

Buddhism and Wellbeing: *Therapeutic Approaches to Human Flourishing*

University of British Columbia • May 28–30, 2015

<http://buddhism.arts.ubc.ca/conferences/buddhism-and-wellbeing-may-28-30-2015/>

The 5th Annual Tung Lin Kok Yuen Canada Foundation Conference (Hosted by the University of British Columbia's Robert H. N. Ho Family Foundation Program in Buddhism and Contemporary Society).

Venue: **St. John's College**
2111 Lower Mall, Vancouver, British Columbia, V6T 1Z4
<http://stjohns.ubc.ca/>

Thursday, May 28:

12:00 PM onwards **REGISTRATION** <St. John's College, Fairmont Social Lounge>
*registration table will be open all day

1:30 – 3:00 PM **PANEL 1** ***Concepts of Health and Wellbeing***
<Lecture Hall (#1080)> Chair: Geoffrey Samuel (Cardiff University)

Stephen Harris (Leiden University)
"Buddhism, Suffering and Philosophical accounts of Well-Being"

Eyal Aviv (George Washington University)
"Toward a Buddhist Theory of Wellbeing"

Giuliano Giustarini (Mahidol University)
"The Philosophy of Health in Pali Buddhist Texts"

3:00 – 3:30 PM **BREAK** <Fairmont Social Lounge>

3:30 – 5:00 PM **PANEL 2a** ***Taking Medicine into Ancient Buddhism***
<Lecture Hall (#1080)> Chair: Anne Murphy (University of British Columbia)

Hin-Tak Sik (University of Hong Kong)
"Ancient Indian Medicine in the *Bhaiṣajya-skandhaka* of the *Dharmaguptaka-vinaya*"

Ming Chen (Peking University)
"Ancient Indian Remedies in Chinese Medical and Buddhist Manuscripts from Dunhuang and Turfan"

M. A. Mujeeb Khan (University of Cambridge)
"Buddhist Medicine in Ancient Japan: *Ishinpō* and Its Sources"

3:30 – 5:00 PM **PANEL 2b** ***Bringing Tradition into the Secular***

<Seminar Room (#2166)>

Chair: James Placzek (Pridi Banomyong College, Thammasat University / University of British Columbia)

Cody Bahir (Leiden University)

“The Dharmakāya’s Personal Physician: Wuguang’s (1918-2000) Hermeneutic of Healing and Resurrection of Zhenyan”

Celine Coderey (National University of Singapore)

“Buddhism and Indigenous Medicine in Myanmar”

Tyler Phan (University College London)

“Buddhism and Traditional Vietnamese Medicine: An Account of Buddhist Medicine in Secularized Viet Nam at Quang Pagoda (Chùa Tường Quang)”

5:00 – 6:30 PM **DINNER** <Fairmont Social Lounge>

Friday, May 29

9:00 – 10:00 AM **BREAKFAST** <Fairmont Social Lounge>

10:00 – 12:00 PM **PANEL 3a** ***Premodern Chinese Buddhism***

<Seminar Room (#2166)>

Chair: Pierce Salguero (Penn State University / Abington College)

Jinhua Chen (University of British Columbia)

“Zhiyi as a Meditation Master and Physician”

Susan Andrews (Mount Allison University)

“Gathering Medicines Among the Cypress: The Relationship between Healing and Place in the Earliest Records of Mount Wutai”

Robban Toleno (University of British Columbia)

“Non-Cartesian Nourishment? Four-Foods Doctrine in Chinese Buddhism”

Hsin Yi Lin (Columbia University)

“Dealing with Childbirth in Medieval Chinese Buddhism: Healing Resources in the Medieval Buddhist Texts”

10:00 – 12:00 PM **PANEL 3b** ***Contemporary Engagements with Mental Health***

<Lecture Hall (#1080)>

Chair: Melissa Anne-Marie Curley (University of Iowa)

Chikako Ozawa-de Silva (Emory University)

“Exploring the Wider Ethical and Cognitive Resources of Buddhism for Psychotherapy: The Case of Japanese Naikan Practice and CBCT (Cognitively-Based Compassion Training)”

Brendan R. Ozawa-de Silva (Life University)

“Healing Through Compassion: The Implementation of Buddhism-Derived Compassion Training in Schools and Other Contexts”

Bryan Phillips (University of Virginia)

“Floatation REST and Buddhist Perspectives: Reconsidering Calm Abiding (samatha), Single-pointed Concentration (samadhi), and Inner Clarity (nang-gsal) in a Novel Practice Context”

Ann Gleig (University of Central Florida)

“Synaptic Dharma, Secure (Non)-Attachment, and Healing Trauma: From Reductive to Dialogical Perspectives in the Buddhist-Psychoanalytic Encounter”

12:00 – 2:00 PM **LUNCH & GROUP PHOTO** <Fairmont Social Lounge>

2:00 – 4:00 PM **PANEL 4a** ***Enhancing Health in Tibetan Buddhism***

<Lecture Hall (#1080)> *Chair:* Sara Shneiderman (University of British Columbia)

Douglas Duckworth (Temple University)

“Three Types of Healing Practice in the Kagyü Tradition of Tibet”

Geoffrey Samuel (Cardiff University)

“Aspects of Health within the Tibetan Long-Life Practice of Amitāyus”

Charles Oliphant (University of Oxford)

“Ancient Tibetan Formulas for Life Enhancement: The Tibetan Tradition of *bcud len* (essence extraction)”

Frances Garrett (University of Toronto)

“Therapeutic Technologies for Creating Children”

2:00 – 4:00 PM **PANEL 4b** ***Social and Public Dimensions of Movements for Health***

<Seminar Room (#2166)> *Chair:* Clark Chilson (University of Pittsburgh)

Jessica L. Main (University of British Columbia)

“Shin Buddhism and the National Campaign to Eradicate Leprosy in the 20th Century: Repurposing the Symbol of Empress Kōmyō Nursing a Leper”

Melissa Anne-Marie Curley (University of Iowa)

“A Special Faculty of Taste: Diet and Asceticism in Western Buddhism”

Wakoh Shannon Hickey (Notre Dame of Maryland University)

“Meditation as Medicine: A History and Critique”

Pemarathana Soorakkulame (University of Pittsburgh)

“Ritual Worship of the Buddha and Psychological Wellbeing”

5:00 – 6:30 PM **DINNER** <Fairmont Social Lounge>

7:00 – 8:30 **KEYNOTE ADDRESS** ***Toward a Global History of Buddhism & Medicine***

<Asian Centre Auditorium>

1871 West Mall, V6T 1Z2

Professor C. Pierce Salguero

(Penn State University / Abington College)

Saturday, May 30

9:00 – 10:00 AM **BREAKFAST** <Fairmont Social Lounge>

10:30 – 12:00 PM **PANEL 5a** ***Understanding Healing***

<Seminar Room (#2166)>

Chair: Ven. Tianwen (Harvard Divinity School)

Rao Lide (Yanzheng) (University of Hong Kong)

“Buddhist Stories of Healing Based on the Section of Benefactors in the Five Biographies of Eminent Monks”

Antje Richter (University of Colorado at Boulder)

“Making Sense of Illness and Healing: The Vimalakīrti Sūtra in Medieval Chinese Literature”

Susannah Deane (Cardiff University)

“Sadness, Faith, and Healing: A Case Study of Buddhism and Madness in a Tibetan Exile”

10:00 – 12:00 PM **PANEL 5b** ***Targeted Care: Addiction, Compulsion, End of Life***

<Lecture Hall (#1080)>

Chair: Jessica L. Main (University of British Columbia)

Clark Chilson (University of Pittsburgh)

“Contemplation over Compulsion: Naikan as an Analytical Meditation for Treating Addiction”

Kenta Kasai (Center for Information on Religion)

“Buddhism and Addiction Recovery”

Sara Lytle (University of Chicago)

“Walking the Path Together, Crossing Alone: The Practice of Care in Buddhist Hospices”

Upali Sraman (Harvard University)

“Healing through Spiritual Care: Arts and Ethics of Chaplaincy as Gleaned from Some Buddhist Narratives”

12:00 – 2:00 PM **LUNCH and CLOSING** <Fairmont Social Lounge>