

Research Summary

Since the emergence of secular mindfulness-based interventions 30 years ago, there has been ongoing dialogue about the most appropriate way to integrate Buddhism into different theoretical orientations (TOs) for counseling. The most recent trend is for counseling models to go beyond mindfulness and incorporate more significant Buddhist teaching and practices into their treatment repertoire. Acceptance and Commitment Therapy and Dialectical Behavioral Therapy are prominent examples. However, most of these efforts use an existing psychological foundation and add extracted Buddhist components to supplement it. Doing so leaves one crucial question unanswered: Instead of extracting elements from Buddhism to fit with psychological models, can we develop a comprehensive TO solely based on Buddhist teaching?

Under this overarching research question, our research topics include:

I. Development of a Theoretical Orientation Based on Buddhist Teaching:

This part of the project integrates key Buddhist teachings into the five key dimensions of a Theoretical orientation : (1) *basic philosophy*, (2) *central theoretical constructs of human nature and human motivation*, (3) *theory of human development*, (4) *psychological dysfunction*, and (5) *interventions*.

II. An Evidence-Based Case Study: Evaluating Effectiveness of a Buddhist

Counseling Model: using case studies to evaluating the efficacy of Note, Know, Choose.

III. Conceptual Application of Note, Know, Choose:

proposing the practicality of the Note, Know, Choose model to various psychological disturbances and mental health problems, such as trauma and suicide.

IV. Development of the field of Buddhist skills and techniques:

summarizing practical experiences from Buddhist counselors, Buddhist chaplains, and mental health professionals using Buddhist-derived or Buddhist teaching-based treatments, this part of project compiles and presents such skills and techniques in a systematic and practical manner.

The general idea guiding our research is that Buddhism is a viable school of thought for professional counseling while it takes effort and creativity to “translate” this ancient wisdom into the language of contemporary society.