

NYZENCENTER

CONTEMPLATIVE MEDICINE FELLOWSHIP

Curriculum Overview

SUFFERING

Recognizing The Truth and Etiology of Suffering

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

Prognosis of Suffering and Path as Remedy

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

WISDOM

Transformative Perspective (Right View/Understanding)

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

First Residential Retreat - October

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

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

ETHICS

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

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

Wholehearted Response to Suffering (Right Action)

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

Optional Silent Retreat (Sesshin) - January

The Selfless Service of Leadership (Right Livelihood)

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

CONTENTMENT

Presence and Perseverance (Right Effort)

Befriending Aging, Illness, and Death • Redefining Discipline

Mindfulness as Medicine (Right Mindfulness)

Exploring Impermanence • Difference, Diversity, and Unconscious Bias

Tending to What Matters Most (Right Concentration)

Cultivating Receptivity and Responsiveness over Reaction • Holding Space

INTEGRATION

Resources for The Sustained Practice of Contemplative Medicine

Endings & Beginnings • Capstone Presentations • Graduation

Closing Residential Retreat - June