

Dealing Depression with Cognitive Therapy and Mindfulness

Shimo Sraman (Buddha Bhoomi Foundation)

Depression is not a modern problem, but its history goes back to the beginning of human civilisation; as the Buddha “An enlightened One” says: life is suffering. Living with stress was experienced in this very life by every man even in ancient time. But today, depression is becoming a big factor influencing the well being of modern mankind. In the West many people have been involved with dealing this problem, both the medical professors and therapists, and the patients or clients. In this small paper I will address the Buddhist point of view on this issue and how western psychotherapists integrate Buddhist mindfulness meditation into their theory of psychotherapy, especially theories from Dr. A.T. Beck.