

Toronto Centre for Applied Buddhism
presents

Integrating Buddhist Teachings in Providing Care

An Online Public Lecture Series (via Zoom)

Intersections of Acceptance and Commitment Therapy and Buddhism

Acceptance and Commitment Therapy (ACT) is a psychological intervention that has wide clinical applications. In addition to its explicit use of the concept of mindfulness, the therapeutic techniques of ACT implicitly incorporate other aspects of Buddhism. These two talks will describe the basic principles and processes of ACT, and explore the similarities and differences between ACT processes and some of the common tenets in Buddhism such as the Four Noble Truths and No-Self.

Thursday, April 17, 2025, 7-9 pm

Speaker:

Dr. Kenneth Fung, MD FRCPC MSc FAPA FCPA
Staff Psychiatrist & Clinical Director,
Asian Initiative in Mental Health Program, Toronto Western Hospital
Professor & Director of Global Mental Health, Department of Psychiatry, University of Toronto

Thursday, May 1, 2025, 7-9 pm

Speaker:

Dr. Daniel Hughes, MD FRCPC MSc
Psychiatrist, Toronto Western Hospital
Buddhist Education Foundation of Canada Fellow in Buddhism and Psychiatry,
Department of Psychiatry, University of Toronto

Buddhist Approach to Dementia Care

This talk looks into the practical application of the Buddha's teachings, offering caregivers and healthcare professionals fresh perspectives on mindfulness, compassion, and resilience. Learn how the principles of presence, acceptance, and gentle awareness can inspire more empathetic and effective care practices for those living with dementia. Join us for an enlightening journey that bridges timeless spiritual guidance with the challenges of contemporary dementia care.

Thursday May 22, 2025, 7-9 pm

Speaker:

Dr. Henry Shiu, PhD
Shi Wu De Assistant Professor in Chinese Buddhist Studies, Emmanuel College, University of Toronto

Free Admission - zoom link will be provided to those registered for the events.

To register, complete registration form at: <https://appliedbuddhism.ca/events>

Donation by e-transfer to admin@appliedbuddhism.ca to support the work of the Toronto Centre for Applied Buddhism will be greatly appreciated.

For further information, email admin@appliedbuddhism.ca www.appliedbuddhism.ca