



shine bright like a
DIAMOND

Shine as a "teacher"
Buddhist Psychology Coaching
Contents of the training

Background information about the Buddhist psychology course

In this course, you will be immersed in the world of Buddhist psychology.

The aim is to get a clear view of the functioning of our mind, so that we become a better coach. From these experiences, we can guide and assist others better.

Our five senses and our mental consciousness are the origins of all our emotions and thoughts. Things we see, feel, hear, taste and smell are the basis of the creation of our thoughts and emotions, and also of our internal thought processes. But the way in which we experience and perceive things, is not always the way things really are.

The problem is that we are not fully aware of this, and we live and act on the basis of our own assumptions, which we think are the right ones. In this way, we create a lot of unnecessary stress and emotion, for ourselves and for others.

We can say that we all have the same overall picture of the world through the five senses. But our specific image is formed, and we then consider that image to be the reality. These assumptions give rise to many of our problems.

In Buddhist psychology, we consider the 51 mental factors that shape this specific image. This gives us an insight into the relationship between what is real and what we experience. It gives us the tools to change our specific image.

In this course, we study the nature of the mind and how it functions. When we understand this, we can examine how the mind communicates with the outside world.

The relationship between you and the outside world creates an infinite number of different emotions. It is these emotions that make the mind unstable, uncontrollable and non-functional; therefore, it is very important to understand the origin of these emotions. Through the understanding of the mental factors at work, insight can be achieved, and we can develop the tools to bring our mind more into balance and make it function better.

In this course, we not only think about our own mind and emotions, we also learn how to help other people by asking the right questions. We look at the current situation and the desired outcome. By asking the right questions, we let people discover their own answers.

The Coach in Buddhist Psychology course

Course consists of two modules.

Module 1:

4 teaching days

The focus in module 1 is on your personal growth process. We work with four vital questions that will guide you through the entire course. We study the theory of the mind. What we learn, we apply to these four questions.

The theory consists of:

- ▶ What is the nature of our mind, and what are the different stages?
- ▶ How does our mind function
- ▶ How is an image formed in our mind
- ▶ The 51 mental factors that colour our mind
- ▶ The relationship between our mind and the outside world, and the way in which we perceive something from the outside world.
- ▶ An overview of seven different cognitions in which we or others exist
- ▶ How do we turn a wrong assumption into a correct one? We learn to work with the 108 secret questions. Between the two modules, there is time to study and integrate everything.

Module 2:

2 teaching days

In this module, we learn a number of models that we can use during coaching. We not only look at these models in theory, but also in practice.



Module 3: 1 lesson day

On the last day of the programme, you will present your thesis. A written exam is also taken.

This course is spread over an entire year so that there is time and space to apply the theory to your daily life. It is accompanied by the four vital questions, and a number of models are taught. Only when you have really experienced it yourself, can you start using it with other people.

Who is this training for?

- ▶ People who want to learn more about the workings of the mind. In this course, you will get an insight into the creation of mental patterns, as well as the tools to turn them around.
- ▶ Coaches and therapists who want to broaden their way of working.
- ▶ Mindfulness teachers who want to study the Buddhist view on the functioning of the mind even more thoroughly.