

# 佛教与心理健康座谈会 Buddhism & Mental Health Symposium | BMHS 2024

## 聊心·疗心 Listening Heart ·Healing Mind

### 佛教与心理健康座谈会及工作坊详情简介

#### 佛教与心理健康座谈会 13.7.2024 星期六 - 讲者简介与座谈题目简介

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禅修的十个步子  
Ten steps of mindful meditation skill

<b>定融法师</b> Ven. Ding Rong	新加坡圆点心宁中心   导师 Dot Connections Growth Centre, Founder cum Mentor
<b>简介</b>	定融法师于 1994 年澳洲出家, 1998 年自台湾佛学院毕业后并继续在台湾佛教研究所修学三年。定融法师亦持有澳洲斯威本科技大学的专业辅导硕士学位, 及英国德比大学心理学荣誉学位。 本着对弘扬佛法的热忱和众生的怜悯之心, 法师对于佛法教育和心宁教育的推展工作总是不遗余力。定融法师担任的职事包括: 监院、当家、佛学教师、佛教心理辅导员、中小学校董、学校及佛教团体宗教顾问、佛教周日学校顾问、监狱辅导员、佛教团体理事、导师及顾问。
<b>Profile</b>	Venerable Ding Rong was ordained in Australia in 1994. After graduating from the Buddhist College in Taiwan in 1998, he continued studying three years of Buddhist research studies in Taiwan. In addition, Venerable Ding Rong also holds a Master's degree in professional counselling from Swinburne University of Technology in Australia and an honours degree in psychology from the University of Derby in the United Kingdom. With a fervent dedication to propagating the Dharma and compassion for sentient beings, Venerable Ding Rong has always spared prevalent efforts in promoting Buddhist education and mental tranquillity education His roles include Monastic supervisor, Assistant abbot, Buddhist teacher, Buddhist counsellor, director of Buddhist primary and secondary schools, religious advisor for schools and Buddhist organisations, Sunday school advisor, prison counsellor, board member of Buddhist organisations, mentor, and consultant.
<b>讲题</b> <b>Topic</b>	疗心·法为良药 Healing Hearts: Dharma as Healing Balm
<b>讲题纲要</b>	人们自古以来在日常生活中经历情绪问题, 特别是在现代社会面临的多方面压力下, 焦虑和抑郁等问题日益突出。世界卫生组织的调查显示,

	<p>抑郁症等心理健康问题已成为全球第二大疾病，因此心理关怀和相关辅导变得尤为重要。佛教称佛陀为“伟大的医治者”，它提供了意义、启发和疗愈，帮助人们缓解苦难。现代心理学借鉴了佛教教义，发展出各种心理治疗模式，帮助人们克服生活中的挑战。佛教和现代心理学共同致力于理解意识的本质，通过增进洞察力来造福人类。适当整合实践能够促进个人的内在平衡和精神提升。</p>
<b>Synopsis</b>	<p>Throughout history, individuals have faced emotional challenges, especially during difficult times. Today, with the prevalence of multifaceted stressors, issues like anxiety and depression are on the rise, recognized by global health authorities as significant concerns. In both ancient Buddhist teachings and modern psychology, there's a shared emphasis on healing and understanding the human psyche. Drawing from Buddhist wisdom, which views the Buddha as a great healer, and integrating it with modern psychological practices, individuals can find pathways to self awareness, resilience, and inner peace. Both disciplines seek to alleviate suffering and promote well-being through insights, self-reflection, and a deeper understanding of consciousness. By embracing these approaches, individuals can cultivate a balanced mindset, confront challenges courageously, and embark on a journey of personal growth and spiritual development.</p>

<b>沈瑄贤硕士</b> Mr. Sim Kwang Mong	资深辅导员 兼 辅导讲师 Senior Counsellor and Lecturer in Counselling
<b>简介</b>	沈瑄贤先生是一位经验丰富的心理咨询师，专注于提升青少年和成人心理健康素质。並以同理心来引导年轻人应对情绪挑战，并提供婚姻辅导。 作为一位资深辅导员及佛教心理治疗师，他亦积极的支持相关的培训工作。
<b>Profile</b>	Mr. Sim, a dedicated counsellor with over a decade of experience, specializes in adolescent and adult mental health, offering empathetic support for self-worth, emotional difficulties, anxiety, and sadness. He's also a trained marriage counselor, certified in various counseling modalities including ACT, DBT, and CBT. As a lecturer in Buddhist Psychotherapy & Counseling, he's passionate about integrating secular and Buddhist-based counseling, reflected in his BOAT Model. Additionally, he provides professional supervision at Karuna Buddhist Counseling Services.
<b>讲题</b> <b>Topic</b>	通过佛教原则增强心理健康 Enhancing Mental Well-being Through Buddhist Principles
<b>讲题纲要</b>	关于佛陀在三法印，四圣谛和八正道的深刻教诲是理解人类状况和从痛苦中寻求解脱的智慧明灯。 透过领悟无常、苦和无我的概念，个人得以获得对存在的珍贵洞见，从而踏上通往内心平静与圆满的转化之旅。佛陀提供了实务的框架，系统性的探索痛苦、其根源、止息以及通往解脱烦恼之道。以此来克服生活挑战及强化心理和情感的健康。在我们的讨论中，我们将深入的探讨这些原始教义的应用，以解决现代生活的困苦。通过驾驭佛陀永恒的智慧，以导向增强我们的生活素质，并在逆境中培养更大的韧性、满足感与和谐感。
<b>Synopsis</b>	The Buddha's profound teachings on the Three Marks of Existence, the Four Noble Truths, and the Noble Eightfold Path

serve as a beacon of wisdom for understanding the human condition and finding liberation from suffering.

By grasping the concepts of impermanence, suffering, and non-self, individuals gain valuable insights into the nature of existence and can embark on a transformative journey toward inner peace and fulfillment.

Through the systematic exploration of suffering, its origins, cessation, and the path leading to its end, the Buddha offers a pragmatic framework for overcoming life's challenges, and cultivating mental and emotional well-being.

In our discussion, we will delve into the application of these ancient teachings to address the difficulties of modern life. By harnessing the timeless wisdom of the Buddha, we aim to enhance our quality of life and foster greater resilience, contentment, and harmony in the midst of adversity.

<b>梁涵宇 医生</b> Dr. Neo Han Yee	新加坡陈笃生医院 老年内科及慈怀疗护科高级顾问 Tan Tock Seng Hospital Department of Palliative Medicine Head and senior consultant
<b>简介</b>	梁涵宇医生是新加坡陈笃生医院老年内科及慈怀疗护科高级顾问。目前担任慈怀疗护科主任、医院医药伦理委员会主席、慈怀理事会伦理咨询委员会委员、李光前医学院助理教授等职务。主要研究领域为慢性气道的缓和医疗，晚期器官衰竭的预后、缓和复建、缓和医疗服务整合、临床伦理学。
<b>Profile</b>	Dr. Neo obtained his specialist board accreditation for Geriatrics Medicine in 2012 and subsequently pursued a second specialization in Palliative Medicine. In 2013, he was awarded a Health Manpower Development Plan to further his interest in Clinical Ethics in Hawaii. Upon his return, he joined the TTSH Clinical Ethics Committee, where he now serves as its chairperson. Dr Neo is also an Adjunct Assistant Professor at Lee Kong Chien School of Medicine, where he teaches Clinical Ethics and Palliative Medicine modules. In addition to his interest in clinical ethics, Dr Neo has a research interest in the domain of palliative care for chronic dyspnea, prognostication in advanced lung diseases, palliative rehabilitation, as well as palliative healthcare service integration.
<b>讲题</b> <b>Topic</b>	从佛教心理健康角度探讨死亡焦虑与灵性危机 Loss and Existential Distress - Buddhist Mental Health Perspective
<b>讲题纲要</b>	身为高等生物的人都知道生命是有尽头的。但是为了应对我们对于死亡的恐惧与未知，人总会习惯性地活在一个否定死亡的现实中。在这个自我编织的故事里，我们日复一日地积累我们自认为有价值的东西，并通过它们赋予自己生命的意义。但是终有一日，老、病、死必将迫使我们去面对丧失健康、财富、自尊、荣誉、亲人等，我们深度执取的东西。这种丧失挚爱的恐惧，往往将触发我们心灵深层的灵性危机 – 一种源于

	<p>“我”的肢解带来的恐怖。</p> <p>在这个讲座中，梁涵宇医生将通过临床的真实故事，分享晚期病患是如何去面对他们的灵性危机。通过案例的剖析，我们将能够更深刻地体会灵性痛苦的因果，以及灵性痛苦所引发的正面与负面行为，从而学习如何为自己或患有重病的亲友缓解这种苦。</p>
<p><b>Synopsis</b></p>	<ul style="list-style-type: none"> <li>• Intrinsically, we all know that life is finite. However, to cope with the uncertainty of when death will come, humans cope by living a reality in denial of death. In this manner, we lead our daily lives striving to accrue value and meaning to our existence. However, ageing, disease and death will one day force us to confront the inevitable loss to our health, property, prestige and relationships. The threat of imminently losing everything we hold dear, oftentimes provoke an existential distress – a deeply-seated fear that arises from a fracturing personhood.</li> <li>• In this talk, Dr Neo Han Yee will share real-life encounters of how patients with advanced illnesses experience and cope with such existential crises, so that we may gain insight into the cause of this suffering, the means to lessen this suffering and the adaptive and maladaptive behaviours arising from such suffering.</li> </ul>

<b>衍德法師</b> Ven. Dr. SIK Hin Tak	香港珠海学院 - 助理教授 Chu Hai College of Hong Kong - Assistant Professor
<b>简介</b>	<p>衍德法师是一位汉传比丘。他原是一位西医，毕业于澳洲悉尼大学。行医数年后，他决定出家修行，冀能了生脱死。十多年前，鉴于对佛教知识的不足，他重回校园，于香港大学进修，取得佛学硕士及博士学位。之后还攻读心理辅导，于此校获得心理辅导学硕士，亦于香港中文大学获得心理学硕士，冀能融通佛教心理学与当代心理学。法师志愿弘扬佛法及以心理学和辅导学的知识和方法，帮助和利益大众。</p>
<b>Profile</b>	<p>Ven. Hin Tak is a Mahayana tradition monk. He was originally a Western medical doctor, graduating from the University of Sydney in Australia. After practicing medicine for several years, he decided to become a monk in hopes of transcending life and death. Over a decade ago, recognizing his insufficient knowledge of Buddhism, he returned to academia and pursued further studies at the University of Hong Kong, obtaining a master's and doctoral degree in Buddhist studies. He also pursued studies in psychological counselling, obtaining a master's degree in counselling psychology from the same university, as well as a master's degree in psychology from the Chinese University of Hong Kong, aiming to integrate Buddhist psychology with contemporary psychology. Ven. Hin Tak is dedicated to propagating the Dharma and using his knowledge and methods in psychology and counseling to help and benefit the public.</p>
<b>讲题</b> <b>Topic</b>	慈悲与智慧对心理健康的益处 Psychological Benefits of Compassion and Wisdom for Mental Well-being
<b>讲题纲要</b>	<p>慈悲与智慧是佛教中两种重要的德性，佛教徒为自利利他，解除自他的痛苦所应培养。此讲座将探讨佛教中对慈悲与智慧的教义，其对心理健康的益处，及在心理治疗中的应用。</p>



<b>Synopsis</b>	Compassion and wisdom are two important qualities that a Buddhist should cultivate for the benefit of oneself and others. With compassion and wisdom, one can help relieve the suffering of oneself and others. In this talk, the Buddhist teachings on compassion and wisdom, their psychological benefits for mental well-being, and their applications in psychotherapy will be examined and discussed.
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<b>吴容錫 博士</b> <b>Dr. Oh Yong Suk</b>	韩国圆光大学 人文心灵研究所研究教授 Wonkwang University, South Korea Institute of Humanistic Psychology Research Professor
<b>简介</b>	吴教授是一名禅修指导师与冥想心里辅导专家。现任于曹溪宗教育院佛学研究所常任研究员 及 前任东国大学佛教学术院专任研究员。至今吴教授已篇写了十四卷著作（共著包含） 及三十多余篇的学术论文。现阶段是一名谦诚修行者 亦重视人生的生活哲学。在着重做学术活动的同时也 以亲自研究出来的《心灵功夫十个步子》来指导大众。
<b>Profile</b>	Professor Oh is a Zen meditation instructor and a specialist in meditation and psychological counselling. He currently serves as a permanent researcher at the Buddhist Institute of Jogye Order Religious Education College and formerly as a full-time researcher at Dongguk University's Buddhist Academic Institute. To date, Professor Oh has authored fourteen volumes of works (including collaborative works) and over thirty academic papers. At present, he is a humble practitioner who also values the philosophical aspects of life. While emphasizing academic activities, he also guides the public with his personally developed "Ten Steps of Mental Skill."
<b>讲题</b> <b>Topic</b>	四个禅修的整合与平衡 Integration and balance of the Four Meditations
<b>讲题纲要</b>	这个讲座从四个角度探索了佛教冥想：“觉醒”、“智慧”、“慈悲”，“融入生活”。觉醒涉及集中和觉察，而智慧和慈悲则是通过觉醒而发展起来的，对于冥想至关重要。智慧则是洞察现象的空性，而慈悲则包含着根植于智慧的利他行为。融入生活强调将冥想的智慧和慈悲融入我们的现实和社会中。在这四种冥想中努力保持平衡，在各种生活情境中，包括自我发展、人际关系、职业和贡献，都可以发挥作用。
<b>Synopsis</b>	This lecture explores Buddhist meditation from four perspectives: "Awareness" , "Wisdom" , "Compassion" , and "Into life" . Awareness involves concentration and awareness, while Wisdom and Compassion are developed through awareness and are essential to meditation. Wisdom entails insight into the

	<p>emptiness of phenomena, and Compassion entails altruistic behavior rooted in wisdom. Into life emphasizes integrating meditation's wisdom and compassion into our reality and society. Striving for balance among these four types of meditation can be effective in various life situations, including self-development, relationships, career, and contribution.</p>
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<b>衍德法師</b> Ven. Dr. SIK Hin Tak	香港珠海学院 - 助理教授 Chu Hai College of Hong Kong - Assistant Professor
<b>简介</b>	衍德法师是一位汉传比丘。他原是一位西医，毕业于澳洲悉尼大学。行医数年后，他决定出家修行，冀能了生脱死。十多年前，鉴于对佛教知识的不足，他重回校园，于香港大学进修，取得佛学硕士及博士学位。之后还攻读心理辅导，于此校获得心理辅导学硕士，亦于香港中文大学获得心理学硕士，冀能融通佛教心理学与当代心理学。法师志愿弘扬佛法及以心理学和辅导学的知识和方法，帮助和利益大众。
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<b>工作坊题目</b> <b>Workshop</b> <b>Topic</b>	佛教培养慈悲与智慧的修持方法 Buddhist Practices for Cultivating Compassion and Wisdom 英文讲解 Conducted in English
<b>纲要</b>	培养慈悲与智慧，能消除自他的痛苦。此工作坊旨在介绍佛教有关慈悲与智慧的修持方法，包括传统的慈悲修法、慈悲意象的运用、正知的培

	<p>养、无常的禅观、以及般若的观照。佛教行者和医疗工作者可藉此等修法，裨益自他之健康。</p>
<p><b>Synopsis</b></p>	<p>Compassion and wisdom can be cultivated for relieving suffering of oneself and others. This workshop aims to introduce to participants the Buddhist practices for cultivating compassion and wisdom. These practices include the traditional practice of compassion, the use of compassionate imagery, the cultivation of discerning mindfulness, the contemplation of impermanence, and the contemplation of prajñāpāramitā (perfection of wisdom). Buddhist practitioners and health professionals may apply such practices for their own mental well being and that of others.</p>

<b>吴容錫 博士</b> <b>Dr. Oh Yong Suk</b>	韩国圆光大学 人文心灵研究所研究教授 Wonkwang University, South Korea Institute of Humanistic Psychology Research Professor
<b>简介</b>	吴教授是一名禅修指导师与冥想心里辅导专家。现任于曹溪宗教育院佛学研究所常任研究员 及 前任东国大学佛教学术院专任研究员。至今吴教授已篇写了十四卷著作（共著包含） 及三十多余篇的学术论文。现阶段是一名虔诚修行者 亦重视人生的生活哲学。在着重做学术活动的同时也 以亲自研究出来的《心灵功夫十个步子》来指导大众。
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<b>工作坊题目</b> <b>Workshop Topic</b>	禅修的十个步子 Ten steps of mindful meditation skills 中文讲解 Conducted in Mandarin
<b>纲要</b>	本工作坊专注于冥想实现意识发展的十个阶段。这些阶段旨在理解心灵本质，并将这一理解运用于生活中。它们在发展上呈现出阶段性特征，但又像八正道一样相互联系、相互作用。这十个阶段包括“发心”、“觉醒”、“缘起”、“智慧”、“慈悲”、“利他行”、“平衡与广延”、“回光返照”、“无分别”、“创造于庄严”。它们构成了基于禅宗十牛图的思想结构，并对其进行了现代诠释。本工作坊以十牛图为基础，强调两个主要观点。首先，将第一阶段和最后阶段相连接。换句话说，我们将“发心”视为冥想的完成，而不是冥想的开始。因此，本次工作坊的冥想旨在确认我们本性的完整性。其次，冥想过程不是为

	<p>了追求开悟，而是为了放下对开悟的执着。因此，强调对当下和具体生活实践的积极态度。本工作坊的核心在于通过自我奉献来造福他人。</p>
<p><b>Synopsis</b></p>	<p>This workshop introduces the ten stages of consciousness development through meditation, emphasizing understanding the mind's nature and applying it to life. These stages, like the Eightfold Path, progress in development but are interconnected. They include 'Beginner's mind', 'Awakening', 'Dependent arising', 'Wisdom', 'Compassion', 'Altruism', 'Balance and extension', 'Reflection', 'Non-discrimination', and 'Becoming and creation'. Based on Zen Buddhism's Ten Ox-herding pictures, they offer a modern interpretation of consciousness evolution.</p>