

## **EARLY BUDDHIST THEORIES OF PSYCHOTHERAPEUTIC TREATMENT METHODS**

**Kirimetiya Dhammasiri**

*Department of Buddhist Studies and Pali, Faculty of Buddhist Studies,  
Bhiksu University of Sri Lanka, Anuradhapura, Sri Lanka  
kdhammasiri@yahoo.com*

The fundamental teaching of Buddha is very much similar to a system of therapy and the application of his teaching can be noted a system of treatment for the alleviation of psychological suffering in the mind of people. Anyhow, the early Buddhist teaching contains multiform of therapeutic treatment methods. The therapeutic treatment methods are importance to make some changes of inner environment of individual's behavior. According to Buddhist psychology the inner environment of individual is over dominated by negative psychological tendencies (*Kilesa*). Therefore, it is must to make a change the inner environment of person to see a peaceful outer environment. To achieve that purpose Buddhism has introduced certain principles which I known as psychotherapeutic treatment methods. As stated by *Edwina Pio* "the orientation of Buddhist treatment was optimistic and enthusiastic. Early Buddhism seems to have relied almost exclusively on psychotherapeutic methods in dealing with maladjusted individuals. "If we agree with her statement it is possible to understand that Buddhist mediation, begging for alms, attending to the sick in the order, instructing the novices and lay people as well as manual work such as sweeping the cells (*Kuti*), getting water for washing etc are some of moral therapy in order to make life better. This research paper expects to discuss the Buddhist psychotherapeutic methods that are still absent in the field of modern psychotherapy. For an example, The Buddha promulgated confession method (*Apattidesana*) for monks and nuns to treat them. This type of therapeutic treatment method is foreign in Western psychotherapy and this therapeutic process can be known as moral therapy. Anyhow, the true aim of Buddhist psychotherapeutic treatment method will lead the person to observe celibate life strictly. And at the end result of Buddhist psychotherapeutic treatment methods is with the aim of achieving unshakable peace in the mind.