

## **Sacred Passage: End Of Life Doula Certificate Course**

Sacred Passage End Of Life Doula Certificate program renews the purpose and art of caregiving as a Spiritual Practice. The content is based in the ethics and values of human caring and translated into caring healing practices for individuals, teams, residents, patients, and healing environments that allow diverse staff and care providers to experience their heart's purpose and call to serve humanity focused at the time of before, during, and nearing end of life.

By going through this program, nurses, clinical professionals, and non-medical caregivers may for the first time encounter deeper aspects of themselves that expand their self-awareness and help them identify their own hopes, beliefs and desires regarding end of life.

This course may function to remind them of their interconnectedness to all life, their true nature and therefore the implications of their presence and practice with those they serve. They may feel their personal losses, grief, and the need to forgive and be forgiven for the first time and see the possibility for their own transformation and healing.

The program re-focuses nurse and healing arts practices on the powerful and subtle energetic portals of healing available to all attending nearing death. This focus on availability of life energy and intimate human to human connection via the immediate environment and their inherent healing ability enables nurses and all care providers to become stronger in their personal presence as agents of healing and stewards in the art of surrender and letting go. It allows all involved to reconnect with Death as a transformative sacred passage and powerful portal in the circle of life. It may change primary care practice at end of life.

This course does not just offer content. It offers a shift from the medical technical curative futile-care world of health care that connects us to our tribal roots. It offers support to: Deepen sense of connection to self and others; Establishes ability to connect on the spot with all people no matter who they are no matter what their beliefs or health condition or home or health care setting is; and Activates living memory of their true purpose and soul's calling on a path to serve during end of life. Students leave refreshed and with renewed confidence in their innate healing gifts and talents; they increase their power as healing agents--agents of change leading to something as big as the evolution of human consciousness.

They receive practical information about how to run a business, Services rates and fee schedules, client /doula contracts. They understand how to use the Conscious Dying Education language, sacred practical language to present and market themselves. They learn how to grow their businesses as a Sacred Passage: End Of Life Doula using the Conscious Dying Education concepts, philosophy, principles and practices; leave with a sense of supportive community of other Doulas so they know they are not alone, this is not solo work, it is the work of many many End of life Doulas who are also committed and confident that even when they don't know what to do, this doesn't stop them. They remember we are all the same whether we are dying or not, all we need is our openhearted presence and we can reach out to the CDI community of Doulas anytime for support, coaching and care.

**See Below for Sacred Passage: End of Life Doula Curriculum Overview**

## Sacred Passage: End of Life Doula Curriculum Overview

**Phase 1: Preparing: Self as Healing Environment.** "Conscious Dying Practices for Awakening NOW" are implemented to produce transformational education focused on inner awakening of caregiver. Phase 1 develops:

- Self care and nurturance
- Restores Authentic Healing Gifts and Purpose
- Increases Awareness of End of Life Desires, Beliefs, and Wishes
- Emphasizes:
  - Conscious Connection
  - Confident Communication
  - Comforting Care
  - Community Building

**Between Phase 1 and 2:** Best Three Months Practicum: End of Life Coaching and Care Planning

- Between Phase 1 and Two: Best 3 Months: End of Life Coaching and Care Faculty Mentored Practicum in which Students develop Best Three Months of life Care and Priorities in the five Domains of life. They work together on their own care plan and develop a care plan for 2 other people in their community.

**Phase 2: Best Life Care: 5 Domain Healing Modality Training:** Through live music, restorative and releasing “practices for death”, visioning for Best Three Months of Life, community and individual grief and forgiveness rituals, participants heal their own sense of separation and isolation from life. Faith in life is renewed, loving relationships restored, and the experience of the transformative healing potential of death is grounded and embodied in each graduate.

- **Best Life Care: Comfort Healing Modalities** - uses 5 domains of life healing modality education and care program including expert presenters in: Spiritual, Emotional, Physical, Life Purpose & Review and After Death Rituals and Care. In this phase we
- **Create Ceremony & Ritual, learn comfort care healing modalities in the following domains of life:**
  - Spiritual Awareness
  - Emotional Completion
  - Physical Comfort
  - Life Review
  - Practical After Death Care
- **Community Building, Business Development**
  - Doula Practice Business Development
  - Strategic Visioning for Doula Practice
  - Peer Mentoring and Coaching
  - Access to Conscious Dying Institute Branding and Marketing materials
  - Listing on End of Life

## Conscious Dying Education Sacred Values, Philosophy and Principles

<p><b>The Conscious Dying Principles (CDPs)</b></p> <ul style="list-style-type: none"> <li>• Increase beauty, pleasure, contentment</li> <li>• Provide emotional and spiritual support</li> <li>• Initiate conversations about dying process</li> <li>• Practice Self Care to reduce burnout and emotional fatigue</li> <li>• Demystify the stages of the dying process</li> <li>• Acknowledge mysteries, miracles and unexplained events</li> <li>• Learn How to be with intense emotion</li> <li>• Honor other’s beliefs while staying true to your own</li> <li>• Be a Steward of conscious deaths</li> <li>• Attend at bedside. No one dies alone.</li> </ul>	<p><b>Conscious Dying Institute Mission</b></p> <p>Create Wisdom-Based Caring Healing Culture of Sacred Passage Guides who Restore death to it’s scared place in the beauty mystery &amp; celebration of life and contribute to the Evolution of Human Consciousness</p>
<p><b>The 4 Caring Healing Qualities</b></p> <ul style="list-style-type: none"> <li>• Caring Healing Relationships</li> <li>• Caring healing Presence</li> <li>• Caring healing environments</li> <li>• Caring Healing moments</li> </ul>	<p><b>Conscious Communication Practices</b></p> <ul style="list-style-type: none"> <li>• Pure Listening</li> <li>• Basic Listening</li> <li>• Reading the field: identifying and naming Somatic/emotional/and energetic cues</li> <li>• Bold inquiry</li> <li>• Speaking Silently through the Heart</li> </ul> <p><b>The 4 Cs</b></p> <ul style="list-style-type: none"> <li>• Consciously Connect with your self and others</li> <li>• Consciously, Confidently and Compassionately Communicate</li> <li>• Consciously bring Comfort and Care with Self and others</li> <li>• Community Building</li> </ul>