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**CHAMINADE UNIVERSITY**  
**PSY 476 - BUDDHIST PSYCHOLOGY**  
**FALL 1998**

Instructor: Robert G. Santee, Ph.D.  
Phone: 735-4720  
Office Hours: Kieffer Hall, Room 5  
MWF 9:00 - 9:50 AM  
MW 12:00 - 1:00 PM  
By Appointment

Room: Henry Hall 121  
Time: 10:00-10:50, MWF

Texts: What the Buddha Taught; Walpola Rahula  
Zen Mind, Beginner's Mind; S. Suzuki  
Thoughts Without a Thinker; M. Epstein  
Platform Sutra of the Sixth Patriarch; translated by P. Yampolsky

The scope of this course will be a phenomenological exploration of psychological concerns such as feeling, thinking, behavior, and therapy from a Buddhist perspective. The Buddhist perspective will include classical Buddhism, Theravada Buddhism, and Mahayana Buddhism. Special emphasis will be given to Ch'an/Zen Buddhism. The focus of the course will be on the Buddhist concepts of self, existence, meditation, suffering, consciousness, and causality.

As this is an Interdisciplinary Studies course, Buddhist Psychology will be examined from the integrative perspective of philosophy, psychology, and religion. Emphasis will be given to the perspectives of William James and Sigmund Freud relative to exploring the relationship between Western psychology and Buddhist Psychology.

This course will utilize lectures, audio-visual aids, and class interaction in our journey through the many passages of Buddhist psychology.

### OBJECTIVES

1. Student will develop an understanding of Buddhist psychology.
2. Student will develop an understanding of Buddhism from a philosophical perspective.
3. Student will develop an understanding of Buddhism from a psychological perspective.
4. Student will develop an understanding of Buddhism from a religious perspective.
5. Student will develop an understanding of Buddhism from an integrative perspective (philosophical, religious, and psychological).
6. Student will develop an understanding of the relationship between Freudian psychology and Buddhist psychology.
7. Student will develop an understanding of the relationship between the psychology of William James and Buddhist psychology.
8. Student will develop an understanding of Buddhist meditation.
9. Student will develop an understanding of the relationship between Ch'an/Zen Buddhism, spirituality, and therapy.

## **ASSESSMENT**

To assess the objectives each student will:

1. take 2 exams
2. write a 10-page (double-spaced) paper on Buddhist psychology that integrates philosophical, psychological, and religious perspectives
3. keep a journal on your personal experience of Buddhist meditation (meditation exercises will be taught in class)
4. do an Internet search. The search will consist of the student finding 3 articles on Buddhism and writing a 1-2 page (double-spaced) summary on the article for each search. The articles will be turned in along with the summary. Students must go to the Computer Lab to sign up for Internet and e-mail access.

## **GRADING**

|                 |              |            |
|-----------------|--------------|------------|
| Exams           | 2 x 100      | 200        |
| Paper           |              | 100        |
| Journal         |              | 150        |
| Internet Search | 3 x 50       | 150        |
|                 | <b>TOTAL</b> | <b>600</b> |

- A = 540 +  
B = 480 - 539  
C = 420 - 479  
D = 360 - 419



Tentative Course Schedule

| <u>Week</u> | <u>Topic</u>  | <u>Readings</u>                |
|-------------|---|--------------------------------|
| 8/31        | Introduction; Philosophical, Psychological, Religious Buddhism              | WBT I-II                       |
| 9/7         | Monday, 9/7 - HOLIDAY<br>Four Noble Truths                                  | WBT II - V                     |
| 9/14        | Four Noble Truths   | WBT II-V                       |
| 9/21        | Meditation/Four Noble Truths  | WBT II-V, VII                  |
| 9/28        | Four Noble Truths<br><b>INTERNET PAPER I DUE 9/28</b>                       | WBT II-V                       |
| 10/5        | Causality/Self  | WBT VI                         |
| 10/12       | Monday, 10/12 - HOLIDAY<br>James/Buddhism<br>Hinayana, Mahayana             | WBT VI                         |
| 10/19       | James/Buddhism<br><b>MID-TERM EXAM 10/23</b>                                | WBT VII                        |
| 10/26       | Freud/Buddhism  | TWT 1-3                        |
| 11/2        | Freud/Buddhism<br><b>INTERNET PAPER II DUE 11/2</b>                         | TWT 4-5                        |
| 11/9        | Freud/Buddhism<br>Wednesday, 11/11 - HOLIDAY                                | TWT 8-10                       |
| 11/16       | Ch'an/Zen   | ZMBM Part I, PS                |
| 11/23       | Ch'an/Zen<br><b>JOURNAL DUE 11/25</b><br>11/26-11/27 - THANKSGIVING HOLIDAY | ZMBM Part II, PS               |
| 11/30       | Ch'an/Zen<br><b>INTERNET PAPER III DUE 11/30</b>                            | ZMBM Part III, PS              |
| 12/7        | Ch'an/Zen<br><b>PAPER DUE 12/7</b>  | ZMBM Part III, PS,<br>WBT VIII |
| 12/17       | <b>FINAL EXAM</b> <b>10:30 - 12:30</b>                                      |                                |