



NYZENCENTER

# CONTEMPLATIVE MEDICINE FELLOWSHIP

## Curriculum Overview

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### SUFFERING

#### **Recognizing The Truth and Etiology of Suffering**

JULY 31 – AUGUST 21, 2021

Buddha as Physician • Differentiating Suffering from Pain • Contemplative Practice As Ground

#### **Prognosis of Suffering and Path as Remedy**

AUGUST 22 – SEPTEMBER 25, 2021

Salutogenesis • Not Knowing, Bearing Witness, Loving Action • The Power of Ritual

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### WISDOM

#### **Transformative Perspective (Right View/Understanding)**

SEPTEMBER 26 – OCTOBER 24, 2021

Contemplative Medicine • Care Partnership • Evaluating Research • Non-anxious Presence • Assessing Spiritual Needs

#### **First Residential Retreat - October 20–24, 2021**

#### **Interconnectedness and Resolving to Care: The Attitude of The Care Partnership (Right Intention/Thought)**

OCTOBER 25 – NOVEMBER 20, 2021

Non-harm • Community, Agency, and Meaning • Developing Deep Curiosity

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### ETHICS

#### **Listening and Speaking with Clarity, Generosity, and Heart (Right Communication)**

NOVEMBER 21 – DECEMBER 18, 2021

Emotional Impact • Silence in Communication • Symbolic Listening • Group & Structural Dynamics

#### **Wholehearted Response to Suffering (Right Action)**

DECEMBER 19, 2021 – JANUARY 29, 2022

Being in Relationship • Action-Reflection-Action • Integrating Contemplative Ethics in Clinical Action

#### **The Selfless Service of Leadership (Right Livelihood)**

JANUARY 30 – FEBRUARY 19, 2022

Sharing Our Work • Courage to Lead • Resilient Relationships • Expressing Values

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### CONTENTMENT

#### **Presence and Perseverance (Right Effort)**

FEBRUARY 20 – MARCH 19, 2022

Befriending Aging, Illness, and Death • Redefining Discipline

#### **Mindfulness as Medicine (Right Mindfulness)**

MARCH 20 – APRIL 16, 2022

Exploring Impermanence • Difference, Diversity, and Unconscious Bias

#### **Tending to What Matters Most (Right Concentration)**

APRIL 17 – MAY 28, 2022

Cultivating Receptivity and Responsiveness over Reaction • Holding Space

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### INTEGRATION

#### **Resources for The Sustained Practice of Contemplative Medicine**

MAY 29 – JULY 10, 2022

Endings & Beginnings • Capstone Presentations • Graduation

#### **Closing Residential Retreat - July 6–10, 2022**