

Recovery from Relational Trauma through the Practice of the Four Noble Truths in Buddhism

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Abstract : Relational trauma has garnered significant attention recently, as it can create barriers in the personal, interpersonal, and professional realms. Without proper intervention, its psychological impact can be profound. In psychotherapy, the demand for culturally adaptive intervention models is growing. This article compares two therapeutic approaches focused on 'self' and 'non-self'. It then incorporates Buddhist concepts of 'dukkha' (suffering), 'samudaya' (origin), 'nirodha' (cessation), and 'magga' (path) to develop culturally sensitive psychological interventions. Unlike Western psychotherapy, which often focuses on self, symptom relief, and restoring self-functioning, the 'non-self' approach encourages therapists to embody the principles of the Four Noble Truths. This perspective aims to help individuals reconstruct their internal relational state through shared suffering, compassion, wisdom, mindfulness, and righteous conduct. By understanding these concepts, therapists can guide individuals to 'return to their inherent emptiness and non-self,' resonating with the Buddhist belief that realizing this emptiness is a fundamental human goal. However, the model's limitations include individuals' need to embrace this cultural discourse and for therapists to learn Buddhist concepts deeply. Further research is essential to validate the effectiveness of this model in treating relational trauma cases.

Keywords : buddhism, buddhist principles, culturally adaptive interventions, relational trauma

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