

Buddhism and Mental Health

Four Tuesday Afternoons of Experiential Learning & Sharing

Open to students at the University of Toronto - Free Admission

Room 54G (lower level), 300 Huron St., Toronto

Please register for the groups: <https://forms.cloud.microsoft/r/7uMLDaDyac>

Mindfulness Practices for Difficult Relationships (February 3, 2026, 3-5 pm)

Identity and the Nature of Self (February 10, 2026, 3-5 pm)

Co-facilitators: Daniel Hughes, MD FRCPC; Melissa Perez BA (Hons - Psychology), MPS (Candidate)

Daniel is a psychiatrist who works in a variety of general outpatient settings as well as in a private psychotherapy practice. His approach to therapy is generally informed by Acceptance and Commitment Therapy, while also integrating elements of Buddhist psychology and mindfulness practice. Daniel is a practitioner of Vipassana Buddhist meditation for the past eight years. Daniel recently completed a Fellowship in Buddhism and Psychiatry through the University of Toronto.

Melissa is a Buddhist counsellor at TCAB and student psychotherapist under supervision. She is committed to transformative approaches that foster self-awareness and help clients better understand their own minds. Her Buddhist lens grounds her in compassion and an ethical commitment to alleviating suffering. With a background in nursing, her journey into mental health counselling is fuelled by a deep passion for helping clients navigate life's complexities with clarity and resilience.

Tibetan Mind Training (February 24, 2026, 3-5 pm)

Facilitator: Bianba Deji PhD (Candidate), MPS (Candidate)

Bianba is a PhD candidate in Buddhist Studies at the University of Hong Kong. She defended her thesis in Tibetan Mind Training in November 2025. She is also a 2nd year student in the Master of Psychospiritual Studies (Buddhism) program at the University of Toronto. Bianba was born in a Buddhist community and has been trained in Tibetan, Theravadin, and the Chinese Buddhist traditions. She is a Buddhist counsellor with TCAB and a meditation teacher.

Cultural, Personal and Buddhist Values in Daily Life (March 3 2026, 3-5 pm)

Co-Facilitators: Shukyu Christine Ng, MPS, RP; Katya Hortogiannos BSc (Candidate)

Chris is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario. She holds a Diploma in Buddhist Mindfulness and Mental Health and a Master's Degree in Pastoral Studies (Buddhism) from the University of Toronto. She practices in the Theravada and the Chan meditative traditions. She is a Buddhist Counsellor with TCAB and a Spiritually Integrated Psychotherapist in private practice.

Katya is a student in U of T's Psychology and New College's Community Engaged Learning/BPMH Programs.

Presented by: **Toronto Centre for Applied Buddhism** appliedbuddhism.ca

For more info, email admin@appliedbuddhism.ca or call 416-910-4858

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