

TENZIN GYATSO  
INSTITUTE



Spiritual  
Care

In the practice of healing, a kind heart is as valuable as medical training, because it is the source of happiness for both oneself and others. People respond to kindness even when medicine is ineffective, and in turn cultivating a kind heart is a cause of our own good health.



His Holiness  
the Dalai Lama



The Tenzin Gyatso Institute  
P.O. Box 239  
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RIGPA'S SPIRITUAL CARE EDUCATION PROGRAM  
*presents*

## Compassion and Presence

A Four-Day Training for  
Healthcare Professionals and Volunteers

October 15-18, 2010 • The Tenzin Gyatso Institute, Berne, NY

Responding effectively to the needs of patients remains an on-going professional and deeply personal challenge. *Compassion and Presence* offers the opportunity to learn contemplative resources that support you in your life and work, and enhance the way you offer care—with a renewed sense of joy, confidence, and fulfillment.

Drawing from Sogyal Rinpoche's groundbreaking book, *The Tibetan Book of Living and Dying*, the training demonstrates practical ways to appropriately integrate the practices of mindfulness, meditation, contemplative listening, and compassion in any medical setting.



Christine Longaker



Kirsten DeLeo



Pam Russell

With Christine Longaker, author of *Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying*, Kirsten DeLeo, MA and Pam Russell, LMSW. Christine, Kirsten and Pam are faculty of Rigpa's Spiritual Care Education Program and the 'Contemplative End of Life Care' training at Naropa University in Boulder, Colorado.

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[usa@spcare.org](mailto:usa@spcare.org) • 1-866-511-2273