

# Contemplative End of Life Care

## A Seventeen-Week Certificate Program for Health Care Professionals

Naropa University's Center for Contemplative End of Life Care, in partnership with Rigpa's Spiritual Care Program, presents a professional certificate program for healthcare professionals providing in-depth training in spiritually-grounded and compassionate approaches to the full spectrum of end of life care practice, and offering the opportunity to fully integrate spirituality and caregiving. The program is presented in a unique seventeen-week, low-residency format that includes two, week-long residential training intensives and fifteen weeks of online instruction.

Training topics include:

- approaches to contemplative care
- communication about dying and death
- meditation, compassion and mindfulness practices
- responding to suffering
- practical considerations in end of life care
- understanding grief and supporting the bereaved
- preventing and healing burnout

Faculty includes Pamela Russell, LMSW, Darci Meyers, MA, James Duffy, MD, Ann Allegre, MD, Fleet Maull, PhD Cand. David Chernikoff, MDiv, and David Frenette, MA.

**Residential Sessions:** January 4-12 and May 7-15, 2009  
at Shambhala Mountain Center in Colorado

**15-Week Online Course:** January 13 through May 6, 2009

**Tuition:** Non-credit: \$5,000 (\$4,750 if fully paid by October 1, 2008)  
Graduate Academic Credit: \$5,600 (\$5,320 if fully paid by October 1, 2008)

### *Based on the four tasks of living and dying*

- Understanding and transforming suffering
- Making a connection, healing relationships and letting go
- Preparing spiritually for death
- Finding meaning in life



EXTENDED STUDIES  
**Naropa**  
UNIVERSITY

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[www.naropa.edu/  
contemplativecare](http://www.naropa.edu/contemplativecare)

*CEUs available for nurses,  
social workers and therapists*

**Application Deadline: Oct 15, 2008**  
**Enrollment Deadline: Nov 15, 2008**

Bringing together the ancient wisdom of the Buddhist tradition, as presented in Sogyal Rinpoche's *The Tibetan Book of Living & Dying*, with the knowledge, skills and best practices of hospice and palliative care.

