

Healthcare and Practice Assignment Sample By Call Assignment Help

## Abstract

Buddhist mindfulness possess major contribution towards cognitive behavioural theory” that illustrates the process of action and reaction through the interaction of body and mind. Research background has shed light on different psychological issues such as depression anxiety and sufferings persisting in present scenario and illustrated by Buddha in mindfulness theory. Secondary sources of data such as journals articles and websites are used for collecting data based on Buddhist mindfulness. Moreover, the concept of Cognitive Behavioural on Buddhist Mindfulness and its present effectiveness is critically illustrated in this research project. It has been demonstrated that factors such as depression, sleeping disorders, anxiety, and bipolar disorders are responsible for adopting cognitive behaviour therapy of mindfulness to treat patinnets. This specified theory includes mediation, yoga, and mindfulness for ensuring the reduction of stress and depression.

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## Assessment 3: Research Project

### 3.1 Background

The Buddhist approach of mindfulness is based on the elimination of “Anguish and suffering” through minimizing “cravings” (“tr̥sna”) and abolition of attachments (“upadana”). Cognitive behavioural theory is based on mental conditions such as anxiety and depression contributed by thought process and beliefs. Cognitive behavioural theory aims at controlling depression and anxiety mostly occurring due to differences of believers and through process.

In psychological treatments, therapists report client-based drawbacks such as "instability in the family", "traumatic childhood experience", "sexual harassment", "and economical crisis". All these factors result in inconsistent behaviour and impulsive reactions (Emmanuel 2017). According to Buddhist ideology any kind of mental illness mainly occurs among individuals due to an illusionary self image.

Gautama Buddha quotes “all that we are arises with our thought”. “Anicca” is a Buddhist ideology on flux that illustrates a fact that existence and end are two side of a coin. Any positive or negative things that comes to being ceases to extinguish with time. According to Buddhist principles nothing is constant from materialistic things, nature to human beings and are constantly subjected to change. Adhering to change plays a critical role for mental growth. As opined by (Giordano 2019) "behaviour", "thought" and "feelings" are the major components of cognitive theory which undergoes transformation based on internal and external factors such as family ambience and way of perceiving things.

Change being the most effective element of individuals’ life sometime results in inconsistency of mental wellbeing and results in compulsive behaviour. “Age” is a major factor that plays a vital role in transforming thought process and behaviour among individuals. Both adults and children tends to face problem for external and internal environment that results in their inconstancy of mental health.. Different mental issues occur among individuals such as depression, anxiety, OCD, panic attacks, behavioural disorders and insomnia that tend to have an effect on physical fines of individuals.

As per Buddhism individuals tends to have never ending wants and desires that directly creates a tremendous pressure hampering the mental peace. In the words of (Purzycki and Holland 2019) every human being deals with a large set of stimulation and each stimulus tends to trigger an emotional feeling among individuals. Mindfulness is a most commonly used treatments in

clinical psychology applicable for treating mental ailments such as depression and anxiety. Meditation is a major element of Buddhist mindfulness that derives from the concept of “Sati” that means paving a judgement by acquiring truth from reality and gives rise to eight fold reality “right view, right resolve, right speech, right conduct, right livelihood, right effort, right mindfulness, and right Samadhi”.

(Song and Qin 2019) states that according to Buddhist principles every individual tends to deflate themselves from abiding by a "true and fixed self" ("Atma") any embracement of delusion on "pure ego" is the major source of immense sufferings. Secularization of mindful ideology in western culture has given rise to various misconception of Buddhist ideology on psychological prospect. Buddhist believed that their exist different sources of suffering such as lack of self-reliance, and inconvenient environment the psychotherapists face challenges in understanding core reasons behind impulsive or non-static behaviour among patients of different backgrounds and age groups. Thus, Buddhist cognitive approaches primarily focus on mitigating immense "sufferings" through meditations and increased self-understanding as also applicable in modern day clinical psychology.

### **3.2 Research aims and objectives**

#### **Aims**

This research aims at evaluating therapeutical issues through established link between cognitive behavioural theory and Buddhist mindfulness ideology.

#### **Objectives**

- To evaluate the effectiveness of Cognitive Behavioural Therapies Based on Buddhist Mindfulness in treating modern mental health issues
- To analyse various mental aspects of "cognitive behavioural theory" according to ideology of Buddhist mindfulness
- To discuss the major factors that leads to the establishment of cognitive behaviour theory of Buddhist mindfulness in therapeutical treatments

### **3.3 Methods**

Secondary method of data collection is implemented for evaluating the data based on effectiveness of cognitive behavioural theory of Buddhist mindfulness in therapeutic treatments. (Wu et al.2019) collecting proper information from appropriate sources helps in meeting research objectives and aims making the aper more worthy and important. In this research,

interpretive research philosophy is implemented for a critical overview of the importance of "cognitive behaviour therapy" and its correlation with mindfulness ideologies of Buddhism. Interpretive philosophy helps in evaluating data collected through different secondary sources such as journals, articles, and books.

As opined by (Hasenkamp 2019) interpretive research philosophy consumes less time and involves minimal budget in the process of gathering various information. Similarly, descriptive design is adapted for collecting information based on the therapeutic utility of "cognitive behavioural theory" based on Buddhist Mindfulness. Descriptive design evaluates a relationship between different research variables and constants and makes a paper more worthy and reliable (Munyua 2021).

The link between the ideology of Gautam Buddha and preserving mental well-being is critically analysed with the help of a descriptive research design. The modern utility of Buddhist age-old theories is conceptualized through the benefits of the deductive research approach. In the words of (Partono, Raharjo and Prihatin2020), the descriptive research design is suitable for evaluating a deep overview of primitive ideologies and their benefits and utility in the present scenario. Thus, to understand the importance of Mindfulness theories of Buddhism as per "cognitive behaviour theory" descriptive research designs are accepted and utilized for evaluation of the data. In this research deductive research approach is used for evaluation of the principles of "cognitive behavioural theory" for adhering to effective mental well-being. (Struhl 2017) cited that the deductive research approach develops vitality of research through linking topic with already established theories.

A relation with modern approaches towards protecting mental wealth in the context of Buddhist mindful theory are discussed with principles of "cognitive theory" and different emotional factors explained within their religion. Different case study strategies are implemented for gathering information based on different issues faced by psychotherapists in the modern world. Overview of the "cognitive-behavioural theory" and Buddhist manifestation of mental health are critically analysed in this research through a secondary data analysis method. Journals, books, articles, newspapers, and magazines are used for analysing different importance of "cognitive behaviour theory" and its relation with Buddhist ideology on mental well-being.

The factors affecting the Buddhism ideology such as "immense sufferings" and its source are critically analysed with the help of secondary data analysis. In the words of (Mahāvīro 2021),

secondary data analysis is beneficial for the researcher to evaluate the perspective of different authors on the relevance of the research topic. **On the other hand, the only qualitative research analysis is followed for evaluating the data based on different "cognitive practices" for effective psychological therapeutic treatments.** Thus, thematic analysis and secondary data collection methods are applied in this research.

### **3.4 Results**

#### **3.4.1 Cognitive-Behavioural Therapies Based on Buddhist Mindfulness**

Every human being undergoes sets of simulations through the brain and interconnected nervous system. The creation of perspective simultaneously hits a stimulus that raises various feelings among individuals such as fear, trauma, phobia, sadness, happiness, irritation, and anxiety. The major concept of "cognitive behavioural theory" implies levels of expressions in consideration with the impression created through the process. (Yuan 2021) cited that every individual tends to possess three mental states namely id, ego, and superego. Ego embraces an actual balance between raw, abstract, and guilty self and ensures proper social behaviour. **Motivation and meditation to attain self-reliance and adhere to a balance of "true ego" above consequences of "id and superego" is a vital notion of Buddhism for attaining enlightenment.**

- **Relationship of clinical psychology and Buddhist mindfulness in treating issues of mental illness such as depression, anxiety and stress**

In clinical psychology issues related to depression, anxiety, disorders are treated with the help of mindfulness therapies such as meditation. As per the context of Buddhism ideology embracing "true self or the actual ego" tends to be a major objective of human life. The tendency of deploying the true values and accepting reality is the major source of "sufferings and anguish" and change is the most constant phenomena that results in various mental challenges and deprives individuals from accepting their true self. Gautam Buddha believed in four noble truths those are "dukkha, samudaya, nirodha, and magga" to adhere to mindfulness for enlightening darkness (Bai et al. 2018). Initial truth, "dukkha" refers to reality and facts of suffering, "samudaya" to appropriate sources of pain and grief.

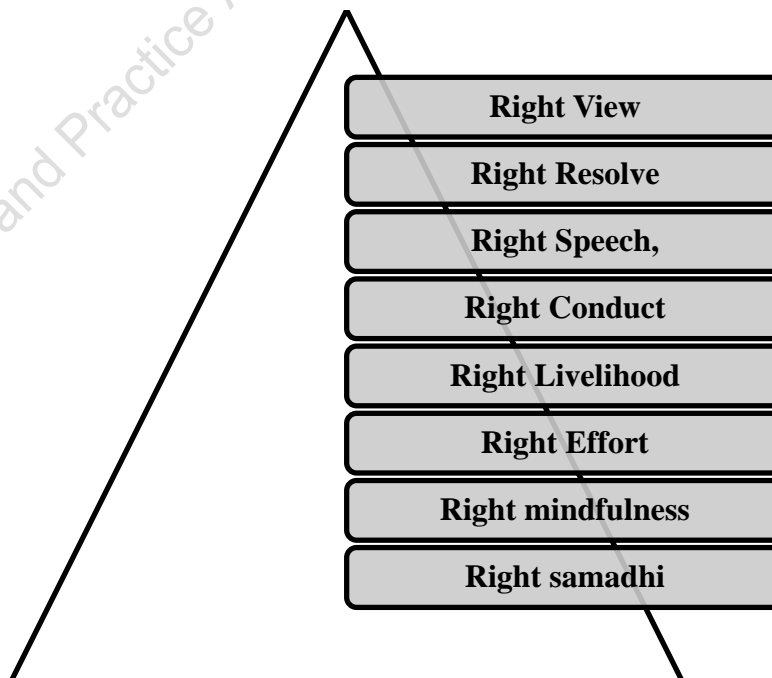
"Nirodha" tends to refer to the process of ending suffering and "magga" stands for freedom from any internal and external mental boundaries (Coltart 2018). Thus necessity for mindfulness occurs when individuals are subjected to complex situations and fails to accept reality. (Song and Qin 2019) cited that in clinical psychology various issues such as family problem, sexual abuse,

domestic violence leads to inconsistency in behaviour. As described by Gautama Buddha under the concept of flex that individuals are consistently subjected to various positive and negative changes. During these transformations human beings go through tremendous “sufferings” that leads to instability in mental equations.

- **Application of Buddhist Mindfulness through therapeutic treatments in psychology**

As per the context of clinical psychology, there is no end of pain or crisis in individuals, and many factors such as family crisis, poverty, sexual harassment lead to inappropriate behavioural tendencies. Psychotherapist in the present scenario involves in meditation citations of which are thoroughly found under Buddhism and Psychological stability. The concept of cognitive theory is directly affected by the major motivational and emotional factors such as "kama tanha", "bhava tanha" and "vibhava tanha" as explained in the religious concept of Buddhism. "Kama tanha" is the craving or sexual desires, tenacity for survival falls under "bhava tanha" and willingness of non-existence is the "vibhava tanha" (McRae 2018). As per psychotherapeutic treatments, all the above-mentioned sets of desires pose a direct impact on behaviour, thoughts, and feeling. Emotions are a complex pattern that changes with hormonal imbalance in body due to increasing issue of clinical stress and depression. This interconnected symbolism of modern psychological patterns is immensely linked with Buddhist ideology.

### 3.4.2 Effectiveness of Cognitive Behavioral Therapies of Buddhism in present psychological aspects





## Figure 1: Noble “Eight Fold Paths” of Mindfulness

(Source: Giordano 2019)

- **Meditation Buddhist mindfulness accepted in clinical psychological therapeutic system**

Modern day psychology involves in perceiving different aspects such as external and internal environment that renders to change in functioning system of conscious mind. Buddha staunchly believed in meditation for adhering mental harmony that are strictly followed in clinical psychology now. Cognitive behaviour theory is based on accessing different psychological problems such as stress, anxiety, panic, and depression that hampers the normal behaviour and interest of individuals. Increasing self-reliance and perseverance towards life are major objectives of the clinical branch of psychology. In the words of cognitive behaviours are directly affected by indifferent stimulations and complex thinking mechanisms. In the words of (Lee et al.2017), the ideology of Gautam Budha is related to present psychological treatments and individual behaviour. "Noble eightfold paths" include "right view, right resolve, right speech, right conduct, right livelihood, right effort, right mindfulness, and right samadhi" (Giordano 2019).

As per the principles of Buddhism body and mind performs in a collaborative form and thus self-understanding plays a valuable role to adhere to mental well-being. In clinical psychology these truth segments are used by psychologist for counselling the mind of patients.

Distinct perspective and appropriate opinion are beneficial for individuals to acquire mental stability. Followed by making the proper choice of expression, maintaining specific personal principles, and living a satisfying life has a major contribution to the psychological wellbeing of individuals. Psychological wealth is protected through initiating prosperous methods of growth and development of self weakness and following a proper path to mitigate the issues. In clinical psychology "cognitive behaviors" are handled by implementing self-reliance and limiting negative through the process. In Australia, almost 30% of people follow Buddhist ideology for effective mental stability (Emmanuel 2017). Major sources of inappropriate behavior slowly come under control through the "cognitive behavior theory" of balancing feelings and behavior. All sets of actions and reactions are directly caused due to invoking of string stimulants such as fear, fury, anger, frustration, sadness, numbness, and happiness (Purzycki and Holland 2019). Under the complex mechanism of psychology "MokshPrapti of Buddhism" means adhering to

peace and freedom of the mind from the prejudice of "Samsara". Enlightenment in Buddhism and peace of mind in psychology are two similar phenomena that are widely achieved with the synchronization of different religious principles and modern clinical branches of psychology.

### **3.4.3 Major elements affecting the implication of Cognitive Behavioural Therapies Based on Buddhist Mindfulness in clinical psychology**

Mindfulness within Buddhism refers to an evaluation of a source and reason behind the formation of suffering resulting in emotional disruption. As opined by (Schuman 2016) mindfulness practice assists an individual as it aims at determining self-acknowledgment by possessing less egoistic behaviour. Buddhist philosophy teaches people to set themselves free from being involved in personal benefits by practicing "*dana*" that is given to the needy. Therefore, the cognitive theory of mindfulness has been made in practice for the implementation of meditation, yoga, and mindfulness to manage both stress and depression.

Factors including growing stress, depression, and bipolar disorders among people have demanded the practice of mediation and mindfulness (Schimelpfening 2021 para. 4). On a similar note, people with stress and depression have recorded suffering from high blood pressure and diabetes indicating an overall deterioration of health. The perpetual degeneration of both physical and psychological health has contributed to introducing the practice of cognitive behavioural therapy of mindfulness. It has also been determined that the management of stress reduction therapy can be practiced more efficiently by gaining insights from cognitive therapy for the acquisition of mindfulness. This particular therapy includes the practice of mindfulness that is beneficial in gaining perspectives on current situations and thus, concentration becomes powerful in such cases. Anxiety and depression are often caused by an individual's thought process of self-doubts which can be treated by practicing mindfulness therapy. A major objective of this specified theory being helpful to individuals to evaluate their thoughts rationally and accepting reality based on them to get rid of negativity (PhangandOei 2021).

Moreover, MBCT provides scopes for individuals for obtaining insights on their physical sufferings that can be addressed through the practicing of "yoga" and hence, stress reduction can be easily achieved. Psychological disorders within individuals often disturb the effective sleep cycle that has also been responsible for practicing cognitive therapy in the restoration of mindfulness. Sleep-deprived individuals are more likely to suffer from psychological issues that also prevent them from maintaining a positive and healthy lifestyle. This specified therapy is

similarly helpful for human beings to free themselves from biased mentalities and obtain a positive attribute towards life. "Chronic depression" among individuals can be easily cured by practicing mindfulness and managing stressful situations. 50% of depression "relapsing" can be controlled by implementing cognitive therapy among individuals regardless of age and gender (Schimelpfening 2021 para. 2).

### **3.5 Conclusion**

From the above discussion, it can be concluded that cognitive theory is based on the sets of activities and reactions reflected by our body in coordination through the process and feeling of the mind. Mental instability is a most common phenomenon in recent clinical psychology that includes anxiety, increased stress level, depression, and panic attacks. Understanding the source of crisis such as family ambience, poverty, sexual harassment that leads to psychological instability has a relationship with the concept of "four noble truths" in Buddhism. **As in four noble truths the cause of suffering and ways its affects an individual has a vital role to play similarly in psychological treatments psycho therapist try to adhere answers of these question through interaction.**

"Dukkha, samudaya, nirodha, and magga" are four crucial truths described by Gautam Budha after attaining salvation. The cognitive therapeutic system develops in-depth stability in the mind of individuals through using the principles of Buddhist religions. Almost 30% of the population of Australia participates in cognitive treatments of the mind based on the principles of Buddhism. Based on the above discussion, it can be highlighted that factor including depression, anxiety, sleeping disorders, and bipolar disease can be effectively treated using cognitive behavioural therapy of mindfulness. This specified therapy includes meditation, yoga, and mindfulness and is a core technique of practicing Buddhism teachings on sufferings and mindfulness. Records have revealed that about 50% of relapsing depression among people can be cured irrespective of age and gender. **Buddhist ideology on mindfulness is used in clinical psychology for treating mental patients through meditation and therapies.**

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