



# Buddhist Psychotherapy BPT®

## Vocational training (10 Days)

### 1. Day

<b>Friday</b>	<b>Beginning: Introduction, Concepts, Basics,</b>
15.00	Beginning of the Training Guiding in, first steps, first experiences.  Basics with pictorially Representations The 4 Holy Truth in context of Psychotherapy, Coaching, Counseling...
16.30 - 17.00:	Pause
17.00 – 18.00:	Continuation with the Basics
18.00 – 19.00:	Pause
19.30-20.30	Guiding in to Meditation

Changes possible



# Buddhist Psychotherapy BPT®

## Vocational training (10 Days)

### 2. Day

<b>Saturday: Connections: Lifestyle, Psychosomatic Medicine, Neuropsychology</b>
08.30 - 09.00: Own Preparation
09.00 – 09.30 Meditation
09.30 – ca 10.00: Looking back on yesterday
10.00 -11.00: "Buddhsit" Lifestyle and Authenticity
11.00 – 12.30 :       Pause
12.30 – 14.30 <b>Lecture: BPT: Buddhism + Neuropsychology</b> <b>Learn the basic Pictures of BPT</b>
14.30 – 14.45 :       Pause
14.45 – 16.00 :   Work/Interaction in small Groups
Ca 16.00 – 16.30 Pause
16.30 - 17.30 :       Body exercises as a part of mental workout Relaxation in strain
17.30 – 18.00 : Meditation
18.00 – 19.00 : Pause
Ab 19.00: Own rework

Changes possible



## Buddhist Psychotherapy BPT®

### Vocational training (10 Days)

#### 3. Day

<b>Sunday: Translating Buddhism</b>
08.30 - 09.00: Own Preparation
09.00 – 09.30: Meditation
09.30 – 11.00 : Looking back on yesterday Demonstration: How to translate the Informations into praxis
11.00 – 13.00 :       Pause
13.00 - 14.30 Important buddhistic terms.....and there concrete use
14.30 - 15.00 :       Pause
15.00 – ca 16.00 WORK / INTERACTION IN SMALL GROUPS: Buddhismus + Neuropsychology
Ca 16.00 – 16.30 Pause
16.30 - 17.30 :       Body exercises as a part of mental workout Relaxation in strain
17.30 – 18.00 : Meditation
18.00 – 19.00: Pause
Ab 19.00: Own rework

Changes possible



# Buddhist Psychotherapy BPT®

## Vocational training (10 Days)

### 4. Day

<b>Monday: Emotions</b>	
08.30 - 09.00: Own Preparation	
09.00 – 09.30: Meditation	
09.30 – ca 10.00 : Looking back on yesterday	
10.00 -11.00	Introduction: Emotions Differences and common ground between Buddhism + west.Science
11.00 – 13.00 :	Pause
13.00 - 14.30 :	Handling with Emotionen. Be free in the midst of all your emotions Exercise: CHÖD: Feeding the Demons Exercise: Let go
14.30 - 15.00 :	Pause
15.00 – ca 16.00	CHÖD: Demo + WORK / INTERACTION IN SMALL GROUPS
Ca 16.00 – 16.30 Pause	
16.30 - 17.30 :	Body exercises as a part of mental workout Relaxation in strain
17.30 – 18.00 : Meditation	
18.00 – 19.00 : Pause	
Ab 19.00: Own rework	

Changes possible



# Buddhist Psychotherapy BPT®

## Vocational training (10 Days)

### 5. Day

<b>Tuesday: Self + Ego-Identification</b>	
<b>Ego-Analysis, Case history in BPT</b>	
08.30 - 09.00: Own Preparation	
09.00 – 09.30: Meditation	
09.30 – ca 10.00 : Looking back on yesterday	
10.00 -11.00	Self + Ego-Identification Definition, Scientifics
11.00 – 13.00 :	Pause
13.00 - 14.30	Case History in BPT, Ego-Analysis
14.30 - 15.00 :	Pause
15.00 – ca 16.00	WORK / INTERACTION IN SMALL GROUPS
Ca 16.00 – 16.30 Pause	
16.30 - 17.30 :	Body exercises as a part of mental workout Relaxation in strain
17.30 – 18.00 : Meditation	
18.00 – 19.00 : Pause	
19.30: " <b>Home-Wok</b> ": BPT-Talk (2 persons)	

Changes possible



# Buddhist Psychotherapy BPT®

## Vocational training (10 Days)

### 6. Day

<b>Wednesday: Mindfulness</b>	
08.30 - 09.00: Own Preparation	
09.00 – 09.30: Meditation	
09.30 – ca 10.00 : Looking back on yesterday	
10.00 -11.00	Mindfulness - Sutra: Satipatthana
11.00 – 13.00 :	Pause
13.00 - 14.30	Mindfulness as "Mindfulness Self Control MSC" of the BPT
14.30 - 15.00 :	Pause
15.00 – ca 16.00	WORK / INTERACTION IN SMALL GROUPS with MSC
Ca 16.00 – 16.30 Pause	
16.30 - 17.30 :	Body exercises as a part of mental workout Relaxation in strain
17.30 – 18.00 : Meditation	
18.00 – 19.00 : Pause	
19.30 : <b>"Home-Wok"</b> : BPT-Talk (2 persons)	

Changes possible



---

**Vocational training (10 Days)**

**7. Day**

<b>Thursday: Meditation. The Day of Silence</b>	
08.30 - 09.00: Own Preparation	
09.00 – 09.30: Meditation	
10.00 -11.00	Basics and Deepening of Meditation The different variations of Meditation
11.00 – 13.00 :	Pause in Silence
13.00 - 14.30 : Experiences with different forms of Meditations.	
14.30 - 15.00 :	Pause
15.00 – ca 16.00 : Deepening Meditation in different ways	
Ca 16.00 – 16.30 Pause	
16.30 - 17.30 :	Body exercises as a part of mental workout in silence Relaxation in strain
17.30 – 18.00 : Meditation	
18.00 – 19.00 :	Pause in Silence
Ab 19.00: Own rework	

Changes possible

---



## Buddhist Psychotherapy BPT®

### Vocational training (10 Days)

#### 8. Day

Friday: Supervision SV	
09.00 – 09.30: Meditation	
09.30 -11.00	Exchange of experiences about the day of silence
Supervision: " <b>Home-Wok</b> ": BPT-Talk (2 persons)	
11.00 – 13.00 :	Pause
13.00 - 14.30	
Supervision: " <b>Home-Wok</b> ": BPT-Talk (2 persons)	
14.30 - 15.00 : Pause	
15.00 – ca 16.00	
Supervision: " <b>Home-Wok</b> ": BPT-Talk (2 persons)	
Ca 16.00 – 16.30 Pause	
16.30 - 17.30 :	Body exercises as a part of mental workout Relaxation in strain
17.30 – 18.00 : Meditation	
18.00 – 19.00 : Pause	
Ab 19.00: Own rework	

Changes possible





## Buddhist Psychotherapy BPT®

### Vocational training (10 Days)

#### 9. Day

<b>Saturday: Recapitulation</b>	
09.00 – 09.30: Meditation	
09.30 – ca 10.00 : Looking back on yesterday	
10.00 -11.00	Recapitulation: All the Education-Topics
11.00 – 13.00 :	Pause
13.00 – 14.30	Recapitulation and deepening
14.30 - 15.00 :	Pause
15.00 – ca 16.00	Recapitulation and deepening
Ca 16.00 – 16.30 Pause	
16.30 - 17.30 :	<b>Each forwarded to an exercise:</b> Body exercises as a part of mental workout Relaxation in strain
17.30 – 18.00 : Meditation	
18.00 – 19.00 : Pause	
Ab 19.00: Own rework	

Changes possible



## Buddhist Psychotherapy BPT®

### Vocational training (10 Days)

#### 10. Day

<b>Sunday Completion</b>	
09.00 – 09.30:	Meditation
09.30 -11.00	Final Examination Talking about the Examination
11.00 – 13.00 :	Pause
13.00-14.00	Creating your own Exercise Plan
14.30	Issue of Certifikates The End...is the Beginning

Changes possible