

# TORONTO CENTRE FOR APPLIED BUDDHISM

## Buddhist Psycho-education Program Application Form

### Applying Mindfulness in Dealing with Difficult Thoughts and Emotions - via Zoom

Co-facilitators: Charles Chiarelli BA, BEd and Michael Dougan MEd, RP

4 Saturdays; November 6 to 27, 2021, 2-4 pm

#### Description of Program:

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 then 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 practise 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.

Registration fee is \$25.

Please complete the form below, and email it to [groups@AppliedBuddhsim.ca](mailto:groups@AppliedBuddhsim.ca) by Oct. 30, 2021

#### Participant Information:

Name: \_\_\_\_\_; Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

1. What is your motivation for joining this program?

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2. What are your expectations from attending this program?

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3. Please briefly describe your background in Buddhism or secular mindfulness:

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4. We expect the group size to be 8-15 participants. Interactive discussions will be encouraged. Participants are expected to turn on their Zoom video. Please rank your comfort level in this setting.

Please circle:    Not comfortable 1            Somewhat comfortable 2            Comfortable 3