

# ART OF LIVING & DYING SERIES



Sacred Art of Living

## Module 1: Understanding Spiritual Suffering

- Learn about the rich cultural history and clinically effective practices for detecting and alleviating emotional and spiritual distress in times of transition, illness, loss and at the end of life.
- Discover a Total Pain Management model with results that include reduced anxiety, improved quality of living and more effective pain management.
- Encounter valuable tools and insights in order to examine life's priorities, address death anxiety and re-connect one's 'soul and role.'

### What To Expect

Learn how to use a clinically tested Spiritual Health Assessment Tool that is valuable for every helping profession

Discover how the relief of physical and spiritual distress results in the voluntary reduction of analgesics-- especially at the end of life

Explore practical skills to avoid compassion fatigue and burnout for both professional and family caregivers.

Assess how the qualities of life that give MEANING are at the heart of healing and joy

Distinguish between the nature of psychological, emotional and spiritual suffering

Create a personal Living Spiritual Will.

**For more information:  
info@sacredartofliving.org  
or call 1-888-383-4171**

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## MODULE 1

4-5 October 2024

Friday 12-3pm

Saturday 9am-4pm

All times: Pacific Time

**\$150.00 for the Module**

### Art of Living & Dying Modules

consist of an online 1.5 day workshop followed by three monthly small group sessions using the acclaimed Circles of Trust© process with study guides and best practices