

Toronto Centre for Applied Buddhism presents:

Buddhist Mindfulness Psycho-education (on-line) Program for young adults and college students under 30:

Applying Mindfulness in Dealing with Difficult thoughts and Emotions

4 x Saturdays / February 19 to March 12, 2022/ 2:00 pm to 4:30 pm

\$25 Early Bird Registration (before Feb 12) \$35 (by Feb 16) 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 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. Interactive discussions will be encouraged. Participants are expected to turn on their Zoom video.

Co-facilitated by members of our Buddhist counselling team:

Glen Choi MA, PhD and Michael Dougan MEd, MA, RP

Glen teaches cross-cultural psychology and religion at Seneca College. A lifelong Buddhist, he received a Ph.D. in Religious Studies ("Buddhism in the West") from the University of Ottawa and an M.A. in Seon (Zen) Studies from Dongguk University in Seoul. Glen also hosted a 12-part OMNI TV documentary series on Buddhism in Canada called "Path to Enlightenment".

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 & 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 February 16th.
Visit <http://appliedbuddhism.ca/psycho-education> for more details