Can Buddhist Belief and Practice Improve Your Health?

Brian Morreale
Psychology Department

Heike Peckruhn, Ph.D., Philosophy Department
Matthew Ward, PhD, Natural Sciences Department

Types of Buddhist Therapies

• Acceptance and Commitment Therapy (ACT) – Based on functional contextualism derived from Relational Frame Theory (Third wave of Psychotherapy).

• Compassion-Mindfulness Therapy (C-MT) – Incline the mind and heart towards compassion.

Results of Buddhist Practices in Therapy

• ACT has treated mental disorders (Schizophrenia, anxiety disorders, mood disorders, and addictions).

• Positive Buddhist coping mechanisms mostly used among caregivers and reduces depression.

• Reduces depression when meditation is others-focused, not self-focused.

• C-MT showed benefit in early stages and researchers concluded it helps to decrease depression.

• May show more benefit to people in Asian cultures.

• Increased self-reported mindfulness, self-compassion, and positive coping as well as significant decrease in self-reported anxiety.

Depression & Buddhist Thought

• Depression = Suffering

• Attachments

• No soul, but suffering with desires

Buddhism Beliefs

• 4 Noble Truths
• 8 Fold-Path
• Nirvana
• No timeline, but continual
• Mindfulness
• Intentional actions
• Reducing suffering in the world

Coping Mechanisms

• Morality
• Loving Kindness
• Meditation
• Mindfulness
• Impermanence
• Inter-being

Depression & Buddhist Thought

http://gaska.mainelycommerce.com/lotus-designs/


https://www.pinterest.com/pin/5208695131340018


https://www.gograph.com/vector-art/cherry-tree.html