

# NYZENCENTER

GROUNDED IN THE DHARMA - DEVOTED TO CONTEMPLATIVE CARE



## CONTEMPLATIVE MEDICINE FELLOWSHIP

*engage • transform • lead*

# JOIN US IN CHANGING THE CULTURE OF CARE

## A Year-long Fellowship for Physicians, Nurse Practitioners, and Physician Assistants

Over the past decade of engagement in healthcare environments, we have witnessed a growing—and now acute—need for an approach to care that extends beyond the patient and their loved ones to include the clinicians themselves.

What we have heard again and again, is that clinicians entered the field of medicine or nursing, to be of service to those who are suffering. Yet, in the brokenness of our healthcare system, it can be challenging to serve in a wholehearted and compassionate way. Perhaps you, too, are suffering—from burn-out, a sense of isolation, and loss of meaning.

This pandemic has uncovered what we already knew: there is a need for deeper connections with patients, team members, loved ones, and self. Contemplative practice is a powerful instrument of healing. The importance of training and support to enhance resilience, nurture compassion, and sustain well-being is greater than ever.

Recently, the Zen Center partnered with the LTSS Center at UMass Boston to measure the impact of our contemplative approach to care in an evidence-based research study. The results have reaffirmed that our approach, one that nurtures the flow of wholehearted intimacy, connection, and awareness between individuals, is critical in alleviating suffering in healthcare.

We are excited to announce the launch of our new, year-long Contemplative Medicine Fellowship for physicians, nurse practitioners, and physician assistants who want to transform their role as clinicians and lead change in the culture of care.

Join us and a faculty of visionary teachers, changemakers, and leading physicians for this unique opportunity to sustain and nurture well-being, resilience, and joy in your work and your life.

Deep bows,

  

Sensei Koshin Paley Ellison  
Tieraona Low Dog, MD  
Sensei Chodo Robert Campbell



# ABOUT THE FELLOWSHIP<sup>1</sup>

The Contemplative Medicine Fellowship is a twelve-month training for physicians, nurse practitioners, and physician assistants who want to lead change in the culture of care. The Fellowship immerses participants in an authentic experience of the alleviation of suffering in their personal and professional lives.

The core training of contemplative medicine is based in the practices of wisdom, ethics, and contentment as prescribed by the historical Buddha 2,600 years ago and equally relevant today. We will explore how to apply these foundational understandings throughout the Fellowship.

As a cohort, fellows will engage in genuine, committed fellowship to cultivate community, agency, and meaning—the foundations of resilience—and to support one another in the deeply transformative work of integrating a contemplative approach to care into the whole of their professional practice and daily lives.

Unlike traditional fellowships, the Contemplative Medicine Fellowship clinical site will be the clinician's own place of practice. It is designed to immerse participants in engaged, experiential learning while supporting existing clinical responsibilities.

This innovative program cultivates and supports leaders among fellows committed to addressing the real and significant challenges in caring for a suffering world.

## FELLOWS LEARN TO PUT INTO PRACTICE THE CONTEMPLATIVE APPROACH TO CARE WHICH:

- **Benefits patients by improving clinical encounters and relationships with HCPs providing a more intimate and nourishing experience**
- **Benefits physicians, nurse practitioners, and physician assistants by helping to reduce individual and team burnout and stress while promoting resilience and new meaning for HCPs**
- **Benefits health care systems by promoting behaviors that support improved care delivery, productive and easeful relationships among staff, reduced turnover, and cost reduction**

<sup>1</sup>A project supported by the DR. ROBERT IRA LEWY CONTEMPLATIVE CARE INITIATIVE

# FACULTY & ADVISORY COUNCIL

## GUIDING TEACHERS

Sensei Chodo Robert Campbell, GC-C  
Tieraona Low Dog, MD  
Sensei Koshin Paley Ellison, MFA, LMSW, DMIN



## CONTEMPLATIVE EDUCATOR

Barbara Doshin Ende, MA



## VISITING FACULTY

Judson Brewer, MD, PhD  
Rev. Cynthia Carter Perrilliat, MPA  
Shakil Choudhury  
Jerry Colonna  
James Doty, MD, FACS, FICS, FAANS  
Ross Gay  
Daniel Goleman, PhD  
Trudy Goodman, PhD  
Bianca Harris, MD  
Dan Harris  
Jasmine D. Hill  
Marie Howe  
Diane E. Meier, MD  
Sharon Salzberg  
Sebene Selassie  
Pamela Ayo Yetunde, JD, ThD



## ADVISORY COUNCIL

Craig D. Blinderman, MD  
Sezelle Gereau, MD  
Bianca Harris, MD  
Robert (Red) Schiller, MD, ABFP



“The training I did with NYZC taught me something more valuable than anything in medical school – the impact of the present moment. My patient care mantra has become: place the patient at the center of the healing process.”

KRISHNA DESAI, MD

Columbia University Medical Center

# THE CONTEMPLATIVE APPROACH

Shaped by the vision of Co-Founders, Sensei Chodo Robert Campbell and Sensei Koshin Paley Ellison, the Zen Center has proven itself a leader in developing and teaching Contemplative Care as a means of addressing the crisis in healthcare. We understand Contemplative Care as an approach to care that nurtures the flow of wholehearted intimacy, connection, and awareness naturally available between individuals.

Now in its fourteenth year, the Zen Center's contemplative care training has found expression through many forms, including:

- Pioneering **evidence-based research** with the LTSS Center at UMass Boston measuring the impact of our contemplative approach to care
- Providing graduate and post-graduate curriculum and instructions around contemplative care practices for leading integrative physicians, nurse practitioners, and physician assistants through appointments as faculty in two international medical fellowships
- Launching the groundbreaking **Foundations in Contemplative Care** nine-month training program for professional and volunteer caregivers
- Developing **Contemplative Orientation to Resilience (COR)**, an evidence-based healthcare intervention that introduces contemplative practice as the foundation for resilience in the workplace
- Establishing the first nationally accredited **Clinical Buddhist Chaplaincy** program in the country
- Creating a dynamic and clinically oriented Buddhist track of studies within the New York Theological Seminary (NYTS) **Master of Pastoral Care and Counseling degree program**



“I love and support NYZC because it is a clear statement of the primacy of human connection in the healing process. Contemplative care is about developing the inner discipline to be fully present to those we are trying to serve. Our patients know when we are there and when we are just going through the motions. Being there is what NYZC does. I cannot think of anything our healthcare system needs more.”

**DIANE E. MEIER, MD**

Director of the Center to Advance Palliative Care;  
Professor, Geriatrics and Internal Medicine, Mt. Sinai School of Medicine

# CURRICULUM HIGHLIGHTS

The curriculum centers the integration of contemplative practice into daily clinical and personal life as an ongoing foundation for resilient, compassionate action, an integrated life, and continual transformation.

## THE CORE CURRICULUM CONSISTS OF:

- Training in meditation and contemplative practices
- Examining the basis and alleviation of suffering through the basic tenets of Buddhist thought—The Four Noble Truths and The Eightfold Path
- Training in Contemplative Orientation to Resilience (COR), our evidence-based healthcare intervention emphasizing community, agency, and meaning as sources of strength for clinicians, patients, and co-workers
- Addressing the roots of social isolation, burnout, loss of meaning, and secondary traumatic stress through the lens of medical and Zen ethics
- Developing and applying contemplative communication and interpersonal skills for partnership-centered care and leading change
- Examining core competencies of the clinician's profession through the lens of contemplative medicine
- Integrating contemplative care and values into personal and professional roles
- Completing a quality improvement capstone project guided by the principles of contemplative medicine that enhances the fellow's clinical practice

## EACH MONTH OF THE ONE-YEAR TRAINING INCLUDES:

- A day-long Zoom-based training session
- Online study that consists of monthly lectures presented by core faculty, visionary teachers, changemakers, and leading physicians supported by accompanying literature and research studies, reflective writing, and case studies
- Mentorship in the form of monthly Zoom-based individual meetings with your Contemplative Care Mentor and peer group meetings facilitated by your mentor
- Daily contemplative practice supported by online teachings from Sensei Koshin and Sensei Chodo
- Clinical assignments for developing core competencies and applying contemplative practices in fellow's care setting to enhance the delivery of care

# FELLOWSHIP OVERVIEW

## 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

### **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**

## WISDOM

### **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

### **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

## ETHICS

### **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

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

FEBRUARY 20 – MARCH 19, 2022

Befriending Aging, Illness, and Death • Redefining Discipline

## CONTENTMENT

### **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

## 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**

## 2021-22 PROGRAM SCHEDULE

The 2021-2022 cohort begins July 31, 2021 and concludes July 10, 2022.

- The First Residential Retreat is scheduled for October 20-24, 2021.
- The Closing Residential Retreat is scheduled for July 6-10, 2022.

Monthly zoom-based learning occurs on the following Saturdays from 9 a.m. to 5 p.m. ET:

- 2021: July 31, August 21, September 25, October (First Residential Retreat), November 20, December 18
- 2022: January 29, February 19, March 19, April 16, May 28, July (Closing Retreat)

*If in-person retreats are unable to be held due to COVID, we will virtually convene for retreat within the scheduled dates.*



## RESIDENTIAL RETREATS

Fellows attend two four-day residential retreats during the Fellowship.

The first retreat is October 20-24, 2021, emphasizing community building, contemplative practice, guided group learning and discussion, lectures, and individual meetings with mentors and core faculty.

The Fellowship culminates with a closing retreat, July 6-10, 2022, that focuses on integration of the twelve-month training, celebrating capstone projects, and exploring how the cohort will continue to collaborate and support one another post-fellowship.

Retreat locations are to be determined, and onsite participation is required. If in-person retreats are unable to be held due to COVID or other reasons, we will virtually convene for retreat within the scheduled dates.

*Please note that these retreats and travel costs are not included in the Fellowship tuition.*

# METHODOLOGY

At the center of the Fellowship methodology is a relationship-centered, cohort-based model that builds genuine, enduring fellowship based upon the values of intimacy, curiosity, and courage. Each fellow's commitment to their own and their peer's journey simultaneously challenges and supports deep transformation.

Unlike traditional fellowships, the Fellowship clinical site is the clinician's own place of practice in the midst of their full lives, and the Fellowship is designed to provide ongoing training and support to incorporate contemplative practice into the whole of one's daily life.

The Fellowship has adopted a low-residency model that immerses participants in contemplative practice and engaged, experiential learning while supporting existing clinical responsibilities.

Designed for clinicians of multiple professions and care models, the Fellowship also promotes interprofessional collaborative practice leading to improved cooperation, communication, and integration among care in teams.

Fellows will learn how to transform the way they care for others, their loved ones and themselves by drawing on the tradition of Zen—the experience of disciplined practice in a shared community.



# DEFINING PRINCIPLES

While medical education and practice has most recently been focused on the understanding of pathophysiology and treatment of disease, it is also a tradition that has long valued caregiving as a priority of clinical intervention (Kleinman, 2020). Medicine has also traditionally been considered a healing profession, “but it has neither an operational definition of healing nor explanation of it's mechanisms beyond the physiological processes related to curing.” (Egnew, 2005)

Reclaiming both compassionate care and the alleviation of suffering as priorities in medicine is the Zen Center's mission and is the goal of the Fellowship. The twelve-month training seeks to bring together the two streams of the participant's clinical training and contemplative practice, finding their shared roots and creating a contemplative medicine. This rigorous training engenders radical compassion in both the clinician and the patient, acting as the healing agent of suffering and empowering clinicians to lead change in the culture of care.

*To read more about the defining principles guiding the Fellowship, visit our website.*

## WHO IS THIS FELLOWSHIP FOR?

Physicians, nurse practitioners, and physician assistants who are collaborators and changemakers aspiring to serve as leaders in transforming the culture of care for themselves, their patients, and the health systems within which they practice will get the most out of the Fellowship.

Although the Fellowship is designed to be supportive of a practicing clinician's life, it is an intensive training program requiring each fellow's wholehearted engagement.



“As I walk to the hospital everyday, as I put on my white coat, I do a chant. This is my ritual. My white robe is the teaching and the reminder to serve my patients when I can but also bear witness to their suffering when we cannot fix them. During this time, families cannot visit their loved ones, those who are not going to make it due to the virus. And I get them on FaceTime and I encourage them to say ‘thank you’, ‘I love you’, ‘I’m sorry’, ‘good -bye’ and even ‘I forgive you’. Families have been calling me back after their family members die and have been saying ‘thank you for what you did for my family. I’m never going to forget it’. This I learned from the Zen Center: not trying to fix everything but instead, acceptance.”

FERNANDO KOGEN KAWAI

Program Director of the Palliative Medicine Fellowship at New York Presbyterian Queens and Assistant Professor of Medicine for the Weill Medical College/Cornell University

## ELIGIBILITY

### CONTEMPLATIVE

The program welcomes applicants from any background who have had an ongoing personal contemplative practice (e.g., meditation, yoga, centering prayer, etc.) for at least six months, have participated in a contemplative retreat, and share a commitment to exploring the intersection of contemplative practice, healthcare, and social action.

### PROFESSIONAL

The program is currently accepting applications from licensed clinicians who are practicing and plan to continue practicing during and after the Fellowship as physicians (MD and DO), nurse practitioners, or physician assistants. Clinicians of other professions who are interested in this program may wish to apply for our nine-month **Foundations in Contemplative Care** training.

# ADMISSIONS FOR 2021-2022 ACADEMIC YEAR

Applications for the 2021-22 academic year are being accepted through July 2, 2021.

Space is limited. We encourage you to apply as soon as possible as we review applications on a rolling basis. Once the Fellowship is fully enrolled, applications will be held for the following academic year.



## TUITION & SCHOLARSHIPS

### TUITION

Tuition for the twelve-month program is \$7,500. This does not include the cost of the two required in-person retreats. The first non-refundable payment of \$3,750 is due 2 weeks after fellows are accepted to the program. The non-refundable balance payment of \$3,750 is due on July 11, 2021.

### SCHOLARSHIPS

We are pleased to offer a limited number of full tuition scholarships to candidates in the following groups:

- Supporting Black, Indigenous, and People of Color (BIPOC) fellows
- Supporting those who primarily work within underserved communities

*Scholarship funds are limited and are first come, first awarded.*

Scholarship applications are reviewed on a rolling basis in conjunction with the full application for the Contemplative Medicine Fellowship.

*Scholarships do not cover retreats and travel costs.*

To learn more, visit our website [www.zencare.org](http://www.zencare.org).