

FELLOWSHIP IN BUDDHISM & PSYCHIATRY

Every family today is impacted by mental illness. Through innovative approaches to discovery and care we can change that.

Within a context where depression is the leading cause of disability worldwide, there is no longer any doubt that mental illness is one of the most prevalent chronic illnesses of our time. However, a greater understanding of the physiological origins of mental illness, clearer evidence of its connection to physical health and new innovative approaches to discovery and care are cause for optimism.

One such innovative approach is the integration of Buddhist teachings in psychiatry and mental health care. The most recent upsurge of mindfulness as a means to promote healing and wellness in the west is a result of extensive research on the topic, most suggesting that mindfulness has mental and physical health benefits. This scientific confirmation of what practitioners have known and advocated for years is an encouraging example that can be used to chart a course for the integration of other Buddhist teachings within this established field of healing.

A thoughtful approach to research of the intersection between Buddhism and mental health will enable a search for concrete evidence of the benefits of Buddhist teachings in mental health care. It will also allow us to attract practitioners to this important field of study, and most importantly, it will enable the development of treatments to alleviate suffering.

Psychiatry is the professional discipline that deals

with the widest range of mental illness from common disorders like anxiety, to severe illness like schizophrenia, and the Department of Psychiatry at the University of Toronto is leading discoveries that are transforming our understanding and treatment of mental illness on a global scale.

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In 2015 the Buddhist Education Foundation of Canada created a fellowship opportunity that has as its core aim to impact mental health care, while honoring and acknowledging the origins of the knowledge and wisdom found in Buddhist teachings.

Initial results of the first **Buddhist Education Foundation of Canada Fellow in Buddhism and Psychiatry** were very encouraging. Over the course of one year the fellow contributed to the expansion of knowledge and discovery in the following areas:

- Buddhist practice, ethics, and theory
- Buddhist approaches to trauma
- The exploration of new treatment models
- The application of Buddhism to individual therapy



UNIVERSITY OF TORONTO

There are few universities around the world that combine the strengths, excellence and global stature of U of T with the uncommon level of openness found in its partnerships, programs and policies. The Temerty Faculty of Medicine leads one of the world's most productive academic medicine hubs, embodied by the Toronto Academic Health Science Network.

- #1 University in Canada and consistently among top 25 in the world.
- #2 in the world for research output (Nature 2023)
- #2 in the world for clinical medicine (National Taiwan University Rankings 2023)
- Temerty Faculty of Medicine stands at the heart of a network of 14 fully-affiliated hospitals, including world leaders in mental health treatment

The Department of Psychiatry faculty members in particular are leading researchers, clinicians, educators and medical practitioners, not only in psychiatry but many of its related disciplines including culture, community and health, family and community medicine, neuroscience, medical science, nursing, pharmacology, psychology, psychopathology, psychosomatic medicine, public health sciences and social work. Our fellowship program attracts some of the best and brightest future leaders in mental health care from six continents.

OPPORTUNITY

The annual cost of funding a fellow is \$75,000. This includes salary support and support for knowledge dissemination through attendance and presentation at well attended and respected medical conferences. We invite our community of supporters to invest in either a single or multiyear commitment to the Fellowship in Buddhism & Psychiatry. When possible, it is extremely valuable to provide funding for more than one year. This will be a great investment on the future of our society.

The fellow will participate in research, attend medical conferences and public events, and will give talks. This way, he or she will contribute to mental health education and psychiatric advances that are based on combining Buddha's teachings with modern science.

We would be pleased to discuss opportunities for recognition associated with an investment in the Fellowship in Buddhism and Psychiatry that meets individual donor preferences. These include opportunities for naming the fellowship and engagement with the fellow.

For more information or to support, please contact:

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