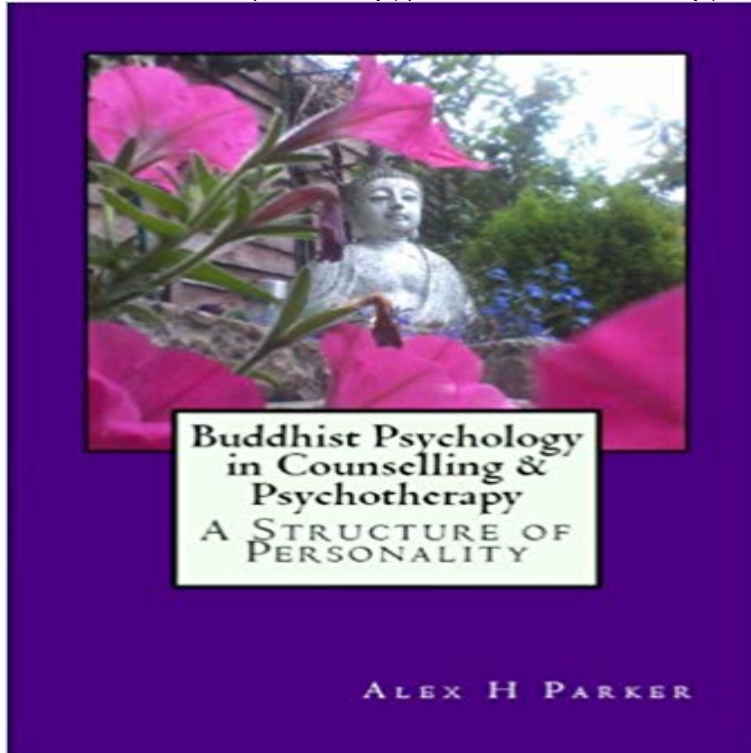


Buddhist Psychology in Counselling & Psychotherapy



Offering a a very short and simple to follow western interpretation of the structure and dynamics of the Buddhist structure of personality using the aggregates as a base. This book discusses Buddhist psychology as a secular philosophy which has been validated by modern psychology and psychotherapeutic research. The similarities of the Buddhist structure of personality and modern perspectives is discussed. The author asserts that Buddhist perspective stands out as unique because it is a compound of separate elements and therefore is an illusion. When correlating modern psychological perspectives the idea of non self and self-actualisation are discussed in a way that the reader is encouraged to draw their own conclusions. As well as discussing modern psychotherapy and psychology perspectives in relation to Buddhist Psychology the author also discusses his own perspective of Hypothetical Mindfulness. The author acknowledges that this book avoids delving in to the original languages but is rather a western interpretation. This book intends to prepare the reader for deeper study in the future and offers an appropriate beginning for studding Buddhist psychology without learning stories or parables. This book is also designed to prepare the reader for volume 2 a Therapeutic approach.

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