Buddhist Psychology II: Awakening Compassion

An in-depth examination of the principles of compassionate action, as taught in both the Tibetan tradition of Mahayana Buddhism (the bodhisattva path) and the Western tradition of service to others. Students learn and practice tonglen meditation and the skills of deep listening, empathic attendance, dialog, and servant leadership. Students are required to practice the skill of attending relationship. Prerequisite: PSYB314 or meditation experience with permission of instructor. Open to Contemplative Psychology, Art Therapy, and Interdisciplinary Studies students only. Others by permission of instructor.

Course Number: PSYB325  
Unit: 3.0  
Program: Psych - BA Contemplative