

## Happy Family Life through Buddhist Family Therapeutic Techniques

Sarath Chandrasekara<sup>1</sup>

The Family is basic socialization unit of the society. That is the focal point of the develop country and if the families are healthy and well balanced then there are no conflicts in the society. The concept of family receives significant attention from both sociologists and psychologists. Their approach to resolve family issues are known as family counseling which constitute treatments in the whole family is the focus, rather than an individual family member. Social scientists have shown that there are three basic human expectations namely safety, satisfaction of the basic needs and undisturbed life. Also the dynamics arising from emotional states and interpersonal relationships among the family members contribute to the personal development and the welfare of each and every family member.

Buddhist family therapy is based on resolving issues before they turn into nasty conflicts. It's an approach based on problem prevention rather than conflict resolution. It addresses the root causes and effects and find ways to prevent issues from becoming conflicts. If the husband and wife attend to their duties and responsibilities, their family experiences harmony and progress. This is the balance of equilibrium conducive for their family to grow. This is the goal of Buddhist Family therapeutic techniques, through these Techniques, family members become conscious of their roles, which is essential in maintaining the equilibrium. The trust between the husband and the wife is the basis for the welfare of the other family members and it leads to the happy family life. Some of the major techniques are drawn attention for further application. Those are Mindfulness Based Buddhist Family Therapy, Buddhist Introspective Family Therapy, Buddhist Reality Family Therapy, Emotional Control Buddhist Family Therapy, and Cause and Effect based Buddhist Family Therapy. Buddhist family therapeutic techniques are most effective to keep happy family life in all space of the world today.

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<sup>1</sup> Department of Counseling Psychology, Sri Lanka International Buddhist Academy (SIBA) Pallakele. Sri Lanka. [appliedbp@gmail.com](mailto:appliedbp@gmail.com)