



ART OF LIVING & DYING

WORKSHOP & CERTIFICATION SERIES

"Spirituality is the most overlooked issue in relieving physical pain..."

— Cicely Saunders, MD
Founder of the modern hospice movement

The Art of Living & Dying is more about living than about the end of life. This series of four internationally acclaimed workshop/retreats - called program modules - draws from the wisdom of our ancestors that the quality of life is enhanced when we do not live in fear or denial of suffering and our mortality. The results of facing or "leaning into" existential-spiritual pain are profound for both caregivers and care receivers and include -

- ① PHYSICAL AND EMOTIONAL WELL-BEING
- ② ANTIDOTES FOR COMPASSION FATIGUE AND BURNOUT
- ③ ENHANCED CAPACITY FOR HEALING
- ④ IMPROVED PAIN AND SYMPTOM-CONTROL MANAGEMENT
- ⑤ PEACE OF MIND AND IMPROVED RELATIONSHIPS

Each program module is an interactive and inspirational learning experience appropriate both for professionals and family caregivers. Participants explore universal patterns of spiritual and emotional suffering with time-tested ways to relieve them. All programs are a creative blend of best practices, instruction, personal reflection, hands-on experience, multimedia presentations and creative rituals from the world's great wisdom traditions.

Module One

Understanding Spiritual Suffering

"We are the medicine"

Learn about the rich cultural history and clinically effective practices for detecting and alleviating spiritual and emotional distress in times of loss, transition, illness 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.'

Best Practices

- Facilitating a Spiritual Health Assessment Tool for any Caregiver and Care Receiver
- Create a personal Living Spiritual Will
- Tools for Distinguishing between Psychological, Emotional & Spiritual Suffering

Module Two

Diagnosing Spiritual Suffering

"The best way out is always through"

Study the four classical dimensions of psycho-spiritual health and suffering: Forgiveness, Meaning, Relatedness and Hope.

Experience the 'art' of diagnosing spiritual pain in one's self before attempting to assist with the suffering of another.

Recognize and celebrate the gifts of growth and transformation that are possible especially during times of suffering, loss and at the end of life.

Best Practices

- The Art and Science of recognizing four universal psycho-spiritual diagnoses
- Clinically tested antidotes to the physical and emotional effects of forgiveness issues
- Effective responses for supporting persons suffering from spiritual or religious trauma

Module Three

Healing Spiritual Suffering

"Healing is always possible..."

Discover a broad spectrum of creative and effective tools for dealing with the inevitable suffering caused by serious illness and at the end of life.

Experience well-tested, holistic therapies including guided visualization, coma communication and working with persons in altered states.

Explore the powerful potential of ritual during times of life transitions and at the end of life and create your own meaningful ritual experience.

Best Practices

- Process Psychology techniques for supporting persons in altered states of consciousness
- Clinical best practices for addressing the psycho-spiritual pain of grief and loss
- A tool for creating rituals that support persons during times of transition

Module Four

Transforming Spiritual Suffering

"Reconnecting our Soul and Role"

Learn about the emerging science of compassion and neuro-biology through skills of mindfulness and self-awareness.

Work with the classical tools of spiritual discernment by learning how to ask and respond to life's most important and courageous questions.

Rediscover the essential skills necessary for maintaining a centered, healthy balance in both your professional and personal lives.

Best Practices

- A time-tested practice for supporting persons when standing in life's Tragic Gaps
- Accessible Breath Work and Relaxation practices for calming body, mind and spirit
- Creative modalities from the healing arts including music, poetry and dream work