



# 2021-2022 IMPACT REPORT

The Buddhist Education Foundation of Canada Fellow

Prepared for: Buddhist Education Foundation of Canada



## COVER ART

*The Horizon Ahead* (acrylic on canvas) by **Chunyi Christie Tan**, a third-year MD student at the Temerty Faculty of Medicine.

## ARTIST'S STATEMENT

I completed this painting in my first year of medical school at the University of Toronto. Art has always been a creative outlet of mine, especially during stressful periods when I am trying to balance my time commitments and responsibilities as a health care student. I have always taken inspiration from nature to ground me in my work. For me, the constant push and pull of waves remind me that moments, especially the difficult ones, are fleeting. Much like life itself, there are times that the waters are turbulent, and times where they gently lap the shore, but they will constantly keep moving no matter what happens. The only constancy in our line of view is the horizon. If we follow it through our journey in life, we are sure to experience a wonderful adventure.

## FROM THE TEMERTY FACULTY OF MEDICINE

We spend a lot of time in the Temerty Faculty of Medicine thinking about the future. Whether training new generations of leading physicians, identifying and advocating for patients' evolving needs, or researching breakthrough treatments and cures for the world's most complex diseases, we're always looking to the horizon. Our work is guided by a shared, defining question: "what can we do today to advance health and health care tomorrow?"

This forward-looking, progressive spirit is perfectly encapsulated in the artwork that graces the cover of this report. We're very grateful to Christie for allowing us to share her talent and her painting's hopeful message with you.

Thank you for partnering with us as we work together to build a brighter, healthier future for all.

## TEMERTY MEDICINE FAST FACTS



More than a quarter of all Canadian physicians train at U of T, making us the single largest medical educator in the country.



Unique in the world for a city of our size, we are Toronto's only medical school.



Temerty Medicine stands at the heart of the Toronto Academic Health Science Network (TAHSN) — a dynamic network of 14 world-renowned teaching hospitals and research institutes pursuing leading-edge research and providing high-quality clinical care.



In addition to our world-class undergraduate MD and Post-Graduate Clinical Medical Education Programs, Temerty Medicine also spans the basic health sciences, rehabilitation sciences, translational research and health systems.



We are consistently ranked as the best faculty of medicine in Canada, and as one of the best in the world for clinical medicine (#3: *NTU Rankings 2021*, #5: *US News & World Report 2022* and #5: *Times Higher Education 2022*).



Temerty Medicine is a research powerhouse — ranking in the global top-10 for publications and citations in the 50 highest-impact journals in medicine and related fields.



We are global leaders in artificial intelligence, machine learning and deep learning — technologies that are revolutionizing diagnostics, drug discovery and patient care.



U of T is home to Toronto's only Containment Level-3 (CL3) research laboratory, a biosafe and biosecure resource for scientists across the city to safely work with highly-infectious and dangerous pathogens, like the SARS-CoV-2 virus.



Our donors play an important role in our work shaping and advancing the future of health and health care. In 2020-21, we received gifts from 2,463 individual, corporate and foundation donors. Their contributions will join with those who have championed us in the past — helping us continue in our mission to advance health and health care in Canada and beyond.

Dear Ms. Ng,

We are pleased to share with you the enclosed report on The Buddhist Education Foundation of Canada Fellow. We're grateful for your support and are honoured to count you as a valued member of our Temerty Faculty of Medicine community.

This past year was a momentous one in our Faculty's history. Under the tragic backdrop of the continuing COVID-19 pandemic, we watched in awe as our clinicians, researchers, learners and alumni persevered in the face of once unimaginable challenges. Their tireless efforts inspired us and countless others, exemplifying the importance of our Faculty's mission to advance health and health care in Canada and beyond.

The last fiscal year will also always be remembered for the record-setting \$250-million gift we received from **James and Louise Temerty** — the largest single donation in Canadian history. This gift is helping to support education, research, collaboration and equity throughout the Temerty Faculty of Medicine (as we are now known) and our partner hospitals.

With their remarkable gift, the Temerty family follows in the footsteps of many other generous individual, corporate and foundation supporters who, like you, have championed our Faculty and our work in health research, education and care. Thank you for being a part of this strong foundation of support.

As you read through the following report, and hear directly from those impacted by your support, we hope you take great pride in knowing you are playing an essential role in our efforts to drive health care forward by preparing the next generation of leaders and unravelling the mysteries behind the world's most complex diseases.

Should you have any questions about this report or any other matter, please do not hesitate to contact Tom Eatock at [tom.eatock@utoronto.ca](mailto:tom.eatock@utoronto.ca) or by telephone at 647.801.2333.

Thank you for your partnership and support.

Sincerely,



**Trevor Young**, MD, PhD, FRCPC, FCAHS  
Dean, Temerty Faculty of Medicine  
Vice Provost, Relations with Health Care Institutions  
University of Toronto



**Darina Landa**  
Executive Director, Advancement  
Temerty Faculty of Medicine

## THE BUDDHIST EDUCATION FOUNDATION OF CANADA FELLOW AT THE TEMERTY FACULTY OF MEDICINE

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### NICOLAS BEAULIEU

Fellowship  
Psychiatry Department  
Temerty Faculty of Medicine  
University of Toronto

Nicolas Beaulieu, MD, FRCPC, MA has successfully completed The Buddhist Education Foundation of Canada Fellow program at the Temerty Faculty of Medicine.

Prior to taking on this challenge, Nicolas obtained his medical degree from the University of Montreal in 2014 and completed his psychiatry residency training at McGill University in 2020. At McGill, Nicholas was the Assistant Chief Resident at the Children’s Hospital and then at Jewish General Hospital, and the President of the McGill Psychiatry Resident Association. He also won the McGill Psychiatry Best Junior Clinician Award in 2015 and the McGill Psychiatry Best Senior Clinician Award in 2019.

Nicolas has a Master’s degree in Philosophy of Psychology from King’s College London where his thesis was on “The Narrative Model of the Self.” Nicolas is interested in the intersections between the concept of selfhood and psychotherapy, and how Buddhist perspectives on the matter may shape clinical interventions and promote well-being.

Nicholas has also given several presentations about Buddhist & Western Psychological Models of the Self and Their Uses in Psychotherapy. And in his spare time, he is learning the German language, in addition to be fluent in English and French.

Nicholas is taking all that he has learned from this fellowship and beyond to a small rural village in Northern Quebec. He plans to practice rural psychiatry in a community where half of the population is part of the Innu community.

## FELLOWSHIP REPORT

Dear Ms. Chris Ng,

I would like to thank you for the opportunity to take part in this fellowship in Buddhism and Psychiatry. I have greatly benefited from this year of learning and believe that it will enable me to better help my patients in my future practice. I have deeply enjoyed the supervision and support from the Toronto Centre for Applied Buddhism, the psychotherapy supervision by Dr. Kenneth Fung, and the research mentoring by Dr. Henry Shiu.

In this end-of-fellowship report, I will summarize the activities I engaged in, discuss what I have learned, and reflect on applications of Buddhism to psychiatry.

### **Summary of activities:**

My current fellowship has consisted of several parts: psychotherapy training (in Acceptance and Commitment Therapy, Interpersonal Therapy, Mentalization-Based Therapy, and Short-term Dynamic Therapy), and clinical and research activities in Buddhism and Psychotherapy. More specifically, I engaged in the following activities.

- 1) Conducted online individual Acceptance and Commitment Therapy with about fifteen patients over the course of a year, supervised by Dr. Kenneth Fung.
- 2) Co-led a 6-week online Patient and Community Engagement Research (PACER) group (a group combining Acceptance and Commitment Therapy and elements of social justice).
- 3) Conducted psychotherapy at Toronto Centre for Applied Buddhism (TCAB) and participated in group supervision.
- 4) Engaged in philosophical research on Buddhism and the Self. Under Dr. Shiu's supervision, I have written an article on Buddhism and the Self. I have analyzed conceptions of the self from various psychotherapy traditions (ACT, CBT, Psychodynamic) and from a Madhyamika Buddhist point of view. I have developed a clinical framework to address problems linked to the self, influenced by Buddhist perspectives on the self.
- 5) Audited classes at Emmanuel College (took courses on Classic Buddhist texts, Introduction to Buddhism, and Mindfulness-based Modalities).
- 6) Took part in a Buddhism and psychotherapy reading group with TCAB members.
- 7) Took online courses on Acceptance and Commitment Therapy and Compassion-focused Therapy.
- 8) Designed and co-led a Buddhist psychoeducation group for young adults with Charles Chiarelli.
- 9) Presented on Buddhism, Psychotherapy and the Self at Emmanuel College and at Mount Sinai Hospital.

**Learnings:**

I have learned tremendously from this fellowship. With the courses at Emmanuel College and various readings, I have learned about basic Buddhist tenets and concepts.

For the first half of the fellowship, I have had the pleasure to meet biweekly with Dr. Shiu to discuss my readings and how they relate to psychotherapy and the concept of the self. This has allowed me to better understand the practical implications of some Buddhist teachings. I was surprised to discover how much psychotherapy and Buddhism notions aligned well with each other despite Buddhism’s larger, more encompassing, soteriological goals. With the Mindfulness-Based Course and discussions with other TCAB members, I have been able to reflect on the ethical basis underlying psychotherapy practice, whether in a Buddhist or in a secular context.

I have learned to be more attuned to my client’s religious and spiritual background and their core values and how it can shape therapeutic interventions. By co-designing and co-conducting Buddhist psychoeducation groups, I have been able to realize the potential in explicitly bringing Buddhist and Western Psychotherapy concepts together. This has been reinforced by the positive feedback that we have received from the participants, who reported appreciating the mix of Buddhism and Western psychotherapy elements.

Furthermore, by reading “Prescribing the Dharma” and from discussions with TCAB members, I have been able to appreciate the complexity of bringing Buddhist elements in a more secular setting (e.g., doing hospital work). I have found, however, that it has been possible to explicitly discuss Buddhist concepts with a few selected clients and that keeping in mind elements such as the Three Defilements, Buddhist understandings of Mindfulness, the importance of compassion and metta, the notion of impermanence, emptiness, and the Buddhist notion of the self, has allowed me to use Buddhism in psychotherapy implicitly.

**How I plan on using what I have learned in my future practice:**

I will be practicing rural psychiatry in a small village in Northern Quebec, where half of the population is part of the Innu community. What I have learned during the fellowship will allow me to be more sensitive to my clients’ spirituality and their cultural values. Having learned how to juxtapose Western Psychotherapy and Buddhism will hopefully allow me to create a space for clients where we will be able to discuss their religious and spiritual beliefs alongside psychotherapeutic notions. I also believe that the framework used to address problems of the self that I have been working on will be useful in everyday psychotherapy practice. Additionally, I wish to continue learning on Buddhism and its intersection with psychotherapy (either via meetings, conferences, or readings). In terms of Acceptance and Commitment Therapy, it will certainly be one of my main psychotherapy modalities in my future practice.

**Possible suggestions for future fellows:**

Some of the elements I found most useful were the psychotherapy individual and group supervisions with Dr. Fung and with TCAB. I found it especially beneficial to discuss with other colleagues how Buddhism and psychotherapy intersect. I have also found the bimonthly meetings with Dr. Shiu during the first semester especially useful to allow me to elaborate my research ideas.

One of the components that I also deeply enjoyed was co-conducting psychotherapy/spiritual counselling with another colleague. My colleague was focusing on spiritual care whereas I was focusing on using Acceptance and Commitment Therapy. This experience has allowed me compare and contrast our different approaches and benefit from our shared experiences and discussions. I believe that this approach could be useful as well to other fellows who have less experience with Buddhism or who are less familiar with spiritual care approaches.

Furthermore, the reading group that we did with TCAB towards the end of the year was useful to reflect on how to integrate Buddhism and psychotherapy (without focusing on case supervision). This was a nice complement to the more theoretical classes with Emmanuel College.

Once again, I wish to thank the various individuals and organizations mentioned above who allowed me to take part in this fellowship.

Kind regards,

Nicolas