

Rev Nandacara



Ordination Type:	Bhikkhu (monk)
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Rev. Nandacara is a Burmese Buddhist monk specializing in Buddhist psychology, with extensive experience in both academic and practical aspects of the field. He holds multiple advanced degrees, including a Master's in Buddhist Counselling from the University of Hong Kong (HKU) and a Master of Arts in Buddhist Ayurvedic Counselling from the University of Kelaniya, Sri Lanka, where he graduated with a Best Performance Award (Gold Medal) in the Master of Buddhist Studies. He has also earned a Diploma in Western Psychology from the American College of Higher Education (Sri Lanka) and is an International Affiliate Member of the American Psychological Association.

Rev. Nandacara has published several books in Burmese and English, blending psychology and Buddhist teachings. As a founding member of ThisMoment Zone, he offers educational resources, courses, and lectures on Buddhist psychology and mindfulness. Currently residing in Sri Lanka, he is actively conducting research in Buddhist psychology for his doctoral studies.

Education

10/2008 – 11/2011

Bachelor of Arts in Burmese Aesthetic Literature
University of Mandalay (Myanmar)

Duration of Programme - 3 years
Date of Award - 15/3/2012
Honors/Score - Pass (G/P 3)
Language of Instruction - Burmese (by coursework)

1/2019- 1/2020

Master of Arts in Buddhist Studies

The Postgraduate Institute of Pail & Buddhist Studies,
University of Kelaniya (Sri Lanka)

Duration of Programme - 1 year
Date of Award - 1/1/2020
Honors/Score - First Class (Gold Medal winner)
Language of Instruction - English (by coursework and research)
Research Title - **“A Critical Study on the Right View (*Sammādiṭṭhi*) with Selected References as They Depicted in the Theravāda Buddhist Literatures”**

1/2020 – 1/2021

Diploma in Psychology

American College of Higher Education (Sri Lanka)

Duration of Programme - 1 year
Date of Award - 10/1/2021
Honors/Score - 85.40 [B- Honors]

Language of Instruction - English (by coursework)

(1/2021-1/2022)

Master of Arts in Buddhist Ayurveda Counselling

The Postgraduate Institute of Pail & Buddhist Studies,
University of Kelaniya (Sri Lanka)

Duration of Programme - 1 year

Date of Award - 1/1/2022

Honors/Score - First Class (Merits)

Language of Instruction - English (by coursework and research)

Research Title - **“Dharma Therapy: An Effective Treatment for Major Depressive Disorder”**

(9/2021-12/2022)

Master of Buddhist Counselling

The University of Hong Kong (Hong Kong)

Duration of Programme - 1 year

Date of Award - 3/13/2022

Honors/Score - Second Class

Language of Instruction - English (by coursework and research)

Research Title - **“Dharma Therapy for Irritable Bowel Syndrome”**

Current**Doctor of Philosophy in Buddhist Studies**

The Postgraduate Institute of Pail & Buddhist Studies,

University of Kelaniya (Sri Lanka)

Duration of Programme - 3 year

Date of Award - 2026 (expected)

Honors/Score -

Language of Instruction - English (research)

Research Title - **“A Comparative Study between Threefold Training and Dialectical Behaviour Therapy (with a special focus on Borderline Personality Disorder)”**

Certificates

Search Inside Yourself Program (8/2020)

Originally developed at Google, Search Inside Yourself teaches practical mindfulness, emotional intelligence, and leadership tools to unlock your full potential at work and in life.

Search Inside Yourself takes an evidence-based approach combining neuroscience, attention training, and emotional intelligence. The program provides practical tools that can be applied immediately in life or at work. We start with a foundation of mindfulness and build the core emotional intelligence domains that lead to outstanding leadership.

Neuroplasticity: How to Rewire Your Brain (10/2020)

- An online course from Udemy.
- Learned how to turn on your body's natural calming response, the parasympathetic response, and train your mind and body to calm down, relax, and turn on the "rest, digest, and heal" response, understand the concept of Neuroplasticity, and how to use it.

Coping Some Psychological Adjustment Problems during and after the Covid-19 Outbreak (1/2021)

- Online training course of “Myanmar Psychological Association (MPA)” for coping with psychological problems during and after the Covid-19 pandemic.

Achievements

- ◆ **Gold Medal Winner** of 2019 academic year at the Postgraduate Institute of Pali & Buddhist Studies, University of Kelaniya, Sri Lanka.
 - ◆ **Glorious Sun Group Postgraduate Scholarship** in Buddhist Studies 2021-2022, the center of Buddhist Studies, University of Hong Kong, Hong Kong.
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Publications

Burmese Books

(2020). *Fundamental of Buddhist Psychotherapy*. Thar Nge Publication, Yangon.

“အခြေခံဗုဒ္ဓ စိတ်ကုထုံးများ”

- Fundamental knowledge and understanding for the Buddhist Psychology and Psychotherapy, and Buddhist perspective on mental disorders and their origins.
- Comparative between Buddhism and Modern Psychology
- The Buddhist practice of counseling, ways to lead a happy life, and emotional management.

(2021). *Only Me?* Thar Nge Pub, Yangon.

“ငါ တယောက်တည်းလား”

- “Buddhist motivations and emotional management” based on the non-self idea.

(2022). *Buddhist Teachings for the Sick*. Thar Nge Publication, Yangon.

“ဗုဒ္ဓနည်းကျ နာမကျန်းသူပြုစုနည်း”

- Buddhist teachings for the sick and dying. Buddhist psychological knowledge for the palliative care. Buddhist medical knowledge through canons.

(2022). *A Glimpse of Mindfulness*. Thar Nge Publication, Yangon.

“Mindfulness အကြောင်းတစေ့တစောင်း”

- The origin of Mindfulness practices Benefits of practising Mindfulness Modern understanding of Mindfulness Mindfulness Generations Some critiques to modern Mindfulness Psychotherapeutic values of Mindfulness

(2023). *The Post-traumatic...*, Thar Nge Publication, Yangon.

“စိတ်ဒဏ်ရာများရဲ့ အလွန်... The Post-traumatic...”

- Buddhist understanding of Trauma and Trauma healing techniques. Post-traumatic disorders and Post-traumatic growth

(2023). *Positive Vibe*, Pan Sat Lan Publication, Yangon.

အကြည်ဓာတ်

- Buddhist Psychological Approach for Positivity Comparative between Buddhism and Cognitive-Behavioural Therapy Self-help book

(2024). **A Subtle Heart**, Thar Nge Publication, Yangon.

သိမ်မွေ့သော နှလုံးသား

- Buddhist Psychological and therapeutical methods for mental health and self-care tips for subtle heart.

(2024). **A Glimpse of Mindfulness** (English), Amazon Publication. Poland.

- The origin of Mindfulness practices Benefits of practising Mindfulness Modern understanding of Mindfulness, Mindfulness Generations, Some critiques to modern Mindfulness, Psychotherapeutic values of Mindfulness

Articles in English

(2020). Psychological Impacts of Covid-19. *Izy Insight Newsletter*, 1 (2). Colombo, Sri Lanka.

(2021). The Art of Mindfulness. *Izy Insight Newsletter*, 1 (3). Colombo, Sri Lanka.

(2023). Assakhaluṅka Sutta: Defense Mechanisms in Early Buddhism. Academia.
https://www.academia.edu/96608454/Assakhaluṅka_Sutta_Defense_Mechanisms_in_Early_Buddhism

(2023). Buddhist Mediation: A New Contribution to the Modern Conflict Resolution Pedagogies. academia.
https://www.academia.edu/96241586/Buddhist_Mediation_A_New_Contribution_to_the_Modern_Conflict_Resolution_Pedagogies

(2024). Buddhist Monastic Healing Tradition with Special Reference to Bhesajjamañjūsā. *the Anvesana Peer Reviewed Journal*, Postgraduate Institute of Pali and Buddhist Studies, University of Kelaniya, Sri Lanka.
