Buddhist Psychology: 
Addressing the Challenges & Stresses in our Lives

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Summary of the classes. Each class includes presentation of concepts or relevant principles of Buddhism, discussions of the concepts, some video clips, and short “observation of self” assignments to do between classes related to the concepts discussed

Class 1:
Sharing some background of the students and instructor.
Overview of what class is about (to understand some of the views, concepts and tenets of Buddhism as applied to our everyday life) and what it is not about (not about converting anyone).
Quick Buddhist overview: 4 Noble Truths, 3 Vehicles of Buddhism.
Comparison of Everyday reality and the Absolute Reality (Enlightenment)

Class 2:
Understanding the ego/self from a Buddhist point of view and from the Western point of view.
Mindfulness as a concept and as a practice.
Other forms of meditation within Buddhism.

Class 3:
Role of Motivation and Intention.
10 Non-virtues and 10 Virtues.
Emotions: Western perspective and Eastern perspective (Buddhist).
Five main emotions for Buddhists and their Wisdom counterpart examined.
Methods for addressing these emotions.

Class 4:
Forms of Meditations
Positive emotions
4 Immeasurables
Research on types of meditations with impact on behavior and/or brain
6 Perfections
8 Worldly Concerns