

## Suffering and the End to Suffering: An Introduction to Contemplative Care

April 17, 2–4 p.m. EDT

**Sensei Chodo Campbell & Sensei Koshin Paley Ellison**

[Register via our online form.](#)

### Description

This two hour workshop will feature aspects of the New York Zen Center for Contemplative Care's Foundations in Contemplative Care Training Program. Our teachers, Sensei Koshin Paley Ellison and Sensei Robert Chodo Campbell, blend years of experience as leading teachers in professional end of life care giving and contemplative practices. They offer a visionary and integrated approach to the practical, emotional and spiritual dimensions of the living and dying that goes into a place of integration with the traditional medical models.

**Reference Materials:** [Awake at the Bedside](#)

### Teachers' Centre/Temple

[New York Zen Center for Contemplative Care \(NYZC\)](#)

### Teachers' Tradition

Mahayana–Zen

### Teachers' Bios

**Sensei Robert Chodo Campbell** is a co-founder of the New York Zen Center for Contemplative Care—a non-profit organization that focuses on the teaching of Zen and Buddhist practice with the goal to make them more accessible to people all around the world. The center delivers contemplative approaches to care through education, personal caregiving, and meditation practice. Chodo is a dynamic, grounded and visionary leader and teacher: he has traveled extensively throughout the U.S. instructing in various institutions. Sixty-thousand people listen to his podcasts each year. His passion lies in bereavement counseling and advocating for change in the way our healthcare institutions work with the dying.

**Sensei Koshin Paley Ellison, MFA, LMSW, DMIN** is an author, Zen teacher, Jungian psychotherapist and Certified Chaplaincy Educator. After more than a decade as a chaplain and psychotherapist, Koshin co-founded the New York Zen Center for Contemplative Care. The non-profit center offers contemplative approaches to care through education, personal caregiving and Zen practice. Today, New York Zen Center's methodologies are internationally recognized—and have touched the lives of tens of thousands of individuals.

Koshin is a renowned thought leader in contemplative care; his work has been featured in the *New York Times*, *PBS* and *Tricycle* among other publications. He is the author of *Wholehearted: Slow Down, Help Out, Wake Up* (Wisdom Publications, 2019); and the co-editor of *Awake at the Bedside: Contemplative Teachings on Palliative and End of Life Care* (Wisdom Publications, 2016).

Koshin began his formal Zen training in 1987, and he is a recognized Soto Zen Teacher by the American Zen Teachers Association, White Plum Asanga, and Soto Zen

Buddhist Association. He serves on the Board of Directors at the Soto Zen Buddhist Association, New York Zen Center for Contemplative Care and Barre Center for Buddhist Studies.

He has completed six years of training at the Jungian Psychoanalytic Association as well as clinical contemplative training at both Mount Sinai Beth Israel Medical Center and New York Presbyterian Medical Center. He is an ACPE Certified Educator, chaplain and Jungian psychotherapist.



Sensei Robert Chodo Campbell (left) and Sensei Koshin Paley Ellison (right)

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