

Buddhist Psychology III: Compassion and the Heart of Emptiness

An introduction to the Mahayana teachings with their emphasis on skillfully helping others, the teachings on bodhicitta, awakened mind, and the four brahmaviharas as methods for cultivating compassion. The Buddhist teachings on sunyata (emptiness) are explored with respect to their implications for clinical work. Students apply these teachings both to their own personal experience and to clinical work.

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Unit: 2.0

Program: GRAD Contemplative Psych