Syllabus

**“Brilliant Sanity”:**

**Buddhist and Western Approaches to**

**Psychotherapy**

(Prague Humanities Institute)

According to the view of the Buddhist philosophical tradition as well as many psychotherapy practitioners, both East-West, the true nature of Mind - its absolute reality - is Wisdom. That is to say, once the Mind’s basic state of consciousness is made primoridally pure and is fully “awakened,” it will experience “illumination” of the Self. This is the Buddhist state of enlightenment. Likewise, from the standpoint of the mental health profession, this form of “Brilliant Sanity” is the goal of all psychotherapy – both East-West. For it symbolizes a perfect state of harmony or unity of the Self. For the psychotherapist, to achieve “Brilliant Sanity” simply means to achieve a unity of the Self which is free from all defilements, ignorance, and mental afflictions. Thus psychotherapy and Buddhism appear to form a complete unity together. In light of these above realities, then, the exact purpose of this course will be to form a “cross-cultural” and interdisciplinary study of both Buddhist and Western approaches to the field of psychotherapy. This will be accomplished by turning to a valuable collection of East-West essays on this subject matter. These cross-cultural essays will help provide the student with a rich sampling of thought as reflected within the ongoing dialogue between Buddhist wisdom and meditation, on the one hand, and the modern art of healing in Western psychotherapy, on the other. The exact purpose of this course, then, will be to explore this special interrelationship existing between Western psychotherapy and Eastern Buddhism.

**Required Texts:**

**TO BE ANNOUNCED**