



NYZENCENTER

CONTEMPLATIVE MEDICINE FELLOWSHIP

Curriculum Overview

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

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 12, 2022

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

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

NOVEMBER 13 – DECEMBER 17, 2022

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

ETHICS

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

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

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