



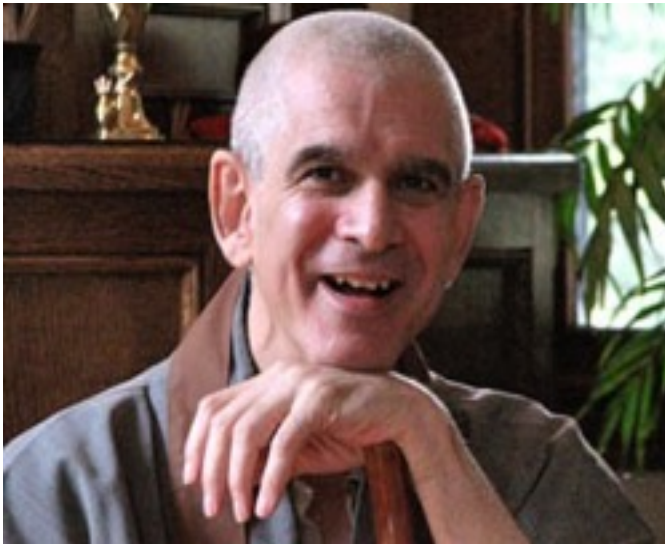
ZEN PRACTICE & INFANT MENTAL HEALTH TALK

TUESDAY, NOVEMBER 15TH, 2016

6:30PM-8:30PM

EMMANUEL COLLEGE
75 QUEENS PARK CRESCENT 3RD FLOOR CHAPEL

Infant Mental Health encompasses the development of children ages birth to five. This involves understanding and supporting the unfolding of their development in relation to their family, school and broader environment, and the interaction among them. Zen practice points to perceiving and trusting original nature and living that out. Both involve being clear about what happens when you try too hard to shape something that's already shaping itself. How do we participate in the shape of the world around us? What is the role of parents or therapists, for that matter, in this unfolding of the newborn? Is there a relationship between parents who meditate and the mental health of their infants?



Ken Kessel (Psychotherapist & Buddhist Teacher), JDPSN received inka (permission to teach) in April 1996, certifying him as a Ji Do Poep Sa Nim. He has studied with Zen Master Seung Sahn since 1975. He is a Licensed Clinical Social Worker and has been practicing as a psychotherapist since 1983, working with children and families in foster care, substance abuse, outpatient and inpatient mental health, medical, and therapeutic preschool settings, as well as in private practice. He specializes in infant and early childhood mental health, currently works as a mental health consultant in Federal Head Start preschools in the Bronx, and is an accomplished poet.

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