

TORONTO CENTRE FOR APPLIED BUDDHISM PRESENTS:

# Buddhist Mindfulness Psycho-education Program



## *Applying Mindfulness*

### IN DEALING WITH DIFFICULT THOUGHTS AND EMOTIONS

ONLINE COURSE FOR ADULTS 20 OR OLDER:

4 X SATURDAYS | NOV 6 - 27, 2021 | 2 PM TO 4 PM |  
\$25 REGISTRATION FEE | LIMITED SPOTS AVAILABLE

This program will begin with exploring what participants consider as stress, as well as what the Buddha and western sciences say about stress. We will delve into some Buddhist approaches for dealing with difficult thoughts and emotions. A key Buddhist practice is mindfulness. The program will first introduce some foundational knowledge in Buddhism addressing topics such as the relationship between ethics and mindfulness and the nature of mind and consciousness that are important for mindfulness practice. Participants will learn and practice how mindfulness can be applied in daily life when facing stress, or when experiencing difficult emotions and thoughts. Some exercises used in Acceptance and Commitment Therapy will also be introduced.

Co-facilitated by members of our Buddhist counselling team:

**Charles Chiarelli BA BEd and Michael Dougan MEd, RP**

**Charles** is an Ontario Certified Teacher. He also has a Certificate in Counselling Techniques from Mohawk College and a Graduate Diploma in Buddhist Mindfulness and Mental Health from Emmanuel College. He works as a peer support counsellor at the Hamilton Mental Health Rights Coalition. He is completing his final capstone course in the Master's in Buddhist Pastoral Studies, Spiritual Care and Psychotherapy in the University of Toronto.

**Michael** is a Registered Psychotherapist. He has worked in community mental health care, post-secondary, and private practice contexts. Michael is passionate about applications of contemplative practices in counselling and in education.

**The Toronto Centre for Applied Buddhism** is an educational hub for mindfulness and counselling. We offer educational courses as well as Buddhist counselling services. Visit <http://appliedbuddhism.ca/> to learn more...

**PLEASE SEND YOUR APPLICATION TO US BY OCTOBER 30, 2021. VISIT  
[HTTP://APPLIEDBUDDHISM.CA/PSYCHO-EDUCATION](http://appliedbuddhism.ca/psycho-education) FOR MORE DETAILS**