

## Buddhist Psychology V: The Way of the Contemplative Counselor

In this course, students review the Buddhist psychological teachings and practices that they have studied in Buddhist Psychology I through IV, and they also study further Buddhist teachings drawn from the Vajrayana tradition of Tibet. The emphasis is on deepening students' understanding of all of these teachings and practices as potent resources for counselors engaged in clinical work. Some counseling approaches that have an affinity with a contemplative approach are also introduced, e.g., Focusing, Gestalt Therapy, and Feeding Your Demons. The format of the class includes mindfulness, awareness, and compassion meditations; lecture; discussion; and counseling skills practice.

Course Number: CNSC803

Unit: 3.0

Program: GRAD Contemplative Psych