



This two-day workshop explores the inspiration that comes from one's own heart and helps participants learn to sustain that connection throughout their work and their lives. Through developing mindfulness and cultivating compassion for oneself, a wealth of resources become available to us even in the midst of chaos, and we begin to manifest a deeper quality of presence that benefits ourselves and others.

Lecture and group discussion, augmented with reflective exercises and interactive skills designed to deepen experiential learning will be used, along with the contemplative practices of meditation and compassion from Sogyal Rinpoche's classic bestseller, *The Tibetan Book of Living and Dying*. The weekend schedule will be spacious, allowing time for personal reflection and will include handouts.

TOPICS

- The Heart of Inspiration: Discovering resources that nourish and heal
- Three important qualities of caregiving: presence, authenticity, and confidence
- Mindfulness meditation and the benefits it brings to caregiving
- Creating a sacred environment in the mind and wherever you are
- Skillful communication through deep listening
- Loving Kindness: A reflective practice for cultivating compassion
- A method for healing unfinished business

FACILITATORS



Annie Eichenholz, BS, RN

is a Senior Educator in Rigpa's Spiritual Care Education Program. Annie has been a hospice nurse and volunteer for twenty years and is certified as an educator for the End-of-Life Nursing Education Consortium (ELNEC).



Pamela Russell, LMSW

is an Educator in Rigpa's Spiritual Care Education Program and is a social worker in New York State. Pam previously worked for more than 20 years as Activities Director, specializing in care for elders in long-term care facilities.

The RIGPA Spiritual Care Program

SATURDAY, JUNE 21
9:00 A.M. - 4:00 P.M.

&

SUNDAY, JUNE 22
9:00 A.M. - 4:00 P.M.

Cancer Wellness Center

215 Revere Drive
Northbrook, IL 60062

847.509.9595
www.cancerwellness.org

Cost: \$150 per person - Lunch provided

Questions - please contact:

Pam Russell

Rigpa's Spiritual Care Program

P: (866) 511-CARE (2273) Email: pam@spcare.org



REGISTRATION

Yes, I would like to attend the Rigpa Spiritual Care Program

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email : _____

attending : _____ @ \$150 each = \$ _____ **Total \$** _____

_____ Visa _____ M/C _____ Discover _____ Check Enclosed

(Payable to Cancer Wellness Center)

Card # _____

Exp Date: _____ Signature _____

I would like to receive CEU's:

_____ Yes _____ No

If yes, mark all that apply:

_____ RN (12 CEU's)

\$20 fee (Refundable if notified
by June 19, 2008)

_____ LPC (11 CEU's)

_____ LCPC (11 CEU's)

_____ LSW (11 CEU's)

_____ LCSW (11 CEU's)

License# _____

Please fax or mail completed form and payment by June 13 to:

Cancer Wellness Center
Attn: Wellness Program Coordinator
215 Revere Dr., Northbrook, IL 60062

FAX: 847-509-9596