

Implications of Zen Values and Techniques for Counseling:
Intervention Strategy and Preventive Therapy

This presentation will be divided into three parts.
1. Exploration of Zen Values: A way of looking at the world

- 1.1 View of self
- 1.2 View of nature
- 1.3 View of creativity, the healthy person
- * Etiology of disease

2. Techniques (this aspect of the presentation will be experiential)

- 2.1 Formal and informal meditation
- 2.2 Chanting
- 2.3 Slide demonstration of Sumie paintings
- 2.4 Poetry (haiku) from Stanford Undergraduate Special Class:
Zen Buddhism and Self-Management

These Eastern techniques will be integrated with the behavioral
counseling techniques of self-observation and covert control
therapy.

3. Implications for Counseling and Preventive Therapy

- 3.1 Vocational decision-making
* Studies of Aikishige: Process
* what to do
* how to decide
* How do one's personal values relate to the
vocational choice one makes?
- 3.2 Interpersonal skills
* Study of Iesh (1971): Implications for developing
empathy in counselors
* use in marriage counseling for communication
between partners
- 3.3 Emotional problems
* Dealing with low self-esteem, feeling uncreative
* Gaining feelings of competence and control
* Dealing with depression and anxiety

The presenters will cite relevant case studies from their experience,
both in marriage counseling, and in two classes they co-taught at Stanford:
a) Values in Human Behavior (Winter, 1972) and b) Zen Buddhism and Self-
Management (Spring, 1972)

Johanna Shapiro
Graduate Student
Stanford University
Abstract Title:
Values of Zen:
Implications for Counseling
and Preventive Therapy

The techniques of Zen (section two) are inseparable from the values which underlie them. This presenter will give a brief discussion of Zen's way of looking at the world: who is the healthy person; what is self; what is man's relationship to the world around him; is it possible to reconcile the Eastern concept of no-ego with the Western ideal of goal orientation, ambition, striving; what is creativity - is it limited to a select few.

We will explore what Zen states to be the etiology of psychological disease, and then discuss the implications of this model to educational and other counseling settings.

Eastern values such as one's relationship to nature, to one's fellow man, and to one's work will be discussed, drawing from such works as the Baghavad Gita and Tao Teh Ching. The implications of these values will be related to a) vocational decision-making -- process and content; and b) interpersonal relationships -- process and content.

This section of the presentation will be more theoretical in orientation and should integrate itself well with the more practical techniques discussed in the following abstract.