

Buddhist Community Care Bulletin

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Buddhist Education Foundation for Canada & Buddhist Education Network of Ontario

Issue #1, October 2014

Buddhist Spiritual Care Education Events

Buddhist Contemplative Care

a talk by Henry Shiu, PhD

Lecturer, Buddhism, Psychology & Mental Health Program, U of T

Tuesday, Oct. 21, 2014, 7:00pm

Emmanuel College, 75 Queen's Park Cres., Chapel (3rd floor)

The Spiritual Roots of Mindfulness

a talk by Tony Toneatto, PhD, CPsych

Associate Professor, Department of Psychiatry, U of T

Tuesday, Nov. 18, 2014, 7:00pm

Emmanuel College, 75 Queen's Park Cres., Room 108

Free Admission! RSVP tel.: 416-813-4096; email: betsy.anderson@utoronto.ca

Introduction to Spiritual Assessment, Intervention & Charting in Spiritual Health Therapy

a talk by Ven. Thom Kilts, MDiv, MA (Naropa University, USA)

Clinical Pastoral Education Supervisor, William Osler Health System-Brampton Civic Hospital

January 2015, exact time and location: TBA

Conceptualizing a Buddhist Care and Education Network

a Buddhist Chaplaincy Roundtable with presentations by:

Ven. Sister Tinh Quang, Resident Teacher, Little Heron Zen Hermitage

Ven. Guo Sheng Fashi, Resident Teacher, Dharma Drum Mountain Vancouver Centre

Ven. Thom Kilts, Supervisor of Clinical Pastoral Education, Brampton Civic Hospital

Professor Pam Couture, Emmanuel College, University of Toronto

Moderated by Danny Fisher, Former Co-ordinator of Buddhist Chaplaincy Program, University of the West

Saturday, Dec. 6, 2014, 2:00pm

Dharma Drum Mountain Buddhist Association 1025 McNicoll Ave., Scarborough

Free Admission RSVP: tel 416-910-4858; email wisdom.tor@rogers.com



EMMANUEL COLLEGE
OF VICTORIA UNIVERSITY IN
THE UNIVERSITY OF TORONTO

NEW - a unique Diploma in Buddhist Mindfulness & Mental Health

Applications welcome by October 30, 2014

Two courses Jan.-Apr. 2015:

Tuesdays & Thursdays, 7-9pm

Contact : 416-585-4464 or emmanuel.admissions@utoronto.ca

www.emmanuel.utoronto.ca

Classes held at Emmanuel College Room EM302

75 Queen's Park Crescent, Toronto (near Museum Station entrance)

Seven courses are offered in the **Diploma in Buddhist Mindfulness and Mental Health**. The first two courses, Buddhist Contemplative Care and Buddhism & Psychotherapy, will be offered from January to April 2015. Students can apply now to take these courses.

For students who want to enter a professional program toward certification by the Canadian Association for Spiritual Care can also apply to the **Master of Pastoral Studies program** (MPS) and take the 7 Buddhism courses in the diploma program, and complete additional courses from existing offerings which include counselling courses and the Clinical Pastoral Education Units which involve practicum work under a supervisor in a public institution such as hospitals, prisons and nursing homes. To apply to the MPS program, please visit:

http://www.emmanuel.utoronto.ca/Prospective/Academic_Programs/mps.htm

Buddhist Chaplaincy Roundtables

Working with Emmanuel College, the BEFC is organizing a series of **Buddhist Chaplaincy Roundtables** (June 2014 to January 2015) to consult with the Buddhist communities regarding their needs and expectations with respect to Buddhist courses and programs in Buddhist spiritual care in the context of our Canadian society.

Below: The Second Buddhist Chaplaincy Roundtable “Exploring the Important Elements of an Ideal Canadian Buddhist Chaplaincy Program” took place on Sept. 13 at the West End Buddhist Centre in Mississauga. *(The next one will be on Dec. 6 at Dharma Drum Mountain Buddhist Association.)*



Perspectives on Palliative Care Volunteering

By Alice Lee

My mother passed away in 1998. Our family received tremendous support from the Mt. Sinai Hospital during her illness. I felt very grateful for the care we received and decided to contribute back to our community, even in a small way. I started volunteering as an interpreter for Chinese patients at the hospital. After a couple of years volunteering, I felt the need to upgrade my care-giving skills in order to serve my clients better. Gradually, I became interested in the palliative care area. After receiving training from Hospice Toronto, I began palliative care volunteering with the hospice in 2007.

Serving my clients at such a critical juncture of their lives taught me that TIME and TRUST are the most precious. For them, it is probably the last couple of months of their lives. For me, I want to provide some quality time to them and their families, to comfort them and to SERVE them with HEART. I take their trust in me very seriously for they have opened up to me, a stranger, to let me help them in such an intimate way. In return, I offer my time and trust to them, serving them with compassion.

By Rita Leung

I am a palliative care volunteer at the Evergreen Hospice in Markham, and also a spiritual care volunteer at the Markham Stouffville Hospital. I went to a Catholic high school in Hong Kong, and was educated as a Pharmacist in Canada. When my beloved grandfather passed away, I found Dharma teaching in a book I picked up and it helped me greatly in coping with my loss. After my mother fell ill years later, I took care of her until her passing at home. Through these experiences, I felt it would be so worthwhile to care for the patients and their families going through similar experiences.

After volunteering at the Evergreen hospice for some time, I felt I needed more professional spiritual care training. Not finding any program in Canada, I went to the US and completed the first year of a Buddhist contemplative care (aka Buddhist chaplaincy) program offered by the New York Zen Centre by studying at home and going there to attend classes the first weekend of every month. The second year of the program involves supervised practicum in a hospital in New York. I found it difficult because I have my Pharmacist work in Toronto, and I also help my husband, who is a medical doctor, at his office. When my friend working at the Yee Hong Geriatric Centre knew about my chaplaincy training, she asked me to apply to one of the two part-time positions for spiritual care professionals that had been vacant for some time. Unfortunately, I was missing my second year training and was unable to qualify. Eventually, the positions were filled by English speakers and a Chinese interpreter had to be called in every time their service was required.

Volunteering as a palliative care worker helps me understand and practice Buddha Dharma, and grow spiritually. I feel fortunate to be able to be of help. I hope that there will be a Buddhist hospice in Toronto in the future.

CLINICAL PASTORAL EDUCATION AND BUDDHIST STUDIES

Presented by Ven. Thom Kilts at the 2014 Mid-Autumn Festival Dinner at Ching Kwok Temple

I want to talk briefly about CPE (clinical pastoral education) and its purpose for seminary training and as well the opportunities it creates for Buddhists interested in or “called to” a ministry of interfaith service. I am one of the first certified Teaching Supervisors for CPE from a Buddhist tradition in Canada, and this was true when I worked in the US as well. I have been working professionally in spiritual care for more than 17 years and served many different sites first in the US and now in Canada. CPE has traditionally been utilized for two purposes in both countries. The first purpose is to provide an experiential training in units that are required for those looking for certification as a Pastoral Specialist through CASC (Canadian Association for Spiritual Care). These folks will be looking for professional service job opportunities in hospitals, prisons, long term care etc. The other purpose of CPE for religious denominations (at this point mainline Christianity) to utilize units of CPE training as required parts of their degree programs, because of the intense formation experience CPE provides.

We would do well to consider CPE as an important and essential component of any Buddhist Studies degree program we develop. It is known as one of the most difficult but rewarding aspects of seminary training and has the potential of being a wonderful meeting ground for us with other religions and denominations---to match the same rigours of a formal religious training and education of other traditions to our degree.

I did my seminary training as a Buddhist at Naropa University in Boulder, Colorado. As part of the Master of Buddhist Studies degree program I was required to take a unit of CPE training which eventually began my career in CPE. This experience, though hard and at times frustrating (especially as one of the first Buddhists to ever take this type of training in the early 90's), was a crucial component to my formation and education while getting my Buddhist Studies graduate degree.

As we look to formulate a degree program for Buddhists in Canada I want to make sure that we consider a unit of CPE as a possible requirement for the program. Too often in the academic environment, we can run the risk of providing an education in a vacuum where the students literally live in a “bubble” and have very little opportunity to apply the Buddhist teachings. A required unit of CPE would complement the study of Buddhism but do so in a diverse environment where students would function as spiritual care professionals having to serve a multitude of different patients and thus learn to expand one's knowledge and application of Dharma study beyond Sangha and even the meditation cushion. Again allowing CPE to serve its dual purposes; a required unit of CPE during the course of a Buddhist Studies program would also provide an opportunity to serve in a ministry vocation that may or may not catch the interest of potential students looking to further their CPE experiences and eventually apply for certification with CASC. (PTO)

CLINICAL PASTORAL EDUCATION AND BUDDHIST STUDIES continues

I currently offer CPE training in full time and part time formats at my hospital in Brampton. Over many years of training students I have worked with many different denominations and as well continue to be a voice of Buddhism in the professional world of spiritual care. Especially now in Ontario when the “controlled act” guiding psychotherapy goes into effect, we are at the forefront of integrating psychology and religion as those of us already certified with CASC also become registered as psychotherapists through the CRPO (College of Registered Psychotherapists of Ontario). In this group I really don't need to introduce the notion that Buddhism has a lot to offer the conversation in regards to how psychology and religion meet. Too often outsiders new to our faith mistake our practices, principles and teachings as some type of new age psychology—when in actuality the working of the mind and its connection to health is a core tenet of Buddha's teachings as an ontological and theological concern.

I fully support this group's effort to design and put forth a degree program of Buddhist Study at Emmanuel College of the University of Toronto. I don't know where I would be without the program I was fortunate to be a part of in the US. It is our responsibility as community leaders to create the ground for the next generation of Buddhist leaders and these are positive steps moving forward.

Funding a Master of Pastoral Studies (Buddhist Studies) Program

Emmanuel College at the University of Toronto is currently raising funds to hire a full-time Buddhist studies professor in order to create a Buddhist studies track in the Master of Pastoral Studies (MPS) program. When it is created in the near future, the Buddhist students in the Buddhist diploma and Christian MPS programs can enter the new MPS Buddhist studies program and all their course credits can be transferred over.

The full-time Buddhist studies faculty will be responsible for the creation and design of the Buddhist studies MPS program and can work within Emmanuel College to introduce Buddhist studies curriculum into other graduate master's and Ph.D. programs as well.

We hope that Buddhists here in Canada and abroad will make history by creating a Buddhist studies professorship at Emmanuel College, benefiting both students and the Buddhist community in Canada and world-wide. Anyone interested may contact the Buddhist Studies Advisory Committee in THE PRINCIPAL'S office at Emmanuel College or the office of Sharon Gregory, Office of Alumni Affairs and Advancement, Victoria University, 150 Charles Street West, 3rd Floor, Toronto, M5S 1K9.