COURSE SYLLABUS

**Course Title:** Buddhist Psychology: Addressing the challenges and stressed in our lives

**Instructor:** Dr. Gretchen Groth
Gretchen Ann Groth, Ph.D. has been a Tibetan Buddhist within the Nyingma school for many years. Her teacher, Dungse Shenphen Dawa Rinpoche, appointed her as a lama, Lama Pema Chokyi and she is the meditation teacher with Yeshe Nyingpo Denver. She has been a national Organization Development and Diversity consultant and currently teaches Psychology at Metropolitan State University of Denver.

**Course Times:** Thursdays 9:30-11:30 (Sept 19-October 10, 2019)

**Course Location:** Ruffatto Hall, Room 206

**Course Description:**
Buddhism, a 2500-year old spiritual path, continues to be relevant to this world’s challenges as evidenced by it being one of the growing spiritual traditions within this and other Western countries. Mindfulness, a meditation practice grounded in Buddhism, has almost become a household word. This class will present some of the basic tenets of Buddhism such as the nature of mind, the freedom arising from non-attachment, the basic five emotions, and the Four Immeasurables (loving-kindness, equanimity, compassion, and empathetic joy). We will explore how they apply to or can inform our everyday challenges and stresses.

We will sample various meditation forms such as mindfulness, compassion and mantra. The class format is lecture, discussion, and experiential activities.

- **Session #1** – Overview of Buddhism tenets
- **Session #2** – Mindfulness and meditation
- **Session #3** – The 5 main obscuring emotions
- **Session #4** – The main positive emotions and how they can be developed

**RECOMMENDED BOOKS OR MATERIALS:**
Some handouts to be copied by OLLI. Most 1-2 pages.