

# Beyond Mindfulness

## Bon Buddhism's Insights Into Psychologically Healthy Life

**Registration Deadline September 28, 2009**

Registrations will be accepted after the deadline, space permitting  
Mondays, 7:00-9:00 p.m.  
Oct. 5, 12, 19, 26; Nov. 2, 9.

Title \_\_\_\_\_

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Name for Nametag: \_\_\_\_\_

- Psychologist  Clergy  
 Counselor  Social Worker  
 Other \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Business Phone \_\_\_\_\_

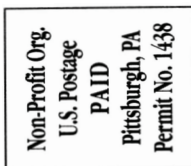
Email address \_\_\_\_\_

PTS Alumna/us? \_\_\_\_\_

**Please mail this form and your registration  
fee to:**

**Continuing Education Office  
Pittsburgh Theological Seminary  
616 N. Highland Ave.  
Pittsburgh, PA 15206**

Questions and credit card payments:  
(412) 441-3304, ext. 2196  
ConEd@pts.edu

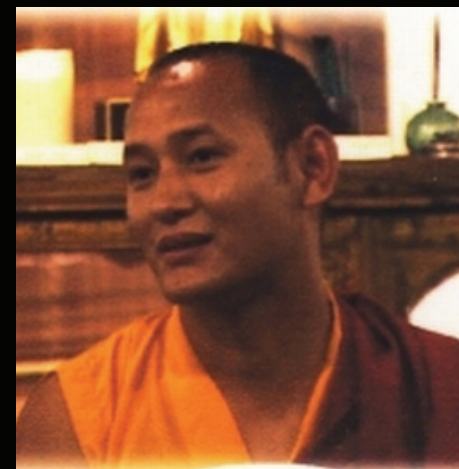


Office of Continuing Education  
616 North Highland Avenue  
Pittsburgh, PA 15206



# Beyond Mindfulness

## Bon Buddhism's Insights Into Psychologically Healthy Life



With

## Lama Tempa Dukte

**Six Monday Evenings  
7:00 — 9:00 p.m.  
Oct. 5 — Nov. 9, 2009**

**An APA Continuing Education Course**

## About The Course:

The ancient system of Bon Buddhism is an amalgam of pre-Buddhist practices indigenous to Northern India, Nepal, Bhutan, and Tibet combined with traditional Buddhist teachings. According to the Dalai Lama, Bon Buddhism is one of the five schools of Tibetan Buddhism.

Bon Buddhism has developed a psychologically sophisticated system of practices to address "afflicted states of mind." These traditionally include anger, hatred, greed, jealousy, ignorance, egotism/narcissism, aversions, and cravings. This system addresses how these poisons affect personal and interpersonal realms, interfering with living a psychologically healthy life. In place of these afflicted states of mind, Bon Buddhism looks to the development of compassion, love, joy and equanimity.

This course will introduce participants to Bon Buddhism and its meditative practices as they apply to clinical work with psychological difficulties.

## About The Instructors

**Tempa Dukte Lama** was born in the Humla valley of Nepal, close to the Tibetan border. At the age of six, Tempa entered Menri monastery in Dolanji, India, where he studied under the guidance of H.H. Lungtok Tenpai Nyima Rinpoche and Chongtul Rinpoche.

In Summer, 2000, Joan Halifax Roshi, the abbot of Upaya Zen Center in Santa Fe, New Mexico, invited Tempa to assist her in teaching practices related to death and dying. In early 2007, Tempa Lama came to Pittsburgh. In teaching meditation practices his emphasis is on helping people transform their own suffering and helping each other.

In each session, applications to clinical practice will be made by one of the following:

*Robert Marin, M.D., Associate Professor of Psychiatry, Western PA Institute @ Clinic*  
*Stanley Perelman, Ph.D., Jungian Analyst and psychologist in private practice*

*Jon Spiegel, Ph.D., Psychologist in private practice*

## Educational Objectives:

At the conclusion of this program, participants will be able to:

- ◆ Explain Bon Buddhism as a psychological, ethical and spiritual system.
- ◆ Describe the applicability of Bon meditation practices to their clinical work.
- ◆ Express the usefulness of Bon psychological concepts such as mindfulness, afflicted emotional states, and positive mental qualities in the development of their own clinical practice.
- ◆ Articulate specific techniques to enhance their own and their patients' emotional stability and openness to psychological change.

## Bibliography

Newman, Bruce. *A Beginner's Guide to Tibetan Buddhism* (Ithaca, NY: Snow Lion, 2004)

Latri Nyima Dakpa. *Opening the Door to Bon* (New York: Snow Lion, 2005)

Suler, John. *Contemporary Psychoanalysis and Eastern Thought* (New York: State University of New York Press, 1993)

Tenzin Wangyal. *Wonders of the Natural Mind* (New York: Station Hill Press, 1993)

Young-Eisendrath, Polly and Melvin Miller, eds. *The Psychology of Mature Spirituality* (London: Routledge, 2000)

## Location:

**Pittsburgh Theological Seminary**  
616 N. Highland Ave.  
Pittsburgh, PA 15206

## Cost:

\$185.00 for 6 weeks

Registration Deadline: September 28, 2009

Payment must accompany registration.

Meeting Dates: Mondays, Oct. 5, 12, 19, 26; Nov. 2, 9; 7:00—9:00 p.m.

## Continuing Education Credits:

### Credits: 12

**Psychologists:** Pittsburgh Theological Seminary (PTS) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PTS maintains responsibility for this program and its content.

**Social Workers, Marriage and Family Therapists, and Professional Counselors** can receive continuing education from continuing education providers approved by the APA. Since PTS is approved by the APA to sponsor continuing education, licensed social workers, licensed clinical social workers, licensed marriage and family therapists, and licensed professional counselors will be able to apply course credits towards their continuing education requirement.

### Cancellation Policy:

A \$25.00 administrative fee will be deducted from refunds for cancellations made up to one week prior to the course date. No refunds for cancellations can be made after that date.

## For more information:

**Pittsburgh Theological Seminary**  
Office of Continuing Education

412-441-3304 x2196

ConEd@pts.edu

*The Seminary reserves the right to cancel programs, if circumstances warrant. In the event that a program must be cancelled, you will receive a full refund.*