



CONTEMPLATIVE MEDICINE FELLOWSHIP

Reference Form and Instructions

ABOUT THE FELLOWSHIP

The Contemplative Medicine Fellowship is a twelve-month training for physicians (MD and DO), advanced practice registered nurses (nurse practitioners and certified nurse midwives), and physician assistants who want to lead change in the culture of care. The fellowship is designed to immerse participants in the true 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 imminently relevant today. Together fellows will explore how to integrate and apply these foundational understandings to all relationships. This innovative program cultivates and supports leaders among fellows committed to addressing the real and significant challenges in caring for a suffering world.

WHO IS THE FELLOWSHIP FOR?

Physicians (MD and DO), advanced practice registered nurses (nurse practitioners and certified nurse midwives), 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 support a practicing clinician's life, it is an intensive training program requiring each fellow's wholehearted engagement.

ELIGIBILITY

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), advanced practice registered nurses (nurse practitioners and certified nurse midwives), or physician assistants.

Contemplative/Spiritual: The program welcomes applicants from any background who have had an ongoing personal contemplative/spiritual 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.

Dear Reference Provider,

Thank you for offering to serve as a reference for a candidate of the Contemplative Medicine Fellowship.

Each candidate is required to have two references: one from a clinician who supports their growth as a leader and one from a spiritual teacher or someone who knows their contemplative/spiritual practice.

Please give your thoughtful and candid appraisal of the candidate in a letter of recommendation and submit it along with this completed form (see final page) to info@zencare.org within 10 days of receipt.

Please speak to the following questions, if applicable, in your letter:

1. How long have you known the candidate, and in what capacity?
2. Comment on the candidate's demonstrated character and capacity for an intensive, experiential program.
3. What is your assessment of the candidate's professional education, training, and experience, and their readiness for this program?
4. What is your assessment of the candidate's contemplative/spiritual practice and their readiness for this program?
5. Being in a community of peers is an important part of the Fellowship training and experience. Please describe how the candidate relates in a group format and how they receive feedback.
6. What advice would you give this person at this point in their educational/career journey that you feel would be most helpful to them?
7. What else should we know about this person that will help us to understand and support them in their engagement in the Fellowship?

We appreciate your time, consideration, and contribution to the application process.



Contemplative Medicine Fellowship Reference Form

Applicant Name: _____

Your Name & Position: _____

Phone: _____ Email: _____ Date: _____

Reference Type: Professional / Spiritual

Do you recommend this person?

- Yes, without hesitation
- Yes, with hesitation or concerns
- No, I do not recommend this person

THANK YOU