



CONTEMPLATIVE

END OF LIFE CARE

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.

THANADOULA

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.



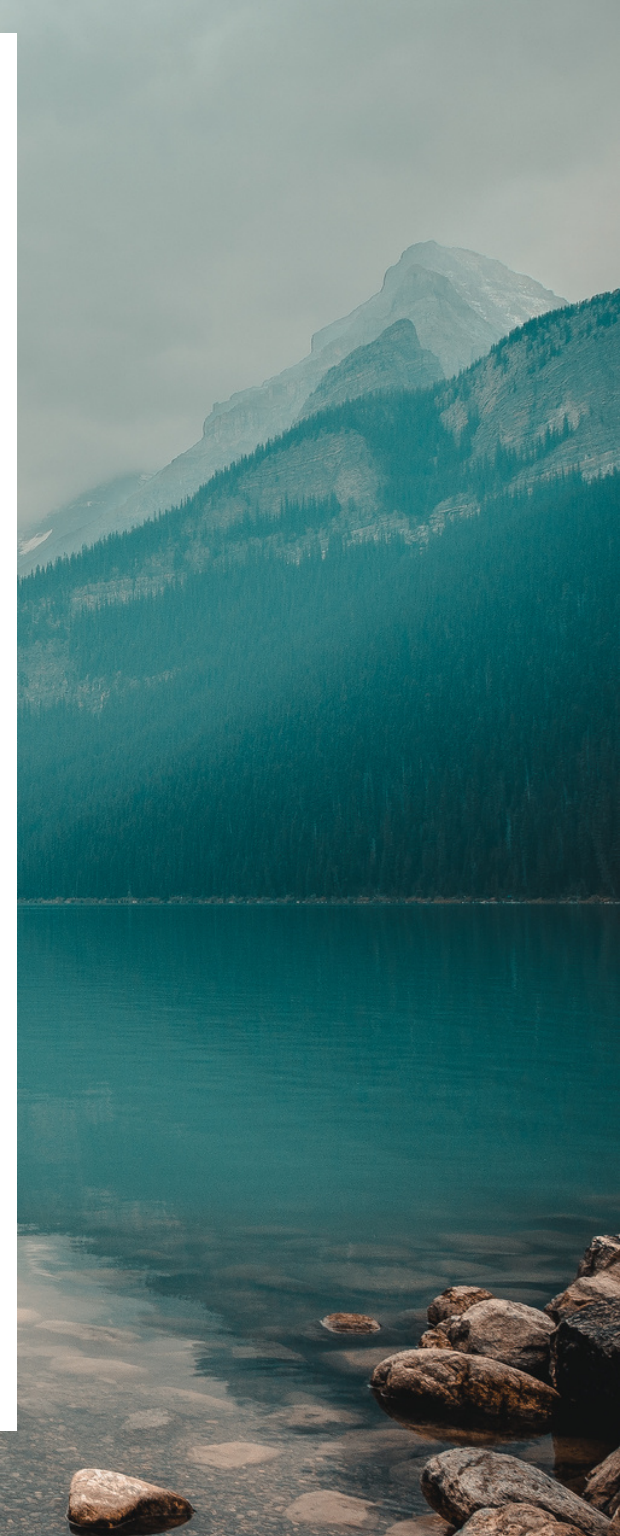


THE PROGRAM

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.

CONTEMPLATIVE APPROACH

Our training program introduces a contemplative dimension to end-of-life care through educating and enhancing your fluency in the bio-psycho-social-spiritual, legal, ethical and medical dimensions of care of the dying, preparing you 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, you are guided in an exploration and understanding of dying, death, and the grieving process. You have access to manuals and resources for each session, which include course notes, exercises, reflections, assignments, articles and resource links.



PURPOSE

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. 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 guidance, 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.

CURRICULUM

Through 5 modules scheduled over a 4 month period, you will learn with leading clinicians & visionaries 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. You will be introduced to a multiplicity of tools and practices, which will allow you to serve the dying with sensitivity and skill, while cultivating 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 your capacity to create environments wherein profound transformation can occur, and provides the practical knowledge and professional competencies to facilitate these supportive networks. You will be introduced to relevant legal and medical terms, concepts, resources and procedures to prepare you to assist clients with end-of-life and healthcare decisions. You 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.

TUITION

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 partial scholarships to assist serious students in pursuing their passion for and dedication to end-of-life care.

*Full Program Tuition: For current fees and payment plan options *see application form.

*All prices and policies subject to change without notice.

*Students who have successfully completed all modules, assignments, attendance requirements, will receive a certificate in Contemplative End of Life Care.

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

M.Stott

FACULTY

Through this comprehensive training program students will learn from a faculty of diverse and highly trained professionals & clinicians, including visionaries in the fields of palliative care, mindfulness and grief and bereavement counseling. For a list of Faculty, please visit 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.

AREAS OF STUDY

- 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
- Trauma-Informed Care, Anti-Opressive practices in End of Life
 - Legal & Ethical Considerations
 - Working with Marginalized, 2SLGBTQ+Communities
- Hospice & Palliative Care Resources & the Inter-professional team
 - Role of Complementary Therapies & Integrative Care
 - 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/Family-Led 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
 - Psychedelics at End of Life



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

OTHERS.

B. Rosen

COMMITMENT

Students are expected to participate in a variety of in-class (virtual classroom) and homework exercises and assignments, which require a personal exploration of experiences, fears, concepts and preparations in relation to your own dying and death. Emphasis is placed on personal integration of the course material, offering you the opportunity for self-reflective and transformational work. You are encouraged to cultivate and maintain a practice of mindfulness and meditation throughout the program. 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 virtual weekends, complete homework and participate in the in-class experiences.

Through the experiential components of the training, you 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.

SCHEDULE

The Training takes place online via our online studies portal, as well as on ZOOM - in a virtual classroom. The Program consists of five online modules over the 5 months, with additional weekend in-class (virtual) sessions. (see dates in application). Each live virtual session is dedicated to a series of topics and techniques facilitated by various teachers/practitioners in the areas of dying, death and bereavement. The flexibility of weekend scheduling of virtual classes allows participants from various cities within North America and beyond, to join the full program.

Module 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. The module also covers Vigiling at the end of life.

Module 2

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, as well as professional boundaries, which are necessary to work with the dying and their communities. Students will also explore ethical considerations at the end of life, legacy work, psycho-emotional conditions, integrative comfort care, and music at the end of life.

Module 3

Mindful Grief 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, 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). This session also includes an introduction to Psychedelics at the End of Life.

The Sacred Art of Dying will also be introduced. 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. 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 module, we will also explore the Western, biomedical understanding of dying - the signs of dying, and how to lovingly support the dying during this time.

Module 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 module also covers the essential teachings on Trauma-Informed Care & Anti-Oppressive, and 2SLGBTQ+ Approaches to End of Life Care.

This module 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. You 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 inter-professional teams.

Module 5

Clinical Impact of Rituals & Funeral Alternatives: In this module, you 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 you in the process of facilitating/providing education in alternative Home/Family-led 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. You 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/family led funerals and burial options in Canada and beyond.

DYING PEOPLE ARE CREATING LEGACY, EVEN AS THEY ARE DYING.

THE WAY THEY APPROACH THEIR DEATH, THE WAY THEY GO THROUGH DYING IS ALSO LEGACY, ITS A WAY OF MODELLING HOW WE CAN APPROACH DYING

AND THATS PARTICULARLY IMPORTANT IN OUR WESTERN CULTURE BECAUSE WE HAVE LOST CONNECTION, FOR MANY OF US, WITH THE TRADITIONS THAT HAVE EXISTED IN OUR ANCESTRY, THE TRADITIONS THAT HAVE EXISTED IN OUR CULTURES FOR HUNDREDS IF NOT THOUSANDS OF YEARS. WE HAVE CUT OUR SELVES OFF FROM THOSE TRADITIONS AND THAT LEGACY THAT IS INTERGENERATIONAL

AND PART OF WHAT WE ARE DOING NOW IN THIS WORK OF RAISING UP THE DOULA APPROACH, RECAPTURING A DIFFERENT WAY OF BEING WITH DYING IS A WAY OF RECOVERING SOME OF THE LEGACIES THAT WE HAVE LOST TOUCH WITH.

SO AS WE WORK WITH PEOPLE THROUGH THEIR DYING THAT BECOMES A MODEL, THAT BECOMES A LEGACY FOR THE PEOPLE WHO ARE PRESENT IN THEIR DYING AND FOR ALL THE PEOPLE WHO WILL HEAR OF THEIR DYING THROUGH THOSE PEOPLE WHO WERE PRESENT. IT RIPPLES OUTWARD ACROSS THE CIRCLE OF FRIENDS AND FAMILY WHO ARE INVOLVED BUT ALSO RIPPLES OUT ACROSS GENERATIONS BECAUSE IT BECOMES PART OF THE STORY THAT IS PASSED ON TO OTHER GENERATIONS.

Henry Ferska Weiss



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