



NYZENCENTER

# CONTEMPLATIVE MEDICINE FELLOWSHIP

## Curriculum Overview

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### *SUFFERING*

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

JULY 30 – AUGUST 20, 2022

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

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

AUGUST 21 – SEPTEMBER 24, 2022

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

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### *WISDOM*

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

SEPTEMBER 25 – OCTOBER 30, 2022

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

#### **First Residential Retreat - October 26–30, 2022**

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

OCTOBER 31 – NOVEMBER 19, 2022

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 20 – DECEMBER 17, 2022

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

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

DECEMBER 18, 2022 – JANUARY 28, 2023

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

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

JANUARY 29 – FEBRUARY 18, 2023

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

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

FEBRUARY 19 – MARCH 18, 2023

Befriending Aging, Illness, and Death • Redefining Discipline

### *CONTENTMENT*

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

MARCH 19 – APRIL 15, 2023

Exploring Impermanence • Difference, Diversity, and Unconscious Bias

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

APRIL 16 – MAY 20, 2023

Cultivating Receptivity and Responsiveness over Reaction • Holding Space

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### *INTEGRATION*

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

MAY 21 – JUNE 25, 2023

Endings & Beginnings • Capstone Presentations • Graduation

#### **Closing Residential Retreat: June 21–25, 2023**