

Amida Learning Community

Prospectus and Course Programmes 2010-2011

Prospectus last updated May 2010



In association with the
World Buddhist University

WELCOME TO THE AMIDA LEARNING COMMUNITY

The Amida Learning Community is an exciting educational environment in which you can explore a range of topics relevant to life in the modern world within a spiritual context. The Buddhist House is home to an active resident community, who are themselves engaged in educational and socially orientated activities. This prospectus will tell you about the range of activities that are open to you at The Buddhist House. These include workshops, courses and retreats. Some can be taken as part of our training programmes, whilst others stand alone. You can also join us at other times to make use of our facilities and take part in the many ad hoc seminars which happen as part of regular household life. You will find a calendar of events in the first part of the prospectus and details of longer courses are in the latter part.

The Amida Learning Community is open to anyone who would like to join. It may be that you intend to take a professional training with us in Counselling and Psychotherapy Somatic Therapy or in Buddhist Chaplaincy and Ministry. If this is the case you will find that this prospectus provides basic information and will tell you how to find more detailed information. For many people though, learning at Amida is an ongoing adventure in discovery and spiritual engagement. If you want to participate in this way, you can register with our general registration package which gives you a number of free course days and discounts on further days. This package also brings with it Amida Trust membership, with Running Tide newsletters and access to other aspects of the Amida Learning environment. More than anything, though, it brings you membership of a community of interesting, free-thinking people who are not afraid to explore the complexities of living in our varied, and often troubled, world.

Amida Trust came into being in April 1996. A registered charity, Amida has always been concerned with providing education with a socially engaged orientation. The Trust runs a psychotherapy training programme which was founded in 1981, offering a unique approach to the application of Buddhist Psychology as a therapeutic method. In addition, Amida Trust runs a number of other course programmes in Buddhist Ministry, Chaplaincy, Social Engagement and Applied Buddhism. Some of these are combined with volunteer training and placements in UK and overseas. The Buddhist House is a centre of learning activities with a resident community and opportunities for visitors and long term students to stay. Many ad hoc seminars, study groups and special interest activities take place there. Amida Trust offers courses in association with The World Buddhist University. It is a member of the European Buddhist Union and the Network of Buddhist Organisations UK.

Students registered with the Amida Learning Community:

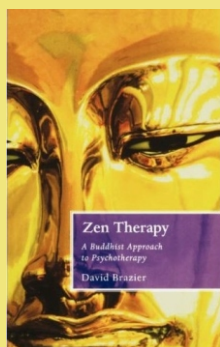
Receive discounts on all Amida courses

- Join an exciting and dynamic learning community
- Learn in a spiritually based environment
- Study with teachers who are internationally recognised authors and trainers
- Integrate learning with practical applications and social engagement
- Share skills with others
- Have use of an extensive reference library
- Receive Running Tide and other newsletters
- Access web based resources when away from the centre
- Use computer room with broadband internet access
- Join volunteer programmes overseas and in the UK
- Share in informal seminars, arts events, conferences and special interest groups
- Become members of Amida Trust and support its work
- Enjoy peaceful study facilities with a range of accommodation and good vegetarian meals at discounted rates

Books for the Programme

The Amida Training Programme has developed around the work of Caroline Brazier and David Brazier. Their innovative work has gone hand in hand with the development of the course programme and has involved the integration of new therapeutic methodologies with a Buddhist understanding of human psychology. The approach is 'other-centred' and between them, David and Caroline have written a dozen books which develop and integrate the theory. Some of these have become core texts for the programme.

CORE TEXTS FOR THE COURSE



Zen Therapy

David Brazier (1995) and

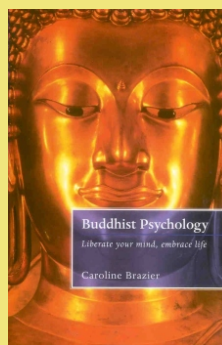
Buddhist Psychology (2003)

Caroline Brazier

Both published by Constable Robinson

Also **Other-Centred Therapy**,
Listening to the Other and
Love and its Disappointment

(See below.) All published by O-Books in 2009.

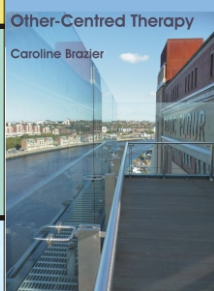


Buddhist Psychology

liberate your mind, embrace life

Caroline Brazier

RECENT BOOKS BY CAROLINE & DAVID



Other-Centred Therapy

Caroline Brazier

Other-Centred Therapy: Buddhist Psychology in Action

Caroline Brazier

This thorough and detailed book sets out the therapeutic methods taught on the Amida training programmes. A core text for all students and anyone wishing to apply Buddhist principles in therapeutic work. This book complements Caroline Brazier's earlier book, Buddhist Psychology.

Listening to the Other

Caroline Brazier

Listening to the Other

A new approach to consulting and listening skills

Caroline Brazier

This well written and accessible book introduces the reader to listening... to listening deeply to the other and listening to one's inner self. Refreshingly clear in its style, and free of jargon, it offers the reader an opportunity to gain invaluable insights into the world of others. This is as much a book for those seeking personal development as an introduction to listening and communication skills, it will prove invaluable for a wide range of people.

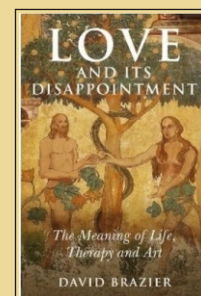
Stephen Paul, Co-Editor, "The Therapeutic Relationship",
Director of The Centre for Psychological Therapies

Love and Its Disappointment: The Meaning of Life, Therapy and Art

David Brazier

Brazier's idea of the other will engage my thinking for sometime to come and the risk he takes in standing up and banging the drum for love as the main motivation in man, is both convincing and lays bare our defences against it, and of course its frustration.

Julia Samuel, Metanoia Institute



LOVE

AND ITS

DISAPPOINTMENT

The Meaning of Life, Therapy and Art

DAVID BRAZIER

Guilt: an exploration

Caroline Brazier

This gentle, sensitive and yet ruthlessly honest book combines the gifts of the talented storyteller, the insightful therapist and the wise spiritual traveller... spiritual thriller which defies categorisation and is compulsively readable.'

Brian Thorne,
Emeritus Professor of Counselling
University of East Anglia



Caroline Brazier

GUILT

An exploration

Books by David and Caroline Brazier

David Brazier

A guide to Psychodrama (AHP 1989);
Beyond Carl Rogers (Constable Robinson 1993),
Zen Therapy (Constable Robinson 1995),
The Feeling Buddha (Constable Robinson 1997)
The New Buddhism (Constable Robinson 2001)
Who Loves Dies Well (O-Books 2007)
Love and its Disappointment (O-Books 2009)

Caroline Brazier:

Buddhist Psychology (Constable Robinson 2003)
The Other Buddhism (O-Books 2007)
Guilt: an Exploration (O-Books 2009)
Listening to the Other (O-Books 2009)
Other-Centred Therapy (O-Books 2009)

Using this Prospectus

This prospectus give details of most courses offered in the UK by the Amida Learning Community. If you are a member of the public or a student on general registration any of the courses may interest you. Your registration will normally cover you for participation at a reduced rate. In some cases where a course is part of a professional training programme you may be advised to talk to course staff first about the suitability of the training.

PSYCHOTHERAPY PROGRAMME STUDENTS attend courses from the selection marked **level green** these are generally offered in nine day blocks, three times a year. You will find some courses in the applied Buddhist Studies programme can also be counted. Students at all levels of the psychotherapy training can attend any green level courses. Each full course day counts as seven training hours and should be covered by pre-paid fees.

STUDENTS ON OTHER CLOSED THERAPEUTIC PROGRAMMES attend courses from the selection marked **level purple**. At present the Somatic Therapy Programme falls into this level.

CHAPLAINCY & VOW22 STUDENTS courses in ministry and chaplaincy are marked **level yellow**. These courses may be restricted or open access, depending on subject matter. If you are interested in attending a yellow level course that is restricted access but you are not a vow22 student please contact us to discuss your interest. In general you will be welcome to join once we have discussed the course content with you.

APPLIED BUDDHISM & SOCIAL ENGAGEMENT courses marked **level blue** are concerned with social engagement, practical spirituality, and other courses of general and professional interest. Blue level courses are suitable for anyone with professional or general interest in the role of Buddhist thought in society. They are generally intensive and may involve practical exercises and skills development.

RETREATS AND GENERAL INTEREST EVENTS courses and events marked **level red** include Amida events, introductory retreats, weekend workshops and other activities suitable for beginners.

- With your general registration, come and stay at The Buddhist house for a personal study retreat. Where else can you get:
 - Private guest rooms
 - Library
 - Shrine room
 - Art Room
 - Great conversation with people who write the books
 - Computers with internet access
 - Study tapes
 - Gardens
 - Vegetarian food
 - Countryside
 - In-house seminars and classes
 - Possibilities for therapy retreats and complementary therapies
- Join the house schedule or do your own thing.

**The Amida Learning
Community is
always open**

WHAT'S ON?

Sunday 5.00pm service

Monday 7.00pm Sutra Class

Tuesday 7.30pm Pandramatics

Wednesday 8.00pm Service

Thursday 7.30pm meditation class

Friday 7.45am vow 22 class

10.00am open morning with teacher

1.00pm Art room session

Saturday 8.00 service

Services 8.00am every morning except
Monday and Friday

July 26-30 2010

Level green (half credit)

Buddhist Psychology Summer School France

With David and Caroline Brazier

An opportunity to join with staff and students from the Amida Psychotherapy Training Programme for five days of workshops, lectures and experiential sessions in the French countryside. This event will provide an excellent introduction for those interested in the topic who have no prior experience, as well as offering regular students a chance to gain course credits in a different setting to that of our regular course blocks in the UK. It will give space for the exploration of the application of Buddhist psychology in therapeutic contexts, both in general terms, and in terms of developing specific other-centred skills. For existing students it will provide consolidation of learning gained from other courses, as well as providing time to relax together and get to know each other in new ways : pleasant atmosphere of the Amida centre. The structure of the day will be negotiable with the group but will probably consist of morning and evening formal learning sessions, with afternoons free for walking, swimming or conversation. There will be opportunities to join Buddhist practice at the centre, and participants may want to extend their stay to join one of our other programmes. Recommended pre-reading for participants: David Brazier's Zen Therapy and Caroline Brazier's Other-Centred Therapy. Note that this event will include personal sharing as well as theoretical discussion. This event carries half credit for registered students.

Cost for Buddhist Psychology Summer School : €150 or can be taken in exchange for two and a half days course credits. ACCOMMODATION is additional - between € 20 - 40 per day per person

The Amida centre in France is set in rural Berry, the ancient seat of the Dukes de Berry, nestling between two tributaries of the Loire; the rivers Allier and Cher. A region of rolling countryside, small fields, copses and scattered honey coloured farm buildings, this area is well off the tourist maps, and still carries the relaxed feel of earlier times. With several larger oak forests within easy range, supporting walking, horse riding and other outdoor activity, and swimming places at several local lakes it is a perfect environment for gentle holidaying in a Buddhist community. For those with an interest in history, there are many fascinating 11th and 12th century romanesque churches, medieval villages and chateaux of various eras as well as the Cathedral cities of Bourges, Moulins and Nevers and the historic centre of the Bourbon kings at Sauvigny, all within a short distance of the centre. Come early and take time to enjoy the surroundings. On the other hand, you may prefer to just unwind in tranquil countryside, to listen to the prolific bird life and enjoy the flowers and trees. The Amida centre was a small farm. Set in thirty acres with space for camping or accommodation in the house and outbuildings. Solitary retreats are possible in the retreat hut. A place of peace, mindfulness, celebration and practice, the lifestyle reflects the natural world with which we are surrounded. We live simply and close to the earth and the seasons. Mostly, we eat out of doors, weather permitting. Sometimes we sleep under the stars. Nature is all around us. Our approach to Buddhism is Pureland and we enjoy the creativity of nembutsu practice as well as the silence of meditation. There are events happening all summer, so do check our web site for details of other teachings, retreats and times to visit.

August 2-6 2010

ECO-THERAPY

level green (half credit)

Caroline Brazier and Gina Clayton

The environment is a great healer. Being in the midst of the processes of growth and change evident in the natural world, we are faced with the realities of a universe in which all is impermanent, yet beauty is everywhere. Through interacting with this world, we are changed and challenged, facing our limits or recognising the benign presence of ordinary miracles. Amida France provides a wonderful situation for exploring ourselves in relation to the environment. With thirty acres of land, much of it wild, and varied habitats including woodland and open fields with a rich variety of wild life, it is possible to find solitude or to share experiences. Through group process and through experiential exercises we will use the environment as a source of other-centred work, exploring nature both as metaphor and as a reality in our lives

More details of staying in France on the previous page or see our web site at <http://amidatrust.typepad.com/france/>

Costs €150 plus €20-€40 per day residence (concessions available)

OCTOBER 9 – 17 2010

COURSE LEVEL: GREEN

BOUNDARIED SPACE: FORMALITY AND SPONTANEITY IN THE THERAPY RELATIONSHIP

Therapy relies upon a combination of formality and spontaneity. The situation in which a client talks to a stranger about personal matters in a time limited, rule bounded setting is highly formalised and yet the real substance of the meeting is an unplanned encounter between two people in which things unfold according to unpredictable psychological and inter-personal factors, and become the subject of shared examination. This combination of the planned with the unforeseen creates the tension which itself supports therapeutic process. It is a creative tension in which habitual patterns of reaction can be examined and new insights can be discovered.

CONTRACT AND ENCOUNTER

October 9-10

The therapeutic relationship relies upon the establishment of a particular set of conditions. Within the containing frame of the therapeutic contract, a meeting of two people occurs which has a particular intensity and purpose. The therapist has responsibility to establish the parameters of the relationship, but is working with the client to explore forces in their life which are as yet unknown. We will discuss the implications of contract within a “bambu” paradigm in which the unknown and the unforeseen are appreciated both for their potential and their dangers. This first weekend of our October course block will look at the way that the therapeutic frame is established through explicit and implicit contract and how this enables or impedes a real meeting between therapist and client.

INTENSITY WITHIN LIMITS

October 11-14

In the therapeutic encounter the level of intensity is a significant factor in enabling therapeutic process to occur. This four day experiential workshop will provide group experience, exercises and discussion exploring ways in which structure creates intensity. We will look at different sorts of intensity: the role of cognitive clarity and of emotional engagement as well as their pitfalls, putting these in the context of the core Buddhist concepts of wisdom and compassion, which are the two wings of the Buddhist path. We will also examine the way that the values of intensity, energy and passion which are emphasised within Buddhist training transfer to the role of the therapist. We shall explore the paradox: limits liberate.

STRUCTURE AND SPACE

October 15

A day seminar exploring the significance of structure in the therapeutic relationship. In this theory day we will look at issues of assessment, therapeutic contract, and the maintenance of the therapeutic space in the light of Buddhist theory and practice. We will draw comparisons between the concepts of the therapy profession and those of Buddhist training to throw light on current practice issues. We shall reflect upon how difficulties that arise in relation to the therapeutic contract often reflect issues that clients have in relation to the structuring of their own lives. Therapeutic boundaries are not just a container for therapy, they are themselves a therapeutic variable.

THE REAL THERAPEUTIC CONTRACT : A WEEKEND OF MICROSKILLS

October 16-17

This weekend workshop will include skills practice, demonstration, feedback, coaching, and discussion. Whilst therapists may create intentional contracts and clients may set therapeutic goals, the process which actually unfolds has complexities that often remain unconscious. In this process subtle negotiation takes place continually. The subtle unacknowledged structure of the therapy relationship is an essential dimension of the meaning creation process that enables clients to restructure their life purpose and come to terms with opportunities and frustrations at many different levels. By focusing on the juxtaposition of explicit and implicit meaning in the fine grain of communication between client and therapist we will explore ways in which what appears to be the case may often hide opposite forces and will look at the usefulness or otherwise of making these communications explicit.

1-8 December 2010

The Bodhi Retreat

with teachings by **Dharmavidya, head of the Amida Order,**
and other sangha members

LEVEL: YELLOW

The Bodhi Retreat is held in commemoration of the Enlightenment of Shakyamuni and the founding of the Buddhist tradition. Always the most important and exuberant event in the Amida annual calendar, the Bodhi Retreat has grown in significance as the Amida-shu and the Amida Order have developed. Five years ago we inaugurated the practice of 24 hours of continuous chanting at the beginning of the retreat. This year we will once again hold three days of continuous chanting. This practice provides the opportunity for a complete immersion in the nembutsu. One can spend every waking hour in nembutsu practice. In addition to the continuous chanting practice, the Bodhi retreat is the time when we hold admission and renewal ceremonies in which people commit themselves at various levels within Amida-shu and the Amida Order. If you are a present or intending member of Amida-shu, do make every effort to attend. If you are contemplating an advance in your commitment, please arrange to discuss this ahead of the retreat with one of the teachers of the Order.

15-16 January 2011

Peer Learning Weekend (registered students only)

convened by Susthama Kim

COURSE LEVEL: RED

An annual convention for students on the psychotherapy training course, this self-programming weekend is a good opportunity for students to bank up Peer Learning Hours (required by the course) and spend time in each other's company.

Always a stimulating environment in which to develop your skill in methods taught on the course, to discuss basic principles, and to explore the processes at work in our lives. An opportunity for one to one and group based practice and for giving and receiving feedback, as well as to clarify points of theory.

1st International Conference on Other Centered Approaches

NEW DIRECTIONS IN BUDDHIST PSYCHOLOGY

Co-sponsored by Amida USA, ToDo Institute & Institute of Buddhist Studies

FEBRUARY 18 - 20, 2011

Hosted by Buddhist Churches of America –

**CENTER FOR BUDDHIST EDUCATION at the JODO SHINSHU CENTER - 2140 DURANT AVE.,
BERKELEY, CALIFORNIA USA**

Keynote Speakers

+ **Caroline Brazier** author of *Other-Centred Therapy*

+ **Clark Strand**

+ **Gregg Krech** author of *Naikan: Gratitude, Grace and the Japanese Art of Self-Reflection*

+ **Daijaku Judith Kinst**

+ **David Brazier** author of *Zen Therapy*

More information email courses@amidatrust.com

12-20 March 2011

COURSE LEVEL: GREEN

GENDER AND STORY

This nine day course block will explore the role of gender in defining and creating our identities. Our biological gender conditions our psychology at many levels. Physically it brings with it hormonal influences which shape our bodies and our minds from birth. Socially it imposes on us a variety of models of being, which in our modern world are often conflicted and ambiguous. Psychologically it offers a variety of role models, archetypes and associations with which we may identify or against which we may rebel. But our biological gender is only one factor in defining our sense of who we are. Within each of us there is a mix of qualities which may be associated with both genders, so that we can regard masculinity and femininity as facets of each person to be explored and integrated. This course block is particularly concerned with developing skill in the use of creative media and body awareness in therapy, so exercises throughout the week will draw on these modes of working.

March 12-13: MASCULINITY AND HUMAN PROCESS (For men and women)

The modern world has produced challenges to the concept of masculinity. The traditional male role, with its close association with strength, career and intellect, has been questioned in the West and over recent decades has faced something of a crisis. Against the tide of criticism which old-fashioned styles of maleness evoked, some men have tended to move into an uncomfortable space in which they become wary of expressing themselves. The 'new man' may be seen as discovering his true identity or as weak and ineffectual. In response new movements have emerged which celebrate masculinity and re-define the old attributes. This melting pot situation provides a rich focus for exploring the personal impact of ideas of masculinity in ourselves and our clients. We will draw on direct experience, Western models, and reflect on them in the light of Buddhist ideas of conditioned identity, but also of the role-models presented in the sutras. The workshop will include "empathy lab" style opportunities to explore issues and practice therapeutic skills.

March 14-17: GENDER, POWER AND ENCOUNTER

A four day multi-media group exploring issues of gender, love, power and identity. We will use methods such as creative arts, psychodrama, dreamwork, and encounter to investigate the interplay of these vitally important dimensions of our lives. What is the relationship between love and power? How does gender power affect our life? What are our ideals about relations between sexual partners or between friends of the same or different gender and what is the reality in our own experience? What part does sexuality play in personal growth and the emergence of identity and meaning? The psychologist C.G.Jung introduced the notion of an unconscious counter-sexual element in the structure of the psyche – animus and anima – and built a structure of ideas around the appearance in dreams of representatives of these instinctive energies. In Buddhist dreamwork similarly such figures appearing in dreams and phantasy can be regarded as bearers of new wisdom, awakening new potentials in the person. In this encounter we will use our interactions within the group, supplemented with creative methods, to explore the workings of such powers in our own lives.

March 18: DAY SEMINAR: GENDER, DIFFERENCE AND INTEGRATION

Male client, female therapist; female client, male therapist; female therapist, female client; male therapist, male client; does it matter? Does it make a difference? At are the opportunities? What the dangers? How is one to interpret or therapeutically use the feelings and dynamics that arise? Is therapy a seduction, and insofar as it is when is that helpful and when injurious? Does therapy involve gender role modelling, and when is that valuable? According to Buddhist psychology, sexuality is a primary power (indriya) and there is a compelling need for therapists to know how to use that power authentically, responsibly and for the benefit of the client. However, sexuality is also a major generator of entrancement (samjna) that impedes the very awareness that is necessary for such skilled and responsible conduct. An important topic for all therapists.

March 19-20: FEMININITY AND HUMAN PROCESS (For women and men)

This final weekend we will explore the role of femininity in shaping and holding our culture and our individual lives. Exploring the different female archetypes and role-models we will look at the complexity of forces represented in the feminine energy, its cycles and generativity, seeing both strength and weakness; dependence, dependability and independence. We will look at the ways in which these energies bring richness to the lives of both women and men, but also how they can be limiting. We will consider the role of female energy in the task and role of the therapist. We will look at examples from the Therigata, the stories of the Buddha's female disciples and the way they offer images of women which speak to the modern situation. We will explore through skills exercises how these ideas impact in therapeutic encounter.

May 28-June 5 2011

COURSE LEVEL: GREEN

RELATIONSHIP OVER TIME

The therapeutic meeting involves two individuals working together over a period of time. As they meet, both therapist and client bring with them histories, and these impact upon one another in the form of conditioned perception and expectations. As they continue to meet, different patterns of thinking and action unfold as old karmic traces are revisited. At the same time, new seeds are sown, and neither emerges from the relationship unchanged. This course block explores the foundations of the self-structuring process in the cycle of the skandhas. It will allow a longer experience of a developing therapeutic relationship, and it will look at the role of ethical codes and supervision in offering containers for the process of exploration. An important course block for all students, particularly those contemplating starting the practicum.

May 28-29: RUPA, VEDANA, AVIDYA, RUPA: EXPLORING THE CYCLE OF CONSTRUCTING REALITIES

This weekend skills workshop will address the central concept of Buddhist psychology, the creation of identity based on perceptual conditioning. We will look at the detail of the process of self-building and the way in which therapeutic intervention can clarify and challenge entrenched positions. This weekend will focus particularly on the processes of observation associated with listening to the client's story and identifying and amplifying power objects (rupa) – significant others, critical incidents, transitional objects, etc - appearing in the client's life space. It will explore ways of exploring the conditioned power of these phenomena and of loosening perceptions to incorporate other view points. On the one hand, Buddhist psychology teaches how to escape from being dominated by the power of such influences; on the other hand, it also teaches how to use them as creative opportunities. Enlightenment occurs in the midst of the world of Mara.

May 30-June 2: COUNSELLOR INTENSIVE

This regular feature of our course programme offers students an opportunity to participate in a sustained piece of work with another student over a period of several sessions with supervision group sessions. The participant will gain experience of both counselling and of being a client. It provides a unique environment in which to reflect on the process of a therapeutic relationship as it develops over time and gives students, both those who are about to embark on a placement and the more experienced, the chance to work in a series of longer sessions. This four day section is appropriate for students at all levels who have attended at least two skills weekends and for experienced counsellors and therapists from other traditions but is not suitable for complete beginners.

June 3: SEMINAR: INSPIRATIONAL ETHICS, NORMATIVE ETHICS

In this seminar we will look at different models of ethics and the way that they can inspire and facilitate the therapeutic process as well as creating safety within it. In particular we will examine the codes of ethics operational within the counselling profession and look at how they impact on the therapeutic encounter. We will explore ethical dilemmas as examples through which to better understand the impact of decision making within the codes.

June 4-5: CHALLENGE AND BOUNDARIES

This skills weekend will explore how vitally important matters get played out through the manner in which the client and therapist handle the boundaries of the therapeutic session. At this margin psychological patterns become apparent. A skilled therapist is aware of these developments and knows how to use the on-going negotiation of the boundary as a therapeutic opportunity, not merely an administrative or utilitarian function. We will look at ways in which clients enact their karmic patterns of relating in their behaviour at the beginnings and ends of sessions and in other boundary-related issues. We will examine the effects of different therapeutic interventions within the therapeutic boundary, the ethical dilemmas which may arise, and the need both for resilience and sensitivity, including the role of "tough compassion" in the therapy relationship. Supervision can help in exploring boundary issues and we will explore the way that processes can repeat and be usefully explored in the supervisory meeting. We will look at ways in which both therapist and client bring their own (often unacknowledged) pre-conceptions of appropriate boundaries to the counselling interaction and the inter-face between these and the assumptions which arise from social and psychological conditioning.

PSYCHOTHERAPY COURSE STAFF

Core Teaching Staff

Caroline Brazier; Course Leader of the psychotherapy training programme, Caroline teaches, writes and travels extensively. A practising psychotherapist, Caroline has been teaching on the programme since 1990. She holds an MPhil in counselling, Diplomas in counselling and groupwork and a supervision certificate. BACP Accredited.

David Brazier; is head of the Amida Order and senior tutor on the programme. He teaches, travels and writes on buddhism and psychology. He has been with the course programme since its inception in 1981. David holds a PhD and is trained in Psychodrama. He is a BACP member;

Gina Clayton: Gina Clayton has been involved in Amida Trust since 1997 and has a background in community work, theatre and law. Author of Textbook on Immigration and Asylum Law, her special interest is in Process Work, both in its therapeutic and community applications.

Other Staff

Liz Burnham; is a registered social worker (children and families) and holds Diplomas in Therapeutic Counselling with Children and Young People and Therapeutic Counselling. She is currently in therapy practice in the health service. She is UKCP registered; BACP member;

Michael Whan: is a Jungian Analyst in regular practice and an active member of UKCP. He has an interest in working with dreams.

Michael Fitter; is an organisational psychologist who offers advice, support and guidance to the course programme.

Simon Williams; is a registered Art Therapist and holds supervision qualifications.

Susthama Kim is the course administrator, and offers support to the student group.

Consultants

Mary Midgley, the philosopher, has long been a supporter of the Amida programmes.

Professor Al Bloom the well known writer on Pureland Buddhism also acts as consultant on spiritual matters. Both are patrons of Amida Trust.

Other members of the Amida Order teach on retreats and workshops including **Modgala Duguid**, who has extensive overseas experience in the Amida Order and specialises in social engagement, **Sumaya Budkovska** and **Kaspalita Thompson**.

The Fee Structure for Amida Trust Courses

Short courses are classified in five categories

Green: professional psychotherapy courses

Purple: other professional training in closed group courses (fixed cost as advertised)

Blue: other professional courses and some personal growth courses

Yellow: chaplaincy & ministry programmes

Red: general interest courses

Course Fees and Discounts for Registered Students

£60 per day for public

£36 for all registered students

£45 per day for public

£12 for all registered students

£30 per day for public

£12 for all registered students

£15 per day for public

No charge for registered students

Course Costs for General Registration and Longer Programmes

General registration is open to anybody and costs £105 per year. It includes four free days attendance per year (2 on any course except purple and 2 on any except green or purple).

Psychotherapy Foundation Certificate costs £600 for up to one year. Thereafter £105 per year for renewal. Foundation Certificate registration includes 18 days of green course attendances (or attendance on other courses which can be counted towards the qualification). Students complete an application and must have been accepted onto the course before registration. Foundation Certificate students receive an additional two free days attendance at blue and yellow level courses per year.

Psychotherapy Programme Advance Certificate costs £2530 plus the cost of the Distance Learning Programme which forms the core theory module for this course. Advanced Certificate registration includes 46 days of green course attendances (or attendance on other courses which can be counted towards the qualification). Students complete an application and must have been accepted onto the course before registration. Normally they will have already completed the Foundation Certificate. Students on this programme receive an additional two free days attendance at blue and yellow level courses per year.

Psychotherapy Diploma Programme: costs £2530. Diploma registration includes 43 days of green course attendances (or attendance on other courses which can be counted towards the qualification). Students complete an application and must have been accepted onto the course before registration. Normally they will have already completed the Advanced Certificate. Students on this programme receive an additional two free days attendance at blue and yellow level courses per year.

Psychotherapy Postqualifying Certificate: costs £725 for up to two years. Thereafter £105 per year for renewal. Postqualifying Certificate registration includes 21 days of green course attendances (or attendance on other courses which can be counted towards the qualification). Students complete an application and must have been accepted onto the course before registration. Postqualifying Certificate students receive an additional two free days attendance at blue and yellow level courses per year. CPD packages are also available to qualified therapists at £425 per year (details later in this prospectus).

Vow22 ministry training: costs £195 per year. The fee includes access to the Minman web site on which lectures and lessons are posted and to all associated materials. It also includes access to Vow 22 Seminars when attending The Buddhist House and participation in the Vow 22 e-group. Students may attend the Vow 22 training group during the July teachings at Amida France and other Vow 22 events and four days of course fees for any other AT course attended (those attending will still need to pay accommodation costs).

Full-time registration costs £2100 initially and £1680 per year renewal. This includes 27 days of green courses and 18 days of blue/yellow courses every year. This is the way to register if you want to do everything. It can be used by students wishing to complete a Certificate, Advanced Certificate or Diploma full time provided an application has been accepted.

Fully resident registration is for those becoming full-time trainees with a view to ordination or long-term residence in the Buddhist community. Full time trainees normally contribute financially for the first six months of their stay, but rates are individually discussed.

All registered students get Amida Trust membership, Running Tide newsletter, course discounts, access to student only web-resources, library facilities when at The Buddhist House, internet facilities at TBH, and access to tutors. Accommodation is not included in these rates.

Confused?

Give us a ring on

+44 (0)116 286 7476

to discuss your needs or email

us and we'll help!

PSYCHOTHERAPY TRAINING COURSES

longer course programmes

Full details of course requirements can be found in the course handbook available as a download on the courses web site at www.buddhistpsychology.info. Supplementary information about courses can also be found on that web site. The details below will give you a guide. Attendance requirements are met through attendance at psychotherapy courses (green level) listed in this prospectus

Foundation Certificate in Counselling

This is intended for those with no existing qualification. It consists of 130 hours of attendance (18 days) plus four hours of peer learning or tutorials. Students are required to keep a learning journal whilst on this programme. Cost when completed in one year.....£600

Advanced Certificate in Counselling

Application to the Advanced certificate is open to persons having completed the Foundation Certificate or an equivalent qualification elsewhere. The Advanced Certificate takes students to a level appropriate for professionally qualified counsellors. It involves 320 hours course attendance (46 days), peer learning, project work, a practicum and a personal development requirement. To complete this course, students must also have completed the Distance Learning Programme in Buddhist Psychology which provides the theory component, including the professional skills module. These are generally taken concurrently. Please note that students seeking UK counsellor accreditation will normally have met the BACP accreditation requirement for training hours on completing the Advanced Certificate, provided they have previously met the Foundation Certificate requirements or equivalent. Please budget for books, travel, accommodation, and supervision where applicable, and for the cost of the Distance Learning sequences as appropriate.

Cost of Advanced Certificate when completed in two years by part-time student.....£2530 plus distance learning fees

Diploma in Psychotherapy

For students who wish to proceed beyond the Advanced Certificate level to the standard for full psychotherapy training, the Diploma Programme involves a further 300 hours (43 days) of attendance, peer learning, project work, a practicum and academic assignments. This course is conceived as a process of ongoing professional development at a level beyond initial qualification and students on it are expected to be working in psychotherapeutic or related fields whilst completing it. Individuals who already hold a qualification from elsewhere equivalent to the AT Advanced Certificate may also join the Diploma Programme, in which case, instead of the normal academic assignments, they will be required to complete the Distance Learning Programme in Buddhist Psychology. Please budget for books, travel, accommodation, and supervision where applicable, and for the cost of the Distance Learning sequence as appropriate.

Cost of Diploma completed in two years by part-time student..... £2530

Students who continue studies and complete the Advanced Certificate and Diploma sequentially, do not need to pay a second initial registration. If they finish both courses by part time study within four years, cost of taking the two qualifications together therefore is £4416. Payment by installment can be negotiated for Advanced Certificate and Diploma courses. This carries a surcharge of £150.

Post-Qualification Certificate in Applied Buddhist Therapeutic Psychology

An attendance course of 150 hours (21 days) suitable for those who are already qualified in counselling or psychotherapy or groupwork who wish to familiarise themselves with the Buddhist approach and to develop their existing skills further. The course is predominantly experiential, with one written assignment. In this students write a personal integration of Buddhist psychology and their pre-existing therapeutic approach. Students looking for a more thorough theoretical grounding in Buddhist psychology models are advised to take the Distance Learning sequence in addition to this course. Cost £725

Continuing Professional Development Contract

Are you looking for Continuing Professional Development? Most professions now require practitioners to continue to develop their skills and broaden their knowledge base as they progress in their careers. In the Amida Learning Community we can support you in this process, giving you an opportunity to explore new dimensions of your work and integrate a spiritually based approach. For those familiar with their work, the opportunity of supervision sessions with David and Caroline Brazier will provide a welcome opportunity to reflect on practice in the light of Buddhist psychological models. Practising therapists and counsellors can contract with us for a package of continuing professional development which includes six days of course attendance plus three hours of consultancy/supervision with David or Caroline Brazier. The cost of a CPD contract is £425 per year, which includes all the benefits of student registration (those wanting extra supervision sessions may negotiate these separately)

Distance Learning in Buddhist Psychology

Amida Trust offers a distance learning programme in Buddhist psychology. The course consists of two years training, each made up of nine on-line units grouped in three modules. Units are issued monthly through the academic year, starting each October. Each unit includes theoretical material and experiential exercises. Year One covers basic theory. Year two covers applications. Comparative material with Western psychology is also included. Learning support and contact with other students is encouraged through email and on-line discussion groups, so students should have regular access to the internet. This programme will suit those interested in Buddhist psychology and its therapeutic applications, whether in one to one psychotherapy, or in other settings. It is not itself a full psychotherapy training, but forms part of the main training programme with Amida.

As well as being part of our regular training programme, this course is offered to others who have an interest in the subject. It is of interest to practising therapists wishing to integrate a Buddhist approach into their work and to others with a general interest in the subject. There are opportunities to reflect on case material and to get feedback on client work. The course offers both theoretical grounding in Buddhist psychology and a wide range of supporting practical exercises. Each unit takes about 16 hours to complete. Students are expected to complete a series of journal exercises and to discuss the learning from these on the student e-mail group. Each module culminates in a written essay assignment.

The Distance Learning course may be taken on its own, or may form the theoretical core of the Amida Trust's Psychotherapy Advanced Certificate programme, for which it is also a requirement.

Comments from recent students:

- * To work with this material has been very inspiring.
- * I liked it! Felt I could respond from where I was, and it opened interesting potentials.
- * Varied without feeling disconnected.
- * I feel deeply grateful that I have had the opportunity to learn from the Amida Trust group of teachers
- * I have just started my second week of classes here at (a well known university in USA). I must say that I am glad I took year 1 of the DLP because the Buddhist psychology course here is not really the same calibre as year 1 of the DLP. For example, we will be talking about mindfulness, suffering, and impermanence etc...but not in the in-depth and systematic way that it was presented in year 1 of the DLP.
- * The course material is inspirational and supportive to my work as a therapist.

FEES: £405 per year plus AT membership. (In North America: US\$850 inclusive of membership of Amida West; Euro rate E620) Payment instructions will be provided.

APPLICATIONS: Apply on line at www.buddhistpsychology.info/dlform.htm. Intakes take place every September for the October start. If you plan to join the programme, you should contact us during the summer, and certainly before mid-September.

Vow 22: Buddhist Theology Training for Ministry & Chaplaincy

This programme is called "Vow 22" after the 22nd vow of Dharmakara Bodhisattva in the Larger Pureland Sutra, the vow which establishes the bodhisattva path as a core element of Pureland Buddhism. We conceive Buddhist ministry to be equivalent to following the bodhisattva way since to minister is to serve the spiritual needs of others.

Suitability: The programme is designed for those seeking a formation in ministry and chaplaincy within the Pureland tradition. It is taken by students some of whom are seeking ordination and some who want a comprehensive and systematic education in Buddhism from a consistent standpoint.

Orientation: The Vow 22 programme is offered from the perspective of Amida-shu, a Pureland denomination. The programme originated in the need to prepare Amida-shu members to take on pastoral, liturgical, sangha leadership and socially engaged activities. This remains a major function of the programme, though it is recognised that by no means everybody who joins the programme will seek ordination in the Amida Order. Joining this programme one becomes part of a group of students dedicated to Pureland studies and Pureland ministry. On the one hand, this makes the programme an exciting experience. At the same time, please do not join the programme if this is not likely to suit you.

Style of Learning: Trainees either study by attending or living at The Buddhist House where most relevant teachings take place or study by distance learning. Both groups of trainees have access to the distance materials. When one joins the Vow 22 Programme one obtains access to resources developed by trainees and staff up to that point stored on a dedicated web site. This includes a wealth of audio files of lectures together with supporting notes and essays, discussion points and assignments. Trainees are also subscribed to an e-list that reaches all those on the programme and important discussions and communications take place through this medium. The databank of materials is constantly expanding. Each summer there is a summer school at Amida France running concurrently with Dharmavidya's Teaching Retreat in July and those who attend generally find this an extremely valuable element in the programme.

•Structure and Syllabus: Year One of the programme has 40 study units covering six core topics:

- Introduction to Buddhist Theology
- Sutra Study
- Characteristics of the Amida-shu
- Ancestors of the Pureland Tradition
- Chaplaincy and Pastoral Care
- Contemplation and Worship

Study is by distance learning via the internet plus a ten day attendance requirement. Although this is called Year One, there is at present no time limit on completion and we find that different students progress at different rates to suit their circumstances.

Years Two and Three are under preparation and are likely to include Buddhist Theology; Ethics and the Religious Life; Chaplaincy and Pastoral Facilitation; History of the Pureland Tradition; Liturgy and Rites; Leadership and Sangha Building; Doctrine and Controversy; Organisation and Communication; Sutra Study; Practical Organisation of Ministry. Many participants also partake of elements of the programme in Buddhist psychology that also runs at The Buddhist House, and thus acquire skills in counselling, therapy, groupwork and teambuilding.

Entry Requirements: As the course is offered from a Pureland perspective candidates should have some background in this approach. The course is offered at a post-graduate standard and applicants need to demonstrate that they can work at this level. Generally, applicants will be people who are already engaged in some form of ministry, chaplaincy, or socially engaged religious activity. The course has accepted ministers of non-Buddhist religions as well as persons with substantial Buddhist experience.

Cost: When this course was first launched we did not charge for it. When it had been running 18 months we surveyed participants and found general agreement that the programme should contribute financially to the work of Amida Trust. We now, therefore, suggest a contribution of £225 or US\$445 for the Year One programme.



In association with the
World Buddhist University

WORLD BUDDHIST UNIVERSITY

Amida Trust offers courses in association with The World Buddhist University. The World Buddhist University (WBU) was established in B.E. 2541 (1998) by a resolution of the World Fellowship of Buddhists general conference held during October 29 - November 2, 1998, in New South Wales, Australia, in honour of two auspicious occasions: Celebration of the 84th Birthday Anniversary of H.H., Somdej Phra Yanasangvara the Supreme Patriarch of the Kingdom of Thailand, the High Holy patron of the World Fellowship of Buddhists, on October 3rd, B.E. 2540 (1997) and that of the World Fellowship of Buddhists on December 6, B.E. 2543 (2000)

The World Buddhist University has a similar role to the United Nations University. The University Centre serves as its headquarters located in Thailand. This is the main Co-ordinating Centre. The World Buddhist University has, in its organization and administrative structure, five institutes consisting of :

- The Institute of Research and Development
- The Institute of Training and Curriculum Development
- The Institute of Spiritual Practice and
- The Institute of Educational System Based on Buddhism.
- The Information and Cultural Exchange Centre

The five institutes will associate with existing universities training institutes, Buddhist associations, etc. These elements interact on a networking principle. The World Buddhist University operates in many different countries and serves as an international community of Buddhist scholars engaged in research, post-graduate training, spiritual practice, and Buddhist study through the academic networking system of the university. Read more at: <http://www.wb-university.org/>

Staying at The Buddhist House

Find us at:

The Buddhist House

12 Coventry Road

Narborough

LE19 2GR

UK

Tel: 0116 286.7476

courses@amidatrust.com

Most course participants stay at The Buddhist House when they come on courses. The Buddhist House is a spiritual community. We have Pureland Buddhist services most days which you are welcome to join in if you wish, and you will find other activities such as our regular sutra study group which you can also share in. The atmosphere is friendly and most people feel at home very quickly.

The house is spacious and if you are looking for a place to relax and stay, visiting outside the course blocks can provide a good opportunity to read, go for walks, or enjoy our lovely garden. We have a well stocked library and a computer room with a number of PCs with broadband internet access for guest use. What better place to finish your research thesis, write your book, or simply browse. We'll not disturb you except to invite you to join us for meals (home-cooked vegetarian). If you want conversation you will find we are enthusiastic to engage, and with several resident writers, there is no shortage of views. Meal times are often a vigorous exchange of ideas of everything ranging from early philosophy to political theory, social activism to the latest recipes.

We have five twin guest rooms and plenty of basic accommodation. We can usually arrange single rooms if requested in good time. Some rooms are in our annexe which is a three minute walk away. Narborough is a small village just outside Leicester. We have a station five minutes' walk away and good road links with M1 junction 21 close by.

TRAVEL:

By Rail: Narborough station is literally just round the corner from us. From the station, walk up the hill to a mini round-about (100yds) and turn left and you will find the house a further 100yds on left, after the Narborough Arms & the Nat West bank.

By Coach: The nearest National Express buses come to Leicester (St Margaret's Street Bus Station). From there you can get a bus to Narborough

By Car: Come to junction 21 of the M1 (M69 and M1 junction).At motorway departure roundabout follow Leicester. Do not take slip road on left but go straight ahead. At next roundabout turn right, following Narborough signs. Keeping straight on, cross several junctions and a further roundabout till you go under a motorway bridge (about 2 miles from M1/M69 junction). Immediately, take a left turn, signed to Narborough & Littlethorpe. This takes you into the village. The house is in the centre, just after the Narborough Arms & the Nat West Bank. Park in the drive. The house is easy to spot as it has the biggest chimneys in the village!

Accommodation costs:

Registered students receive a discount on accommodation.

All accommodation is full board.

Basic £15 per day student £13.50

Twin £25 per day student £23.50

Single £35 per day student £32

extra meals £5

Joining the Learning Community General Registration

To join the Learning Community on a general registration please return the form below, together with your registration fee of £105. Please note that registration renewal dates are October 1st and February 1st. You may join at any point, but your renewal will be due on the anniversary of the previous registration renewal date.

To apply for one of our longer courses, you will need to fill in an application form. This can be downloaded from our web site or you can send for one by contacting us by email at: courses@amidatrust.com or by phone +44 (0)116.286.7476

NAME:

DATE OF REGISTRATION

ADDRESS

EMAIL

PHONE

INTEREST IN JOINING THE LEARNING COMMUNITY:

Please return to:
The Buddhist House
12 Coventry Rd
Narborough
LE19 2GR UK