

## **Special topics in Paradigm & Archetypes (NEW402Y1Y)**

**Course:** The Healing Mind: Theories and Applications of Buddhist Psychology

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### **Course Objectives:**

Buddhism has much to contribute towards a comprehension of human consciousness and behavior.. In recent years, there has been a considerable amount of interest on the part of Western psychologists, scientists and researchers in the intersection of Buddhist and Western theories of psychology, phenomenology and psychotherapy. An accumulating body of empirical research and psychotherapies attest to the growing influence of Buddhist psychology on Western psychological science. For example, the core Buddhist practice of mindfulness meditation, a form of mental training intended to correct delusional beliefs about the self and its perceptions, has found widespread acceptance and application in a wide range of clinical interventions for mental and physical disorders. This course will survey Buddhist psychology and point out parallels in the Western psychological literature. Where relevant, empirical research will be presented. Both the commonalities and divergences between Buddhist and Western psychology will be discussed.

**Required Reading:** TBD

### **Recommended Background Reading:**

- Kabat-Zinn, J. (1990). *Full Catastrophe Living*. Delta.
- Komito, D.R. (1987). *Nagarjuna's Seventy Stanzas: A Buddhist Psychology of Emptiness*. Snow Lion.
- Kalupahana, D.J. (1987). *The Principles of Buddhist Psychology*. SUNY Press.
- Epstein, M. (1998). *Going to Pieces Without Falling Apart*. Broadway Books.
- Aronson, H. (2004). *Buddhist Practice on Western Ground: Reconciling Eastern Ideals and Western Psychology*. Shambhala: Boston.
- Brazier, D. (1995). *Zen Therapy*. John Wiley & Sons Inc.
- Walshe, M. (1995). *The Long Discourses of the Buddha; A Translation of the Digha Nikaya*. Wisdom Publications: Boston.
- Horner, I.B. (1999). *The Collection of Middle Length Sayings (Majjhima- Nikaya)*. Pali Text Society: Oxford.
- Suler, J.R. (1993). *Contemporary Psychoanalysis and Eastern Thought*. SUNY Press: Albany.
- Waldron, W. (2003). *The Buddhist Unconscious*. RoutledgeCurzon: London.
- Molino, A. (Ed). (1998). *The Couch and the Tree: Dialogues in Psychoanalysis and Buddhism*. North Point Press: New York.

### **Course Evaluation:**

Attendance	10%
Participation	10%
Journal	10%
Paper 1 (first semester)	15%
Test (December)	15%
Presentation of Book Chapters	20%
Paper 2 (second semester)	20%

**Course Outline:**

Week 1:	September 14	Course Overview; The Life of the Buddha
Week 2:	September 21	The Three Marks of Existence
Week 3:	September 28	Psychological Interpretation of the Four Noble Truths
Week 4:	October 5	The Noble Eight-Fold Path I
Week 5:	October 12	The Noble Eight-Fold Path II: Clinical Aspects
Week 6:	October 19	The Self: The Five Skandhas
Week 7:	October 26	Theory of Causality: Dependent Co-Origination
Week 8:	November 2	The Six Paramitas and 4 Brahmaviharas
Week 9:	November 9	Buddhist Theory of Cognition-Perception I
Week 10:	November 16	Buddhist Theory of Cognition-Perception II
Week 11:	November 23	Theory of Mental Factors I
Week 12:	November 30	Theory of Mental Factors II
Week 13:	December 7	Buddhist Theory of Personality I: Conditioning and Causal Factors
Week 14:	January 4	Buddhist Theory of Personality II: Conditioning and Causal Factors
Week 15:	January 11	Buddhism and Western Views of Self
Week 16:	January 18	Buddhism and Western Views of Adaptation and Happiness
Week 17:	January 25	Buddhism and Psychoanalysis I
Week 18:	February 1	Buddhism and Psychoanalysis II
Week 18:	February 8	Buddhism and Jung
Week 19:	February 15	Buddhism and Cognitive-Behavior Therapy I
Week 20:	February 22	Buddhism and Cognitive-Behavior Therapy II
Week 21:	March 1	Mindfulness-based Stress Reduction I
Week 22:	March 8	Mindfulness-based Stress Reduction II
Week 23:	March 15	Positive Psychology
Week 24:	March 22	Additional Clinical Applications of Buddhist Psychology
Week 25:	March 29	Buddhist and Western psychology: Differences and Divergences
Week 26:	April 5	Buddhist and Western psychology: Synthesis

To register, please contact Nancy Crawley, Program Secretary at New College, ([nancy.garvie@utoronto.ca](mailto:nancy.garvie@utoronto.ca)) or 416.978.5404.