

Being with Dying: A contemplative-relational approach to compassionate and mindful end-of-life care

Roshi Joan Halifax, PhD.

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Being with those who are dying is a part of the human experience, yet caregivers often feel unprepared to support dying people as they encounter the final phase of human development. The cultivation of the necessary mental qualities and practical skills that allow caregivers to effectively accompany dying people and their families through the experience of a catastrophic illness and/or the dying process requires training. Such training involves the development of a steady, compassionate, and present-centred awareness that positions caregivers as strong, compassionate, and stable advocates for those who are suffering and dying. It also affords caregivers a means to be enriched, and not depleted by, their care of others.

Roshi Joan Halifax of the Upaya Institute trains caregivers in a contemplative approach to psycho-social, spiritual and ethical aspects of care of the dying. The main focus of the program is the cultivation of mindful awareness, emotional balance, equanimity and compassion around issues of death and dying. These mental qualities and the practices that develop them assist caregivers in providing more mindful and compassionate end-of-life care and effective self-care that reduces secondary trauma, burn-out, and moral distress. This program will cover four aspects of changing the inner and outer culture of care of the dying: transformation of the caregiver, the patient, the community, and the health care institution.



Roshi Joan Halifax, PhD, has been in the end-of-life care field since 1970. She is co-author of "The Human Encounter with Death" and author of "Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death," among her many publications. She is founder of The Ojai Foundation, the Upaya Zen Center, the Upaya Institute, the Project of Being with Dying, the Upaya Prison Project, and on the Board and a Fellow of the Mind and Life Institute. For more information about Roshi Joan, her work and the Upaya Institute, visit www.upaya.org.

Fees for the four day course include course fees, food, accommodation and transportation between IWP and Chiang Mai: 6000 baht (\$200 USD) for people in the global South and a sliding scale of \$250-\$300 USD for people in the global North.

The course will be taught in English with Thai translation.

For more information and to register, contact Ginger by **January 10, 2011**:
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