COURSE DETAIL

BUDDHIST PSYCHOLOGY AND MENTAL CULTIVATION
Country Hong Kong
Host Institution University of Hong Kong
Program(s) University of Hong Kong
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Religious Studies Psychology
UCEAP Course Number 107
UCEAP Course Suffix
UCEAP Official Title BUDDHIST PSYCHOLOGY AND MENTAL CULTIVATION
UCEAP Transcript Title BUDDHIST PSYCHOLOGY
UCEAP Quarter Units 5.00
UCEAP Semester Units 3.30

Course Description
This course examines Buddhist discourses on the nature and operation of the mind. The course studies basic Buddhist principles and diverse practices of mental cultivation based on ancient Buddhist texts and manuals that present unique perspectives on individual, family, and society at large and world. The main topics covered include psychology of dhamma and the theory of “dependent co-arising”, relation between mind and body, sensory perception and obsession, intentional actions and human well being, positive thinking and self-initiative, controlling emotions and mindfulness practice, selfless being and awakened mind.

Language(s) of Instruction
English

Host Institution Course Number
BSTC2006

Host Institution Course Title
BUDDHIST PSYCHOLOGY AND MENTAL CULTIVATION

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Buddhist Studies

Course Last Reviewed

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