

**Interdependence Project presents:**  
**The Buddhism and Psychology Series**

Joseph Loizzo, MD, PhD and Miles Neale, PsyD, LMHC

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For several decades there has been a burgeoning dialog between Buddhism and Psychology in the West, which has highlighted some similarities and important differences between each tradition's views and approaches to health and healing. Unlike our fragmented Western schools of psychotherapy, Indo-Tibetan Buddhism contains an ancient mind science tradition that integrates various approaches to human development along a single, continuous therapeutic path from misery to complete happiness. An examination of the Gradual Path (Lam Rim) teachings, considered to be the crown jewel of Tibet's unique system of public health education, promises to be the most fruitful encounter between these two traditions yet.

In this four part series, Drs. Loizzo and Neale of the Nalanda Institute for Contemplative Science, present the Gradual Path using the language and theories of contemporary mind-body medicine, neuroscience and psychology. They will discuss how various schools of psychotherapy such as cognitive, dynamic, relational and Jungian map and compare along the stages of the Gradual Path. They will guide participants through various meditation practices including mindfulness, analytic contemplation and visualization, while discussing the neuro-psychological correlates of each technique. Finally, they will share their experience assimilating and applying the Tibetan mind science tradition in their own lives and well as with their patients suffering from addictions, compulsions, traumatic memories, destructive emotions, conflicted relationships, and blocks to intimacy and creativity.

**July 13      Reversing the Stress Cycle: Mindfulness and Cognitive Psychology**

In this evening's lecture, Dr. Neale will present the Four Noble Truths Framework and demonstrate the cause and effect relationship between our outlook, attitude and lifestyle and our experience of either suffering or happiness. He will guide a mindfulness meditation to decrease fight-flight reactivity and help us consciously activate the love-growth response, which serves as the optimal foundation for learning and change along the Gradual Path.

**July 20      From Self-habit to Selflessness: Analytic Insight and Depth Psychology**

In this evening's lecture, Dr. Neale will discuss the impact of traumatic experience on arrested development and how unconscious defenses, selective memories and intrapsychic dynamics preserve the self-habit that limit our ability to feel happy and free. Guided analytic insight meditation will be used to begin to reduce fixation to erroneous notions of the traumatized-self, reverse unidirectional drives through conscious regulation and access the depths of joy and freedom of the so-called selfless-self.

**July 27      Reparenting the World Through Love and Compassion: Lojong and Social Psychology**

In this evening's lecture, Dr. Loizzo teaches the way egocentric instincts and defenses are analyzed and disarmed in the Tibetan relational psychotherapy (*lojong*). He will focus on the science of self-analysis and art of empathy presented in the *Seven Point Psychotherapy*, as the spiritual foundation of healing relationships. Dr. Loizzo will explain how this ancient art of happiness, compassion and effective communication can help build bonds of loving intimacy between partners and families. Participants will be lead through meditation on giving and taking (*tong-len*) and taught how to transform negative emotions and adverse experiences with others into opportunities for growth and change.

**Aug. 3      Reinvisioning the World Through Sex, Death and Creativity: Tantra and Jung**

In this evening's lecture, Dr. Loizzo presents the vast, interior multiverse of the secret Tantras. His talk highlights an approach to safely and systematically experiment with altered states, build paranormal capacities and transmute consciousness and its energies along with the neural networks and biochemistry supporting them. Discussions and guided meditations introduce participants to the mind-altering power-tools of inner mentoring, self-world revision and perfect passion, emphasizing how the Unexcelled Yoga Tantras of Tibet gradually prepare the ordinary mind to harness the energies of sex, death and creativity for the extraordinary process of spiritual evolution.

Recommended Readings:

Epstein, M. (2007). *Psychotherapy Without the Self: A Buddhist Perspective*. Yale University Press.

Loizzo, J. "Meditation and Psychotherapy." *Complementary and Alternative Medicine and Psychiatry*, Phillip Muskin (ed.). American Psychiatric Association, 2000.

(PDF download from <http://www.nalandascience.org/pdfs/articles/Meditation.pdf>)

Loizzo, J. "Vajrayana Buddhism in Tibetan Perspective," in P. Bilimoria ed., *Encyclopedia of Indian Philosophy* (London: Routledge Press, forthcoming 2010)

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