

Wilkie meets again with dalai lama



Westmount resident Dr. Tara Wilkie, bottom row, third from left, met with Dalai Lama Tenzin Gyatso in Dharamshala, India earlier this month as part of his 33rd Mind and Life Dialogue. Wilkie is a psychologist whose work on social and emotional learning has similarities to the dalai lama's concept of secular ethics. This photo was taken on March 16.

Photo courtesy of T. Wilkie.

Wilkie presents at dalai lama's conference

Westmount resident and psychologist Dr. Tara Wilkie was in India earlier this month to meet with Dalai Lama Tenzin Gyatso and participate in conferences organized by him.

She and business partner Sophie Langri began their trip by teaching at the Central University of Tibetan Studies in Saranath, India. They worked with 40 bachelor of education students, teachers and university professors.

They then went north to Dharamshala to participate in the 33rd Mind and Life Dialogue with the dalai lama from March 12 to March 16. The theme of this edition of the conference was "Reimagining Human Flourishing."

"Sophie and I have been teaching social and emotional learning for over 10 years," said Wilkie. "Our approach has been inspired by the vision of the dalai lama.

"He has spoken for over three decades about the need to educate the

heart and not just the mind, and he has questioned what a universal approach to teaching ethics might look like. We believe that our approach addresses this challenge ... We believe that what he calls 'secular ethics' we call 'social and emotional learning,' and what he calls 'maps of mind' we call 'emotional literacy.'"

Wilkie is a psychologist with a private practice in Westmount. She also teaches social and emotional learning two days a week at École Buissonnière, works part time for the Peace Grant Makers network as its director of social and emotional education, and consults with a number of elementary and high schools around the world through the Institute of Social and Emotional Education, founded by her and Langri in 2015.

She first met the dalai lama in Indianapolis in June 2016.