotional health. A growing number of modern-day psychotherapists are incorporating Buddhist Psychology into their techniques, practice and lives.

We will examine the reasons for this.

This course is based on Buddhist psychology found in early Buddhism and meditation methods. It will cover the mind-body framework; the nature of blocked emotions; origin of sexuality; emotions and emotional self-defence, mindfulness, problems of religious cults and essential interpersonal skills to succeed in life.

A wide range of background readings and notes on Early Buddhist Suttas on mind-healing will be provided. This is the first course of its kind in the region.

Course Syllabus

Healing Yourself. Buddhist psychotherapy as a way of life. Psychological aspects of Buddhism.

Minding the Body. The psycho-physical aggregates: the nature of the body-mind interaction.

Blocked Emotions. Overcoming mental hindrances: clearing mental clutter through self-examination.

Master-Minding. Overcoming distracting thoughts and thinking straight.

Dealing with Sexuality. suffering of men and the suffering of women.

The Art of Loving. Dealing with one's negative emotions and learning to love oneself.

Emotional Self-defence. Dealing with negative emotions. Psychological defence mechanisms

Just Looking. Dealing with one's deeper emotions through focus of mindfulness.

The Shadow of Religion. The problem of cults & cult figures. Charisma and self-empowerment.

The Middle of the Middle Way. Dealing with problems vs. people. Change as a healing process.

Who Should Attend This Course?

Teachers, supervisors, managers, care-givers, counsellors and anyone interested in healing one-self as well offering help to others in need of emotional support and counselling.

Lecturer: Piya Tan is a full-time lecturer and researcher in early Buddhism. He spent many years practicing as a Theravadan monk before returning to lay life. He has run numerous Buddhist and meditation courses and retreats since the 1980s. In 1992, he taught meditation at the University of California, Berkeley, USA. Currently, he is working on a translation of the Pali Suttas. He conducts courses at the Buddhist Fellowship, Brahm Education Centre, the Singapore Buddhist Federation and local tertiary institutions.