

Buddhist Psychology for Counsellors

A Six-Month Professional Development Program
in Mind, Presence and Therapeutic Practice

ANCIENT
WISDOM
FOR A MORE
COMPASSIONATE
TOMORROW

DEEPER AWARENESS.
GREATER COMPASSION.
MORE MEANINGFUL PRACTICE.

Explore how Buddhist understandings of mind, emotion and suffering can enrich contemporary counselling practice. An experiential, evidence-informed and ethically grounded online program for helping professionals.



UNDERSTAND



EXPERIENCE



INTEGRATE



GROW



“

*What changes in counselling
when we understand the
mind differently?*

A CALMER MIND.
A KINDER WORLD.

THE SIX MODULES

1

Foundations

Buddhist psychology and its relevance to counselling

2

Mind and Awareness

Attention, perception and the nature of mind

3

Suffering and its Causes

Dukkha, craving, aversion and psychological distress

4

Emotions, Self and Identity

Working with emotion, self-processes and impermanence

5

Compassion, Relationship and Therapeutic Presence

Interpersonal practice and the healing relationship

6

Integration and Application

Ethics, case discussion and bringing it all together



START DATES

5 October 2026

5 April 2027

Two intakes each year
(October and April)



ONLINE PROGRAM

6 months

6 modules

Two recorded lectures
per module

Live monthly tutorial

Monthly clinical
integration group



COURSE FEE

AUD \$660

Payment plans available
upon request.

LEARN MORE AND ENROL →

buddhistpsychologyforcounsellors.org

PEOPLE
PRACTICE
PLANET