

Biography

Dr. PINTONG CHATNARAT

ดร. พิณจ้ทอง ฉัฐฐณรัชต์

Mahachulalongkornrajavidyalaya University



EDUCATION

2016	PhD, Buddhist Psychology, Faculty of Humanities (GPA 3.92) Mahachulalongkornrajavidyalaya University (MCU) Thesis: “ <i>Model of Nonviolent Communication through Buddhist Psychology</i> ” (Thesis Level A+)
2020 (Expectation)	MA, Buddhist Psychology, Faculty of Humanities Mahachulalongkornrajavidyalaya University (MCU) Thesis: “ <i>The Effects of Mindfulness-Based Bhāvanā on Happiness of MCU Students</i> ”
2004	MBA (Hons.), International Program Major: Management Shinawatra University (SIU)
1998	MA, Language and Communication, International Program Major: English for Business and Technology The National Institute of Development Administration (NIDA)
1996	BA, International Program Major: Business English / Minor: Hotel Management Assumption University (ABAC)
2018	Certificate in “Vipassanā Bhāvanā” Faculty of Buddhism of MCU
2017	Dhamma Study Advanced Level Wat Nyanavesakavan, Nakorn Pathom Learning Centre
2016	Dhamma Study Intermediate Level Wat Nyanavesakavan, Nakorn Pathom Learning Centre
2015	Dhamma Study Primary Level Wat Nyanavesakavan, Nakorn Pathom Learning Centre

WORK EXPERIENCES

Current	Full-Time Lecturer International Buddhist Studies College (IBSC) of Mahachulalongkornrajavidyalaya University Courses: - Mindfulness and Brain - Buddhist Psychotherapy and Counseling - Meditation Therapy - Buddhist Art - Sciences and Art of Life - Mindfulness-Based Compassion - Mindfulness and Meditation for Beginners - Mindfulness for Well-Being - Mindful Ascetic Therapy (MAT)
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WORK EXPERIENCES

(Continue)	<ul style="list-style-type: none"> - Mindfulness-Based Communication - Introduction to Mindfulness and Meditation - Basic Meditation Practice and Application - Metta Bhāvanā and Compassion-Based Practice - Introduction to Buddhist Psychology - Buddha's Life Studies - Introduction to Statistics and Research - Nonviolence Communication - Introductory English for Mindfulness Master - English for Vipassanā Bhāvanā - Advanced English for Mindfulness Master - Academic Writing (Four Noble Truths)
2018-Current	Full-Time Lecturer International Buddhist Studies College (IBSC) of MCU
2015-2018	Full-Time Lecturer Language Institute of Mahachulalongkornrajavidyalaya University
2017-Current	Special Lecturer Vipassanā Institute of Mahachulalongkornrajavidyalaya University
2013-2014	Board of Executive Committees Tyche Co., Ltd. / Kopitiam Restaurant Co., Ltd. / KPT Catering
2004	Lecturer, Tec de Monterrey (Guadalajara Campus, Mexico) Courses: Business English and Fundamental English
2002-2004	PA to Chairman of the Executive Committee Gems Collection Group and Gems Collection Co., Ltd.
2000-2002	(1) Asst. Secretary to Chairman of the Executive Committee The Siam Commercial Bank PCL (Head Quarters) (2) International Banking Coordinator International Department, SCB (Head Quarters)
1999-2000	(1) Full-Time Lecturer Dhurakijbhandit University (2) Language & Business Program Secretary Language Center of Dhurakijbhandit University

ACTIVITIES

December 2019	Assistant Vipassanā Master for International Students MCU International Annual Retreat Academic Year 1/2018 Vipassanā Institute of Mahachulalongkornrajavidyalaya University
May 2019	Moderator, The World Mindfulness Forum 2019”, UNDV The International Conference on Mindfulness at United Nations
2015-2018	Head of Academic Team, UNDV Conference Team Organizer for UNDV & IABU United Nations Day of Vesak 2015-2018
May 2017	MC, The 3rd International Association of Buddhist Universities (IABU), VESAK at Mahachulalongkornrajavidyalaya University
August-September 2016	MC and Moderator in “Languages Change Lives” Seminars Organized by Language Institute of MCU

ACTIVITIES

2014-2017	Committee, MGO Board of Committee Graduate Student Organization of MCU (MGO) Mahachulalongkornrajavidyalaya University
December 2014	MC and Moderator “1 st Knowledge Sharing: Introductory Mahayana and Theravada in the View of Meditation” Hosted by 1st Batch Ph.D. Students, International Buddhist Studies College, MCU to welcome Lecturers and Students from Naropa University, U.S.A.
November 2014	MC and Translator “The 1st Unified Power of MCU Graduate Students for the Community”, BangPengTai and BamPenNua Temples Graduate Student Organization of MCU (MGO)
March 2000	Liaison Officer The British Council, Thailand
1999-2000	Interpreter for the Criminal Court The Criminal Court, Ministry of Justice
Summer 1994	Market Surveyor Royal Vacation International Company
Summer 1993	Liaison Officer for the 50th Anniversary The Democrat Party of Thailand
June-August 1992	Student Trainee, Direct Sales Project Media Focus Co., Ltd.
Summer 1992	Liaison Officer, “1992 Miss Universe Pageant” Thai Sky Television MSG Entertainment & Attractions Group (U.S.A) Press Appeal Co., Ltd. (Thailand)

TRAINING COURSES

1. **“Thai Traditional Medicine (TTM)”**, in Indigenous Herbal Medicine and Traditional Medical Doctor, The Thai Traditional Medicine Development Foundation (T-TMDF), (Expectation 2020-2022)
2. **Certified MBTC Therapist, “Mindfulness-Based Therapy and Counseling”**, Department of Mental Health, The Ministry of Public Health
3. **“Mindfulness and Yoga Bhāvanā”**, Rojana Dhamma Foundation, led by the Yoga Dhamma with the Learning Process Team
4. **“Mindfulness Meditation and Metta Bhāvanā”**, YBAT, led by Venerable Prof. Dr. Khammai Dhammasami, Oxford Sayadaw, OBV Oxford Buddha Vihara
5. **“Spanish Communication Class”**, Language Center of Kasetsart University
6. **“Mixed Methods Research”**, Faculty of Humanities, Buddhist Psychology of MCU
7. **“Journal Quality Assurance for TCI Base 1”**, Academic Affairs of MCU
8. **5 Year-Development Planning**, Language Institute of MCU
9. **“Vipassanā Bhāvanā”**, Ngwe Taung U Vipassana Meditation Center, Myanmar, led by Sayadaw Bhaddanta Wirosana, Ph.D.
10. **“3Ms : Mindset, Mindfulness, Mindmap” Academic Writing**, Peace Studies Program of Mahachulalongkornrajavidyalaya University

11. **Training in “Knowledge Management and KAISAN”**, Language Institute of Mahachulalongkornrajavidyalaya University
12. **“All in One Project”**, Seminar by the Rotary of Thailand
13. **“Building Relationships through Satir Model”**, Thai Health Promotion Foundation
14. **“Bhāvanā: Mindfulness Breathing”**, Rojana Dhamma Foundation, led by the Yoga Dhamma with the Learning Process Team
15. **Training of Trainers (TOT) : Nonviolent Communication**, the US Embassy and Mahidol University (*Scholarship*)
16. **Certificate in “Conflict Transformation : Nonviolent Communication”**, Mahidol University (*Scholarship*)
17. **Certificate in “Conflict Transformation : Nonviolent Action and Mediation”**, Mahidol University (*Scholarship*)
18. **Certificate in “Living Together on Diversity : Nonviolent Communication Facilitator”**, Mahidol University in cooperation with the Peace Team of Thailand (*Scholarship*)
19. **“Academic Writing Course 2016”** by Dr. Sarah Ekdawi, Oxford School of Language (*Scholarship*)
20. **“Research Zone (2015/16) : Phase 107”**, National Research Council of Thailand
21. **“Nonviolent Communication”**, Concept from Dr. Marshall Rosenberg, M.D. by SEM Sikkhalai Organization
22. **“Professional English Teacher Batch 1”**, Language Institute of MCU (*Scholarship*)
23. **“Counseling and Communication Techniques by using Gestalt Psychotherapy”** by Dr. G. Paolo Quattrini Istituto Gestalt Firenze & International School of Gestalt Training
24. **“Academic and Research Writing for Publications”**, Buddhist Research Institute of Mahachulalongkornrajavidyalaya University
25. **“Academic Writing Course 2015”** by Dr. Sarah Ekdawi, Oxford School of Language
26. **“Reading, Summarization, Writing Techniques for Academic and Research Publications”** by Rattanakosin College of Innovation Management, Rajmongkol Technology (*Scholarship*)
27. **“Academic Writing Techniques”**, Peace Studies Program of MCU
28. **“Knowing the Death and Living through Dhamma”**, Gilana Dhamma and Sikkha
29. **“Ventana al Mundo”** by Bachelor in International Business (la Licenciatura en Comercio Internacional, El Instituto Tecnológico y de Estudios Superiores de Monterrey, Campus Guadalajara, Jalisco, Mexico)
30. **“Professional Secretary to be Executive Assistance”** by The Integral Learning Center
31. **Certificate of “Training Course for Interpreters in Criminal Court”**, Office of the Judicial Affairs, Ministry of Justice (*Scholarship*)
32. **“Bee Farming”** by Ramkhamhaeng University (*Scholarship*)
33. **Certificate of “Radio Announcement”**, Faculty of Journalism and Mass Communication, Thammasat University
34. **“Liaison and Coordination”**, Thai Sky Television and MSG Entertainment & Attractions Group, A Paramount Communications Company, U.S.A.

PUBLICATIONS

1. Pintong Chatnarat, Asst.Prof. Dr. Phramaha Duangden Thitañāṇo, and Khenpo Karchung (2020), **A Study of Mindful Ascetic Therapy (MAT) Program on Mental Health of the New Normal Society during the COVID-19**, International Conference on Multidisciplinary and Current Educational Research (IFERP), ICMCER-2020 Presentation, with Paper published in the Scopus Indexed Journal and Conference Proceedings, International Journal of Psychosocial and Rehabilitation (IJPR), SCOPUS ISSN: 1475-7192.
2. Pintong Chatnarat and Khenpo Karchung (2020), **The Traditional Studies of Jīvaka Komārabhacca, The Buddha’s Doctor in Theravada and Bhaiṣajyaguru, The Medicine Buddha in Vajrayāna**, Journal of International Buddhist Studies College (JIBSC), Ayutthaya : International Buddhist Studies College (IBSC), Mahachulalongkornrajavidyalaya University. (TCI-2)
3. Pintong Chatnarat (2019), **Mindful Ascetic Therapy (MAT) Program on Mental Health**, The 2nd International Academic Forum, “The Meditation Techniques in Theravada and Mahayana: Theory and Practice”, (19 December 2019) Presentation, Paper published in the Conference Proceedings.
4. Khenpo Karchung, Pintong Chatnarat, and Prof. Dr. Phra Brahmopundit (Prayoon Dhammacitto) (2019), **Yeshe Dorji: The Founder of Bhutan’s Dragon Tradition**, Journal of International Association of Buddhist Universities (JIABU), Vol. 12 No.2 (July-December 2019): 417-429. (TCI-2)
5. Pintong Mansumittrchai (2018), **Mindfulness Message: Compassionate Communication for Effective Interpersonal Relationship**, Journal of The International Association of Buddhist Universities (JIABU), Vol. 11, No. 2 (2018), Ayutthaya : International Buddhist Studies College of MCU. (TCI-2)
6. Pintong Mansumittrchai (2019), **Live Here and Now**, Translator of the Handbook for Mindfulness Meditation Practice (Thai-English).
7. Editorial Committee of UNDV (2018), **Buddhist Contribution for Human Development**, Proceeding for the 15th United Nations Day of Vesak Celebrations 2018, Ayutthaya: Mahachulalongkornrajavidyalaya University Press.
8. Somkiat Mansumittrchai, Wenzhou-Kean University, China, Candy Chiu, Keimyung University, South Korea, Pintong Mansumittrchai, Mahachulalongkornrajavidyalaya University, Thailand and Qi Li, Wenzhou-Kean University, China (2017), **Online Banking in GCC Countries: A Study of Saudi Arabia and United Arab Emirates** Presentation at the Academic Conference, Keimyung University, Received “Good”.
9. Pintong Mansumittrchai (2017), **A Model of Nonviolent Communication through Buddhist Psychology**, Journal of MCU Peace Studies, Ayutthaya : Peace Studies Program, Mahachulalongkornrajavidyalaya University. (TCI-1)
10. Pintong Mansumittrchai (2016), **English for Buddhism : MCU 003–MCU 004 for Master’s Degree Students**, Bangkok : Prayoosanthai Printing Limited Partnership.
11. Pintong Mansumittrchai (2016), **Buddhist Path to World Peace**, Handbook for the 13th United Nations Day of Vesak Celebrations 2016, Ayutthaya : Language Institute of Mahachulalongkornrajavidyalaya University.
12. Pintong Mansumittrchai (2015), **Effective Transactional Analysis (ETA)**, Journal of Social Science, Ayutthaya : Mahachulalongkornrajavidyalaya University. (TCI-1)
13. Pintong Mansumittrchai (2015), **“Mercy Message: A Path to Peace”**, Journal of MCU Peace Studies, Vol. 3, No. 2 (2015), Ayutthaya : Peace Studies Program. (TCI-1)

PUBLICATIONS

14. Pintong Mansumittrchai (2015), “**Buddhist Psychology of Communication for Peace**”, Special Edition for the Celebration of United Nations Day of Vesak 2015, Journal of Mahachula Academic, Buddhism and World Crisis, Bangkok : 21 Century Co., Ltd.
15. Language Institute of MCU (2015), Research on “**The Preparation of MCU Language Institute for ASEAN Economic Community**”, Ayutthaya : Language Institute of MCU, (MCU RS 610757075).

INTERNATIONAL CONFERENCES

1. Paper Presentation by Pintong Chatnarat, **A Study of Mindful Ascetic Therapy (MAT) Program on Mental Health of the New Normal Society during the COVID-19**, International Conference on Multidisciplinary and Current Educational Research (IFERP), ICMCER-2020, 30-31 July 2020.
2. Paper Presentation by Pintong Chatnarat, **Mindful Ascetic Therapy (MAT) Program on Mental Health**, The 2nd International Academic Forum, “The Meditation Techniques in Theravada and Mahayana: Theory and Practice”, 19 December 2019.
3. Paper Presentation by Pintong Mansumittrchai, “**Mercy Message: A Path to Peace**”, at The Fourth International Conference on “Outlook on Self-Identity Beyond Concept” (Dhammanupassana) during 20-22 December 2016, International Theravada Buddhist Missionary University (ITBMU) in Yangon, Myanmar.
4. Delegate to attend the “**World Buddhist Peace Conference**” at SITAGU International Buddhist Academy in Sagaing, Myanmar.

OTHER EXPERIENCES

Living Abroad

Daegu, South Korea (2012-2013)
Manazeer, Abu Dhabi, U.A.E. (2007-2011)
Guadrajala, Jalisco, Mexico (2004-2006)

Meditation Practices

- “**8-Day Mindfulness-Based Therapy Retreat**”
Arson Silp Institute Of The Arts, Holistic Learning for Human Development and Sustainable Society
Mental Health Department, The Ministry of Public Health
- “**30-Day Mindfulness Retreat and Oral Transmission from Drukpa Kargyu Lineage**” **Thimphu, Bhutan**
Meditation Master : Most Respected Venerable Khenpo Kinzang Thinley (President of TBU), Thimphu, Bhutan
Root Guru : Venerable Drupön Khenpo Karchung (Meditation Master and Sanskrit Acharya of TBU)
- “**8-Day Mindfulness and Metta Meditation Practice**”
Meditation Master : Oxford Sayadaw Ven. Prof. Dr. Khammai Dhammasami, YBAT, Thailand
- “**15-Day Vipassanā Meditation Practice**”
Meditation Master : Most Respected Ven. Dr. Sayadaw Bhaddanta Wirosana (Mahaganthavacakapandita-Aggamahakammattathanacariya), Ngwe Taung U Meditation Centre, Myanmar
- “**15-Day Mindfulness Meditation Practice**”
Meditation Master : Phrathepvisutthimuni Vi., MCU

OTHER EXPERIENCES

Meditation Practices

- Mindfulness and Yoga Bhāvanā
- Silence Meditation Retreats
- Yoga and Bhāvanā
- Mindfulness Breathing Practice (Ānāpānasati)
- Metta Bhāvanā and Compassion Meditation

Areas of Interests

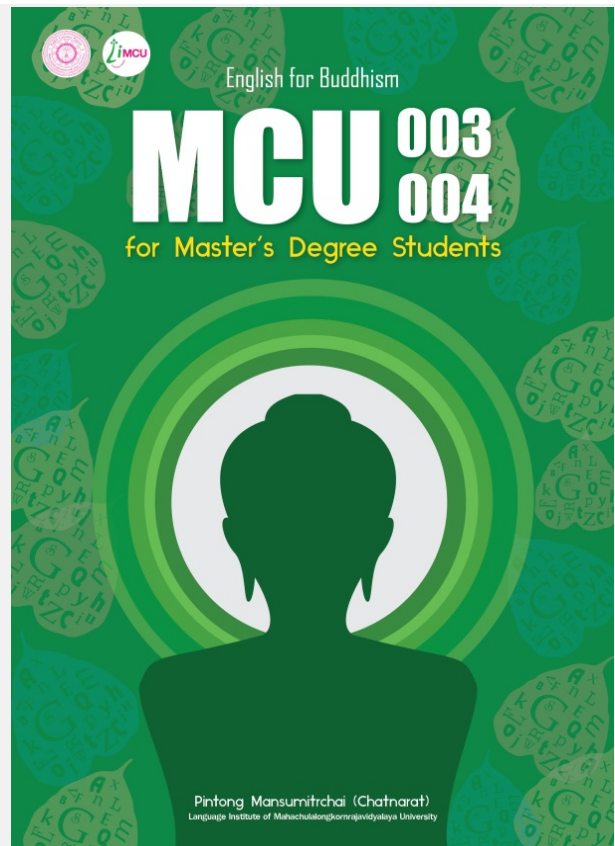
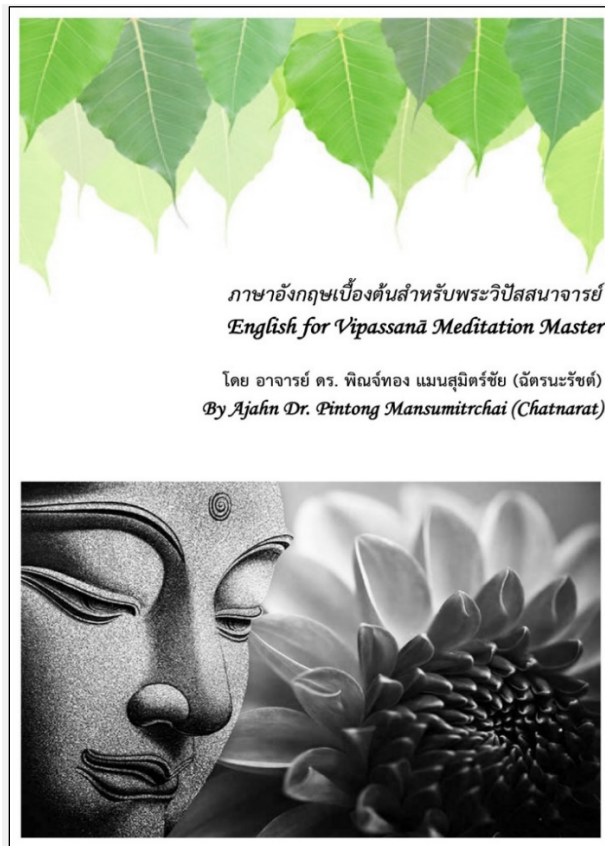
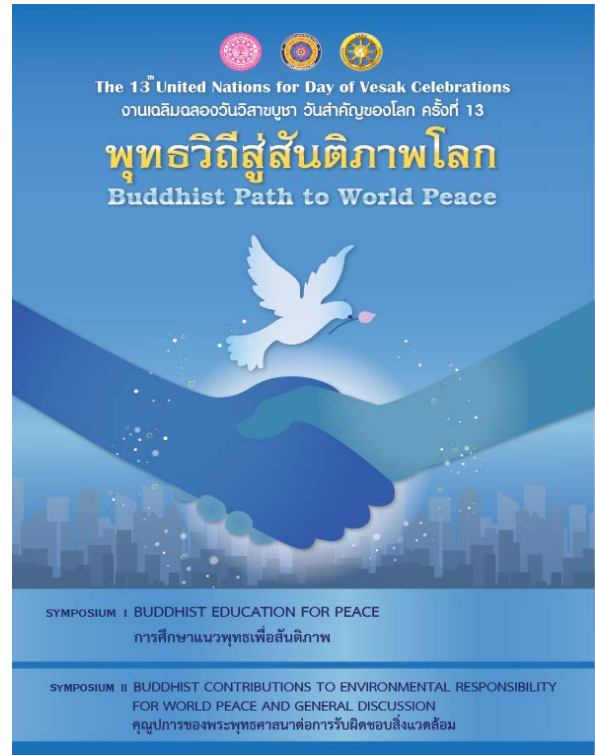
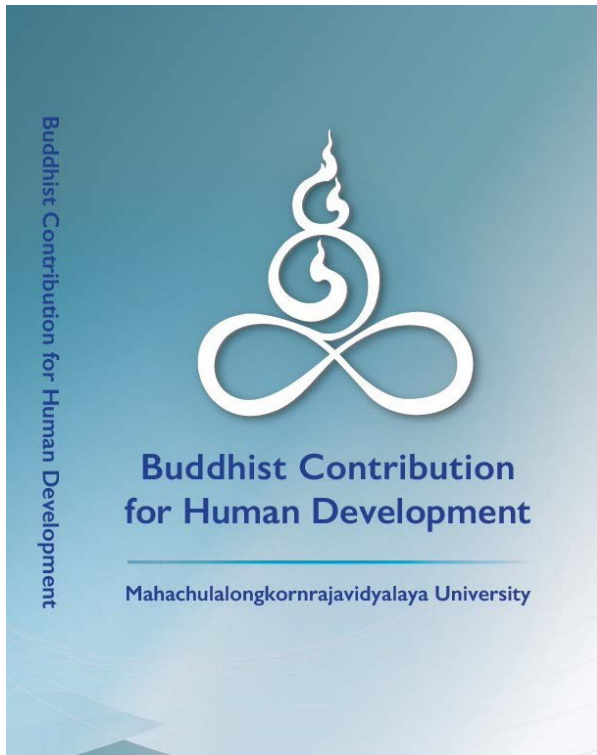
Thai Traditional Medicine and Health
Mindfulness and Meditation Practices
Buddhist Psychology, Buddhist Psychotherapy
Mindfulness-Based Compassion and Metta Bhāvanā
Mindfulness and Meditation for Addiction
Meditation Therapy and Mindfulness Therapy

Award

The Outstanding Award from MCU Alumni
for Best Academic and Innovation Award in 2019

Mostly Proud

1. Handbook, **“Live Here and Now”**, (2019)
Handbook for Mindfulness Meditation Practice
(Thai-English)
2. Proceeding, **“Buddhist Contribution for Human Development”**, (2018) For Panel Discussion
The 15th United Nations Day of Vesak Celebrations
(UNDV 2018)
3. Proceeding, **“Buddhist Contribution for Human Development”**, (2018) For Panel Discussion
The 15th United Nations Day of Vesak Celebrations
(UNDV 2018)
4. Handbook, **“English for Vipassanā Meditation Master”**, (2018) For Vipassanā Meditation Master
By Dr. Pintong Chatnarat
5. Textbook, **“English for Buddhism”**, (2016)
MCU 003–MCU 004 For Master’s Degree Students
By Dr. Pintong Chatnarat
6. Handbook, **“Buddhist Path to World Peace”**, (2016)
For Symposia I and II, The 13th United Nations Day
of Vesak Celebrations (UNDV 2016)
By Dr. Pintong Chatnarat





Contact Information

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