



UNIVERSITY OF TORONTO  
OISE | ONTARIO INSTITUTE  
FOR STUDIES IN EDUCATION



NEW COLLEGE  
UNIVERSITY OF TORONTO

## Integrating South Asian Healing Traditions into Counselling, Psychology and Psychotherapy

Friday, 5<sup>th</sup> May and Saturday, 6<sup>th</sup> May 2017

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Eurocentric psychology and psychotherapy research repeatedly cites the concurrent use of traditional and cultural healing methods such as religion and spirituality, mind-body therapies and Ayurvedic treatments. However, there has been little focus on the integration of these practices with counselling, psychology and psychotherapy. South Asians are the largest visible minority group in Canada and it is therefore important for service providers, clinicians, academics and decision makers to better understand how these culturally relevant practices relate to holistic health and wellbeing. It is through this understanding that mental health service providers will be better able to provide South Asian service users (and others) with an integrated and aligned approach to recovery. Presenters from India, USA and Canada will spend the day in dialogue about traditional practices as utilized in South Asia and the process of transference to the North American context. They will describe evidence and provide rich narratives that highlight the South Asian experience of traditional methods of healing.



[www.oise.utoronto.ca/cdcp](http://www.oise.utoronto.ca/cdcp)



[www.sithcp3.org](http://www.sithcp3.org)

## PROGRAM

**Friday, 5th May 2017**

**3.00 - 3.15**    **Welcome and Introduction** Dr. Tony Toneatto and Dr. Roy Moodley  
(University of Toronto)

**3.15 - 4.15**    **Keynote Presentation 1: Mindfulness in Counselling and  
Psychotherapy**

*Personal Observations from the Trenches on the Present Use of Mindfulness in  
Counselling and Psychotherapy*

Dr. Ellen Katz (*University of Toronto*)

*Shenpa Work: Mindfulness, Empathy, and Embodied Experience in the  
Client Therapist Dyad*

Dr. Gordon Dalziel (*University of Toronto*)

*Mindfulness Meditations and Contemplations across the Globe*

Dr. David Paul Smith (*Saybrook University, California*)

**Chair:** Dr. Gursharan Virdee (*Centre for Addictions and Mental Health*)

**4.30 - 5.15**    **Small group discussion** (*conference participants divided in to 3 groups*)

**5.15 – 5.30**    **Plenary**

**Saturday, 6th May 2017**

**8.30 – 9.00**    **Registration/Coffee**

**9.00 - 9.15**    **Opening Ceremony** by Anne Solomon

**9.15 – 9.30**    **Welcome address** by Dr. Earl Woodruff (*Chair, Applied Psychology and  
Human Development, OISE*)

**9.30 - 10.30** **Keynote Presentation 2: South Asian Healing**

*Divinity and healing in the tradition of shamanic practices in South India*

Dr. Baiju Gopal (*Christ University, Bangalore*)

*Rumi, Sufism and Healing in South Asia*  
Dr. Dinesh Sharma (SUNY, Binghamton, NY)  
Chair: Dr. Roy Moodley (University of Toronto)

**10.30 -11.30 Keynote Presentation 3: Religion, Spirituality, and Healing**

*South Asian Healing in the Diaspora*  
Dr. Abraham Khan (University of Toronto)  
*The Role of Imams in Healing*  
Dr. Saadia Akram (Psychologist in Private Practice, Brampton)  
**Chair:** Dr. Tony Toneatto (University of Toronto)

**11.30 – 12.30 Global Mental Health Challenge**

*Developing Wisdom to Protect and Promote Global Mental Health*  
Dr. Michel Ferrari & Chandi Fernando (University of Toronto)  
*Some Undercurrents in Global Mental Health*  
Dr. Ted Lo (Psychiatrist, Toronto)  
**Chair:** Dr. David Smith (Saybrook University, California)

**12.30 – 1.30 Light lunch provided (POSTER presentations)**

**1.30 – 2.30 Keynote Presentation 4: Experiences of Clients using South Asian Traditional Healing**

*Sharing Experiences of Caregiver Mental Health and Spiritual Supports*  
Renu Duggal (Friends of The Collaborative for South Asian Mental Health)  
*Therapists (mis)understanding of Client Experiences of Traditional Healers and Healing*  
Dr. Shafik Sunderani (Guelph -Humber University)  
*Breast Cancer Survivorship: The Experience of Naturopathy*  
Rekha Ahuja (Christ University, Bangalore)  
**Chair:** Sireesha Bobbili (Centre for Addictions and Mental Health)

**2.30 – 4.00 Keynote Presentation 5: Integrating Traditional Healing into Counselling, Psychology and Psychotherapy**

*Issues and Challenges in Integrating Traditional Healing into Counseling Psychology Training in India*  
Dr. Elizabeth Thomas (Christ University, Bangalore)  
*Integrating Buddhism and Mindfulness into Counselling and*

*Psychotherapy*

Dr. Tony Toneatto (*University of Toronto*)

*Recommended Religio-Cultural Healing Practices for Counselling and Psychotherapy with Punjabi Sikhs*

Dr. Robinder (Rob) P. Bedi (*University of British Columbia*)

*Integrating South Asian (Indian) Traditional Healing Methods and Spirituality into Couples and Family Therapy*

Dr. Tony Sam George (*Christ University, Bangalore*)

**Chair:** Dr. Anusha Kassan (*University of Calgary*)

**4.00 - 4.30 Plenary & Conclusion**

Sponsored by: Centre for diversity in Counselling & Psychotherapy (CDCP), the Department of Applied Psychology & Human Development (APHD); the Office of the Associate Dean, Research, International & Innovation, OISE; New College, Buddhist Studies Program (University of Toronto); the SithCP3 group; and the Collaborative for South Asian Mental Health (CAMH)