

Toronto Centre for Applied Buddhism presents:

## Buddhist Mindfulness Psycho-education (on-line) Program for adults 25 years or older:

### Applying Mindfulness in Dealing with Difficult Thoughts and Emotions

4 x Saturdays / Jan 22 to Feb 12, 2022 / 2:00 pm to 4:30 pm

\$25 Early Bird Registration (before Jan 15) \$35 (by Jan 19). 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 from 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:

Charles Chiarelli BA, BEd and Heather Robertson MSW, RSW

**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 at the University of Toronto.

**Heather** is a therapeutic social worker with over 10 years of experience in mental health care. Currently she works at the University of Toronto providing brief psychotherapy to graduate students. She is an individual and family therapist who offers single session, short-term and long-term therapy, as well as workshops and group work. Her counselling career has supported children, teens, post-secondary students, adults and families with multiple emotional, behavioural and psychiatric issues.

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 January 19, 2022.  
Visit <http://appliedbuddhism.ca/psycho-education> for more details