



CONTEMPLATIVE

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**END OF LIFE CARE**

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Certificate Training



## **VISION**

***We aim to make dying an experience that holds the potential for profound meaning and transformation for both the dying, and the communities supporting them.***

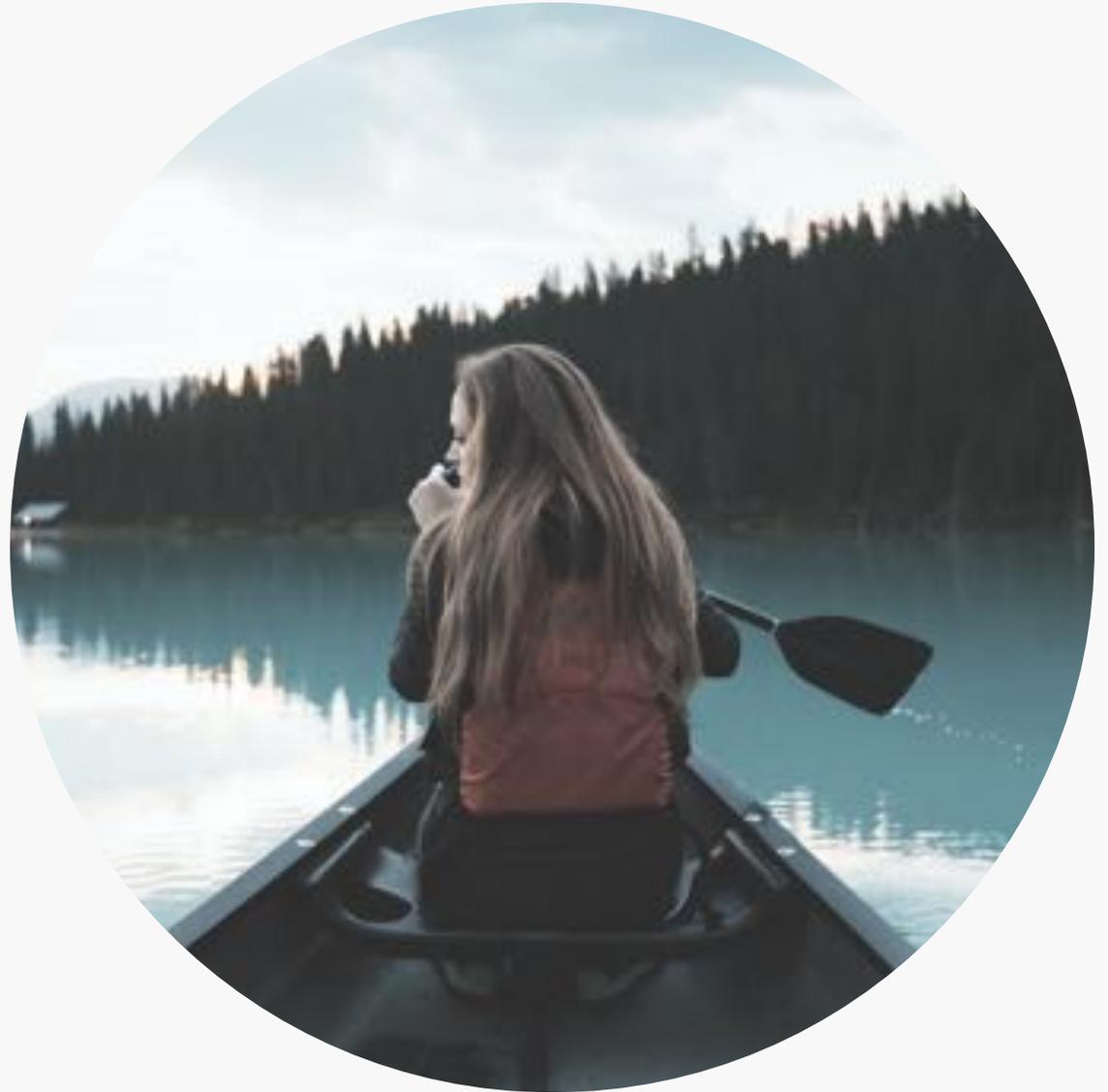
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# THANADOULA

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We have introduced the term 'thanadoula' to describe the art of serving the dying and the dead. Thanatos (in Greek, Θάνατος - "Death") was the personification of death in Greek mythology and doula is a servant.

We provide a comprehensive, integrated training available to professionals, clinicians, individuals, families and communities, in compassionate end of life care.



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# THE PROGRAM

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provides training opportunities and mentorship for hospice staff, palliative care physicians and nurses, psychotherapists, healthcare practitioners, social workers, spiritual care professionals, and members from the public who are interested in acquiring competencies that would allow them to be of service to their communities within the discipline of end-of-life care.

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# CONTEMPLATIVE APPROACH

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Our training program introduces a contemplative dimension to end-of-life care through educating and enhancing trainees' fluency in the bio-psycho-social-spiritual, legal, ethical and medical dimensions of care of the dying, and prepares them to serve in a variety of environments including private homes and hospices. The training provides the practical knowledge and skills that are required to offer compassionate end-of-life care. Through the use of experiential exercises, discussions and clinical studies, participants are guided in an exploration and understanding of dying, death, and the grieving process. Students receive a number of manuals with over a 1,000 pages of practical tools, exercises, articles and resources.

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# PURPOSE

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ITM's Contemplative End-of-Life Care Program was developed as part of a larger effort to improve end-of-life care in Canada and beyond (Toronto Death Society). Over the years, this initiative has brought remarkable teachers and teachings to our institute, (First Nations, Buddhist, Hindu, Psychotherapists, Physicians and others) representing diverse perspectives and insights into care of the dying. We are committed to our role as a leader in a revolutionary development of human awareness that is transforming how we live, die and relate to others. Although many individuals and communities value personal care given to the dying, few have the knowledge, skills and support to provide effective end-of-life care.

The Contemplative End-of-Life Care Program addresses this need, and provides the training necessary to develop a resourceful and skilled community that can care for the dying and bereaved, while expanding spiritually and culturally appropriate resources, available to everyone. Recognizing the crucial role that family caregivers play in end-of-life care in our society, we have developed accessible training opportunities to support their efforts in providing care for their loved ones. The training focuses on the process of dying as a community endeavour, wherein family, friends and colleagues are called upon to contribute their best qualities and efforts to support the dying and one another.

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# CURRICULUM

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Through six weekend modules scheduled over a six month period, students will learn with leading clinicians & pioneers in the growing field of end-of-life care. The training uses an inter-professional model which includes a variety of instructional methods including: experiential, theoretical, group work and case study review. Students will be introduced to a multiplicity of tools and practices, which will allow them to serve the dying with sensitivity and skill, while cultivating their capacity for presence, wisdom and compassion. The required core competencies include the introduction and use of mindfulness techniques, and simple, yet profound rituals for the dying.

Each module will include exercises, practices and processes that can be integrated into a variety of environments. The focus of the program is client and relationship-centered, emphasizing practical and experiential learning. This contemplative approach enhances a student's capacity to create environments wherein profound transformation can occur, and provides the practical knowledge and professional competencies to facilitate these supportive networks. Students will be introduced to relevant legal and medical terms, concepts, resources and procedures so they are prepared to assist clients with end-of-life and healthcare decisions. They will learn to create meaningful care plans for the dying and their communities, advocate for client's well-being and offer a quality of presence and engagement that can transform the experience of dying to one filled with meaning and grace. The training aims to develop the individual's capacity for compassionate service as educators, end of life doulas and consultants.

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# TUITION

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ITM is dedicated to preserving and protecting the world's traditional medical & cultural systems through education and training. For this reason we have established affordable payment options and scholarships to assist serious students in pursuing their passion for and dedication to end-of-life care.

Each Module/Weekend Fee: \$325 + HST (fees include all materials)

\*All prices and policies subject to change without notice.

\*Students who have successfully completed all modules will receive a certificate in Contemplative End of Life Care, will be certified by ITM and will be listed on the ITM Resource Page as a Contemplative End of Life Care Graduate.

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***"This was the most powerful and life transforming program I have ever taken."***

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M.Stott

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# FACULTY

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Through this groundbreaking program students will learn from a faculty of diverse and highly trained professionals & clinicians, including pioneers in the field of palliative care, mindfulness and grief and bereavement counseling. For a list of Faculty, please visit [www.itmworld.org](http://www.itmworld.org)



## **ADVANCED TRAINING & CEUS**

ITM is dedicated to supporting the community with continuing education opportunities and experiences in a variety of fields which will assist in deepening one's understanding and experience in the multitude of areas within end of life care. To fulfill this, we have developed a number of workshops and trainings, and host numerous guest presenters throughout the year to support continued learning in this field.

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# AREAS OF STUDY

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- Bio-psycho-social-spiritual aspects of dying & care of the dying
- Historical & Philosophical Context to End-of-Life Care
  - Cultural Perspectives on Dying & Death
  - Spiritual Foundations to End-of-Life Care
    - Care of the Community, Self-care
    - Mindful Grieving & Bereavement
  - Mindfulness Tools & Skills for End-of-Life Care
- Communication, Listening & Therapeutic Relationship Skills
  - Heart-Centeredness & Discernment
  - Legal & Ethical Considerations
- Hospice & Palliative Care Resources & the Inter-professional team
  - Complementary Therapies incl. Palliative Massage
  - Dying & Death at various life-stages: Infant to Adult
  - Medical, Non-Medical & Interdisciplinary Interventions
    - Informed End-of-life Decision Making
  - Outer & Inner Stages and Signs of the Dying Process
    - End-of-Life Choices (including MAID)
      - Home Funerals & Final Passages
  - Vigiling, Rituals & Ceremonies at the End of Life
    - Medical Systems, Terminology & Practices
    - Creating Care plans for the End-of-Life
      - Pain and Symptom Management
      - Music Therapy at the End of Life



This training gave me a community, insight into my  
own dying and the tools to serve

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**OTHERS.**

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B. R o s e n

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# COMMITMENT

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Students are expected to participate in a variety of in-class and homework exercises and assignments, which require a personal exploration of experiences, fears, concepts and preparations in relation to their own dying and death. Emphasis is placed on personal integration of the course material, offering students the opportunity for self-reflective and transformational work. Students in this program are also encouraged to cultivate and maintain a practice of mindfulness and meditation. This enables one to fully experience the benefits and challenges that arise from integrating contemplative practices and principles into one's professional environment and daily life. To successfully complete the program and receive the certificate students must attend all weekends, complete homework and participate in the in-class experiences.

Through the experiential components of the training, students will be equipped with the insights to offer an invaluable service to others, while maintaining and deepening their commitment to personal reflection, inner and professional development and transformation. Becoming intimate with death makes us acutely aware of our own mortality and the impermanence of life. Learning to care for the dying, challenges us to reframe our experience of dying & living, toward more integrative and spiritual ways of being and knowing.

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# SCHEDULE

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The Training takes place at ITM in downtown Toronto. The Program consists of six modules offered on six weekend sessions, Saturdays & Sundays, 10-5pm, once a month (see dates in email). Each weekend is dedicated to a series of topics and techniques facilitated by various experts and practitioners in the areas of dying, death and bereavement. The flexibility of weekend scheduling of classes allows participants from various cities within North America and beyond, to join the full program. Assistance in locating local and economical accommodation and travel options can be provided.

## Module/Weekend 1

Contemplative Approaches to End-of-Life Care Introduction: This module will provide an overview of key concepts, principals and practices, which will guide the entire training. It will provide a historical & philosophical context, current insights and research into end of life care, as well as examine the evolving role of the end of life care provider. Psycho-social-spiritual theories of hospice & palliative care will be introduced. We will explore Mindfulness Meditation & Presence as an intervention at the end-of-life. The spiritual foundations of end-of-life care, dying and death will be introduced as meaningful and transformative processes for individual dying and for their community. Students will also explore ethical considerations at the end of life, legacy work, psycho-emotional conditions, and music at the end of life.

## Module/Weekend 2

**Sacred Art of Dying** We will explore the outer and inner transitions and signs of the dying process and appropriate practices and the role of rituals at the end of life. The Indo-Tibetan Buddhist tradition offers insights into the dying and death process that can serve as a useful model and map for end of life care practitioners. In this extant tradition, death is perceived as an opportunity to experience profound insight in the nature of life and being. Because the death experience is valued in the aforementioned context, there is need to assist others as a guide. We will practice techniques that have been designed to create a supportive transition for the dying and explore the spiritual preparations for death, end-of- life care interventions, rituals & healing practices. In this weekend, we will also explore the Western, biomedical understanding of dying - the signs and ingredients of dying, and how to lovingly support the dying during this time.

## Module/Weekend 3

**Therapeutic Relationships** Central to the role and responsibilities of the end of life care practitioner is relationship; with self, with the dying, with the families with whom you will work, medical staff and others. You will be called on to perform many roles; as a guiding presence, a resource person, and a mediator in times of conflict and tension. The skills learned in this session are essential for an end of life care facilitator: mindful listening & presence, heart-centeredness, discernment and the ability to clearly communicate. These roles will be explored extensively. The above competencies will be honed in practice sessions with experienced facilitators. The emphasis of this module is on building personal resources and awareness which are necessary to work with the dying and their communities. Students will also receive full training in Vigiling at the end of life.

## Module/Weekend 4

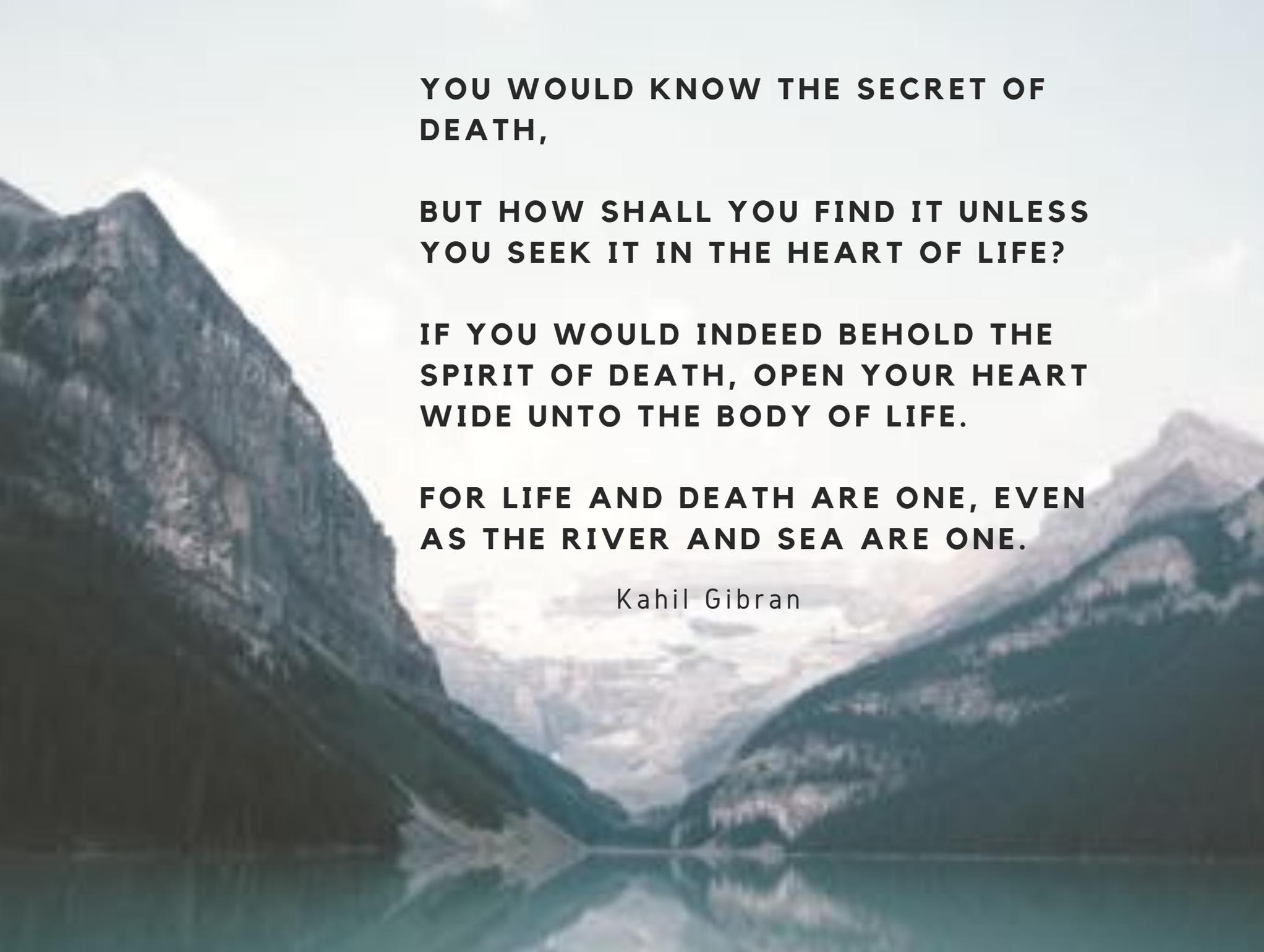
Dying & Death—A Community Endeavour This session requires students to weave together previous learning in order to create care plans for the end-of-life. These tools will allow you to share your skills in a variety of situations – homes, hospices, hospitals, and to create plans for the present, and the anticipated need for advanced health care directives and post- mortem considerations. Central to these preparations is the process of community building, with the dying situated at the centre of considerations. The role of the Contemplative End-of- Life Care facilitator is based on practices which invite the best from all participants – family, friends, colleagues and medical staff. This module provides students with the tools to identify and utilize immediate resources in order to best serve the dying and their communities. As an end of life care provider, you will soon become familiar with the myriad of pain relief and management options both from medical and interdisciplinary interventions. This weekend will also address care for the body in home and palliative environments. The session will introduce practical techniques infused with mindful presence. Students will also explore the various legal and medical issues surrounding care of the dying, community resources & services available to the dying. We will be introduced to Canadian legal considerations around end of life care: wills, burials, directives. Students will be introduced to the various organizations, facilities, including funeral homes, professionals and services available in end of life care and will learn tools for accessing these organizations, services and interprofessional teams.

## Module/Weekend 5

**Mindful Grieving and Bereavement** This module will focus on the origins of grief, grief as a healing process and examine the latest research into grief and bereavement. We will consider different models of grief and how interventions impact the process. We will explore the process of 'Grieving Mindfully', the landscapes of grief, loss and change, integrative and comprehensive grief therapy, dying, death, and loss across cultures and time, types of grief, facilitating resilience, and care-giver fatigue. We will also explore death-like experiences and losses (Alzheimer's) and address the nature of suffering and loss in general (psycho-social-physical-spiritual suffering).

## Module/Weekend 6

**Clinical Impact of Rituals & Death Midwifery** In this module, students will explore the power of ritual, how to address end-of-life care wishes, the spiritual, religious and multi-cultural perspectives at the end of life. This module will also offer practical training designed to guide students in the process of facilitating alternative home funerals, ceremonies and rituals. Students will explore death as a sacred time and natural cycle of life, as well as the social, economic, ecological and spiritual benefits of caring for those who are dying within our own communities. Theoretical, as well as hands-on techniques of caring and honouring of the body through death will also be covered. Students will learn how to prepare a personal funeral kit, interview and support families creating a funeral, and will be able to act as a resource and direct individuals to existing end of life care options, including standard funeral practices, home funerals in Canada, and burial options.



**YOU WOULD KNOW THE SECRET OF  
DEATH,**

**BUT HOW SHALL YOU FIND IT UNLESS  
YOU SEEK IT IN THE HEART OF LIFE?**

**IF YOU WOULD INDEED BEHOLD THE  
SPIRIT OF DEATH, OPEN YOUR HEART  
WIDE UNTO THE BODY OF LIFE.**

**FOR LIFE AND DEATH ARE ONE, EVEN  
AS THE RIVER AND SEA ARE ONE.**

Kahlil Gibran