

Invitation

AUSTRALIAN ASSOCIATION OF BUDDHIST COUNSELLORS AND PSYCHOTHERAPISTS

The Steering Committee for the formation of AABCAP takes pleasure in inviting counsellors and psychotherapists to join us for a one-day Symposium and Inaugural General Meeting. For some time now, we have been aware of a significant increase in the number of helping professionals who are practising Buddhists or have an interest in Buddhism. In the last three decades there has been an exponential increase in publications on the related areas of Psychotherapy, Buddhism, Spirituality and Meditation. Buddhist - Influenced therapies like Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT), Dialectical Behaviour Therapy (DBT), Core Process Therapy and Hakomi are now in the mainstream of psychotherapeutic practices.

The purpose of AABCAP is to bring together therapists who can benefit further from the wisdom and compassion in Buddhist Psychology & Practices. There is much we can achieve when we integrate Western Psychotherapy with Eastern Buddhism. In Sydney, we successfully organised three Buddhism & Psychotherapy weekend conferences for the public and two weekend workshops for members of the helping professions. It is our intention to formulate a Buddhism and Psychotherapy Course with an Australian University affiliation in the near future.

We hope you will support us in this creative endeavour and we look forward to your participation.

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