



**Master of Arts in Buddhist Studies  
in collaboration with  
University of Kelaniya Sri Lanka**



**Syllabus as per UoK Prospectus**

**SYLLABUS OF THE COURSE UNITS**

<b>Course Code</b>	-	<b>MABS 61035</b>
<b>Title</b>	-	<b>Buddhist Psychology and Counseling</b>
<b>Status</b>	-	Compulsory
<b>Course Content</b>	-	Analysis of consciousness and mental concomitants, wholesome and unwholesome roots, wholesome and unwholesome actions, character analysis, subjects of meditation, mental conflicts and methods of resolution, methods of counseling, methods of meditation, ways of behaviour and mental illnesses, theory of perception, mental problems and resolution with reference to Jataka, Apadana and Thera-ther gatha, psychological problems found in the present society and relevant psycho-treatment methods, aims and objectives of Buddhist Psychology and counseling.
<b>Learning methods</b>	-	Lectures, discussions, assignments and workshops.
<b>Assessment</b>	-	Year end examination.

**Class Schedule shall be posted in Google Classroom  
on commencement of course!**