



Keynote Address: Buddhist Psychology and Mindfulness and its Application in Psychotherapy

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Bio: Dr. Ana Bodnar is a Registered Clinical Psychologist and a Yoga and Meditation Teacher. She is on the faculty of the Buddhism, Psychology and Mental Health program at New College, University of Toronto. At OISE/UT, she has taught courses in Mindfulness and Psychotherapy as well as in Diversity in Counselling. She teaches professional development seminars for the Toronto Institute for Mindfulness Meditation and Psychotherapy. She has also worked extensively within the Aboriginal Community in various settings, including acting as

the Consulting Psychologist for Aboriginal Services at the Centre for Addiction and Mental Health. She has studied with His Holiness the Dalai Lama, Roshi Joan Halifax as well as teachers in a number of wisdom traditions.

Keynote Address Abstract:

The wisdom and specific practices of Buddhist Psychology are having a growing impact on Western psychology. Mindfulness-based therapies have been developed for a wide variety of mental health problems, such as stress, anxiety, depression, eating disorders, addictions and many other life and clinical problems. Mindfulness meditation also enhances therapist presence with the client and supports therapist self-care and development. This presentation will highlight some major principles and practices of Buddhist psychology and mindfulness and its applications to psychotherapy. Elements of Yoga Psychology will also be discussed.