

Mindfulness and Awareness in End of Life Care

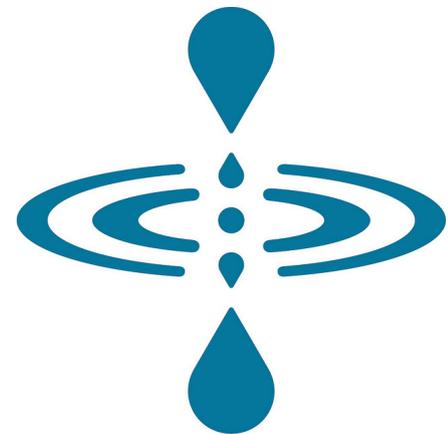
Seeking Expressions of Interest

A three day course building authenticity, presence and inner resources to work with people who are dying and their families.

Presented by The Spiritual Care Programme and supported by Calvary Mater Newcastle

- Date:** 12-14 November 2018 (Mon-Wed)
Time: 8:00am-5:00pm
Venue: Tangaratta Vineyards
340 Old Winton Road, Tamworth
<https://www.tangarattavineyards.com.au>
- Cost:** This course is provided at no charge to employees of Calvary Mater Newcastle, Hunter New England Local Health District, Hunter Primary Care Ltd, HNECC Primary Health Network, and residential aged care facilities.
- EOI:** Please complete the Expression of Interest Form to register interest.

Accommodation: No accommodation onsite. Please check local hotels and Airbnb



CPD POINTS: 20 HOURS

Who Should Attend?

Health professionals seeking to enhance clinical skills and expand their capacity to offer end-of-life care in rural and remote communities.

"The concept of 'compassionate presence' was for me the most important aspect of this course. This way of being can be applied everywhere, anytime. Presence, coupled with "considering the other as another you" is a very powerful combination".
Nurse

"What touched me most in this programme was learning to listen and be present. I experienced truly listening and connecting like never before".
Hospital Registrar

"The seminar helped me deepen my understanding about how to develop my own 'way of being' in order to be truly of benefit to others".
Nurse

The Program

This programme offers time-tested and practical contemplative methods in a way that is accessible for contemporary healthcare. Participants will learn and experience mindfulness and meditation techniques, along with their practical application in self-care, therapeutic relationships, communication and working in care teams.

Through these methods, inner resources are developed to support self-care and our capacity for being present with another. This creates an atmosphere of acceptance and genuine compassion that can support patients, families, as well as our colleagues, to connect with their own sources of strength meaning and hope.

Program Topics

Enhancing our ability to stay present with suffering

- Fostering healing relationships and self-awareness through mindfulness and meditation
- Strengthening resilience
- Enhancing empathy and compassion to prevent burnout
- Guided reflections on impermanence and death

Communication and Contemplative Listening

- Contemplative listening and its practical application
- Managing difficult care situations
- Speaking about dying and death with patients and families
- Addressing fears of dying

Supporting dying patients and their families

- Assessing and responding to the spiritual and emotional needs of people who are dying and their families
- Helping patients find their own sources of strength and meaning
- Facilitating the process of healing relationships

How we will work

This training encourages personal transformation and growth by offering participants the opportunity to explore their own relationship to death and its spiritual dimension and how this influences how they relate to life and the people around them.

The contemplative methods presented are well researched and offered in an accessible, authentic and secular way. They come from understanding drawn from the Buddhist tradition and influenced by modern scientific research.

Presenters



Wendy Wright, B.App.Sc. (OT), M.App.Sc. (Soc.Ec.), a pastoral care practitioner at St Vincent's Hospital in Sydney has practiced and studied these methods for 30 years. Wendy trained in the study and practice of Buddhist teachings on meditation, mind, compassion and wisdom at the Institute of Wisdom and Compassion in France. Wendy also has a private practice offering services based on the practices of mindfulness and compassion.



Dr Michael Chapman is a geriatrician and palliative care specialist working in the ACT. His PhD is entitled "The ethics of decision making at the end of life". Other academic interests include mindfulness as self-care and the integration of palliative care into aged care. Michael is involved in several palliative care peak-bodies and is a founding editor of the website www.paliverse.com



Dr Allysan Armstrong-Brown is an anaesthetist with a subspecialty of neuroanaesthesia working in Newcastle, NSW. Allysan has interests in pain management, medical education and welfare. Allysan's main interest is how meditation practice can transform our everyday life. Allysan has been a student of Tibetan Buddhism for 10 years, and a meditation instructor for 6 years.

This course is provided by The Spiritual Care Programme, a secular international program offering training and care in the arenas of living and dying. A commitment to excellence in end of life care underpins this program. (www.spcare.org, australia@spcare.org)

Course methods are drawn from the Buddhist tradition and influenced by modern scientific research. The program supports each person to draw on their unique inner resources in an inclusive manner.

Seminar places are limited to 20.

To register:

Please complete [Expression of Interest form](#)

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Further inquiries:

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