

FD'00
Pres

CHAMINADE UNIVERSITY
PSY 476 - BUDDHIST PSYCHOLOGY
FALL 2000

Instructor: Robert G. Santee, Ph.D.

Phone: 735-4720

Office Hours: M 3:30 – 5:00

W 1:00 – 2:00

T/R 11:00 – 12:00

Kieffer Hall, Room 5

By Appointment

Room: Henry Hall 102

Time: 9:00 – 9:50, MWF

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Texts: What the Buddha Taught; Walpola Rahula

Zen Mind, Beginner's Mind; S. Suzuki

Thoughts Without a Thinker; M. Epstein

Buddha's Nature: A Practical Guide to Discovering Your Place in the Cosmos;

W. Nisker

Siddhartha; H. Hesse

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, science, 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. The relationship between Buddhism and science, specifically, evolutionary theory, will be examined. In addition, the course will examine similarities and differences between the Western culture's concept of reason and faith and the Eastern culture's concept of direct experience (no self/no object).

This course will utilize lectures, audio-visual aids, and class interaction in our journey through the many passages of Buddhist psychology. There will be in-class meditation each day. In addition, student will do out of class meditation 3 times a week for 5 weeks for a minimum of 10 minutes a day.

Attendance: Each student will begin the class with 100 points for attendance. For every class a student is absent or not present when role is taken, 10 points will be deducted.

OBJECTIVES

1. Student will demonstrate an understanding of Buddhist meditation.
2. Student will demonstrate an understanding of Buddhism from a philosophical perspective.
3. Student will demonstrate an understanding of Buddhism from a psychological perspective.
4. Student will demonstrate an understanding of Buddhism from a religious perspective.
5. Student will demonstrate an understanding of Buddhism from an evolutionary perspective.
6. Student will demonstrate an understanding of Buddhism from an integrative perspective (philosophical, religious, evolutionary, and psychological).
7. Student will demonstrate an understanding of the relationship between Freudian psychology and Buddhist psychology.
8. Student will demonstrate an understanding of the relationship between the psychology of William James and Buddhist psychology.
9. Student will demonstrate an understanding of the scientific method and its application to Buddhism.
10. Student will demonstrate an understanding of the relationship between Ch'an/Zen Buddhism, spirituality, and therapy.
11. Student will demonstrate an understanding of similarities and differences between the Western culture's concept of reason and faith and the Eastern culture's concept of direct experience (no self/no object).

ASSESSMENT

To assess the objectives each student will:

1. take 2 exams
2. write a 10 page (double-spaced) paper on Buddhism that integrates philosophical, psychological, scientific, evolutionary, and religious perspectives.
3. write a 5 page paper (double-spaced) demonstrating the application of the scientific method to Buddhist meditation. The paper must include your analysis of your out of class experience of meditating for 5 weeks.
4. write a 5 page paper (double-spaced) on the psychological, philosophical, religious, and scientific aspects of the novel Siddhartha.

GRADING

Exams	2 x 100	200	A = 450 +
10 Page Paper		100	B = 405 - 449
5 Page Paper on Novel		50	C = 365 - 404
5 Page Paper on Scientific Method/Meditation		50	D = 329 - 364
Attendance		100	
TOTAL		500	

TENTATIVE COURSE SCHEDULE

Week	Topic	Readings
8/28	Introduction; Buddhism, Scientific Method, Evolutionary Theory; Philosophical, Psychological, Religious, and Scientific Perspectives; Siddhartha (novel); Meditation	WBT I-II S All
9/4	9/4 – HOLIDAY Four Noble Truths <i>9/4 - BEGIN OUT OF CLASS MEDITATION</i>	WBT II-V S All
9/11	Four Noble Truths	WBT II-V S All
9/18	Four Noble Truths	WBT II-V, VII S All
9/25	Causality/Self 9/25 - SIDDHARTHA PAPER DUE	WBT VI
10/2	James/Buddhism Hinayana, Mahayana	WBT VI
10/9	10/9 – HOLIDAY James/Buddhism 10/13 – EXAM I	WBT VII TWT 1-4
10/16	Freud/Buddhism 10/20 – MEDITATION PAPER DUE	TWT 5-8 BN All
10/30	Freud/Buddhism	TWT 9-10 BN All
11/6	Evolutionary Theory & Buddhism 11/10 - HOLIDAY	BN All
11/13	Evolutionary Theory & Buddhism	ZMBM Part I, PS BN All
11/20	Ch'an/Zen Buddhism 11/24-25 - THANKSGIVING HOLIDAY	ZMBM Part II, PS
11/27	Ch'an/Zen Buddhism	ZMBM Part II, PS
12/4	Ch'an/Zen Buddhism 12/4 – PAPER DUE	ZMBM Part III, PS WBT VIII
12/11	FINAL EXAM 10:30 – 12:30	