

2009
1st International Conference

compassion & presence

spiritual care for the living & dying

27th & 28th April

*Spiritual
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Acknowledgments

Thank you!

We would like to thank the following individuals and organisations for their assistance in the planning of this event.

Dr Tony O'Brien,

Marymount Hospice, Cork

Olwyn Ryan, The Irish Cancer Society

Ursula Bates, Blackrock Hospice

Dr Gian Domenico Borasio,

University of Munich

The Irish Hospice Foundation

The Irish Pharmaceutical Union

Accreditation

The conference has received the following approval and CPD credits:

* An Bord Altranais (Irish Nursing Board) – Category 1 approval

* Royal College of Surgeons in Ireland
– 12.25 for 2 days (6.75 CPD credits day one, 5.5 CPD credits day 2)

* Irish College of General Practitioners
– 4 CME credits, 11 CAS credits

* The Psychological Society of Ireland
– 8 CPD credits per day

Welcome! Cead Mile Failte!

You have come from all parts of the world to attend this international conference on spiritual care for the living and dying. It is our great pleasure to welcome you all to this wonderful venue and to this beautiful part of Ireland.

It is especially significant that this conference should be held in Ireland. There is an extraordinary tradition here of care for the sick and the dying, a tradition that was pioneered by the religious orders. Their influence on the development of end-of-life, spiritual and palliative care, and on Irish nursing in particular, is known worldwide. We feel privileged to offer this conference in a country that has such a long established and rich tradition of spiritual care giving.

The conference provides a timely forum to look deeply at two important qualities of care giving, *compassion* and *presence*. Our speakers, drawn from the fields of medicine, pastoral care, science and psychology, will explore these themes, showing how the tools and techniques of spiritual care can be applied in a professional and beneficial way to mainstream medicine, psychiatry and health care.

Please relax and enjoy this spectacular environment. We hope you will get the most you possibly can from these exciting two days.

Warm Regards



Cecile Gassler
International Director,
Rigpa's Spiritual Care
Education Programme



Alvina Cassidy
National Coordinator, Ireland
Rigpa's Spiritual Care
Education Programme

Spiritual
care

View from The Spiritual Care Centre at
Dzogchen Beara Retreat Centre, West Cork

"This conference is essential for any health care professional wishing to learn authentic tools and techniques to integrate spiritual care into self care and patient care."

Dr Balfour Mount, MD FRCSPC,
Conference Patron

"Spiritual Care is not a luxury for a few; it is the essential right of every human being, as essential as political liberty, medical assistance and equality of opportunity."

Sogyal Rinpoche, author of
The Tibetan Book of Living and Dying



UACHTARÁN NA hÉIREANN
PRESIDENT OF IRELAND

MESSAGE FROM PRESIDENT McALEESE

It gives me great pleasure to send warmest good wishes to the International Spiritual Care Conference being held in Killarney under the auspices of the RIGPA Spiritual Care Education Programme.

This conference is of vital importance and relevance today and brings together people who make it their business, their passion and their vocation to care with compassion about the questions surrounding death and dying. Your speakers bring such valuable and interesting perspectives to the questions of what authentic spiritual care is and what benefits it can bring to a variety of settings and contexts.

I congratulate all involved, and send my best wishes for a successful conference.

Handwritten signature of Mary McAleese in black ink.

MARY McALEESE
PRESIDENT

Conference Host

Rigpa's Spiritual Care Education Programme

There is a widely recognised need in our society today for the development of more effective ways of meeting the spiritual, emotional and physical needs of people who are facing a serious illness or death.

Despite dramatic advances in medical technology, it is clear that fundamental questions remain at the boundary of life and death that are not subject to technical or scientific solutions.

"Illness, suffering and death are part of the reality of human existence. It would be foolish to pretend that we will not die or that we are not sick when we are.

When caring for someone who is seriously ill, it is important to cultivate positive attitudes like compassion, love and tolerance. Real care of the sick does not begin with costly procedures, but with the simple gift of affection and love. 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, from a message written to mark the launch of the Spiritual Care Centre in Dzogchen Beara, Ireland, September 2007.



Established in 1993 under the guidance of Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*, the programme provides a framework for caregivers to explore the spiritual dimension of living and dying and better understand what it means to be present with, and to offer spiritual care to those who are suffering.

Together with insights drawn from hospice and palliative care, we offer an integrated approach for people from diverse cultural and religious backgrounds, emphasising universal spiritual principles which resonate with people of any faith or none.

An experienced team of qualified educators offers accredited seminars, in-service training, workshops and in-depth courses.

Over the last ten years, we have trained more than 20,000 care professionals worldwide. They have returned to their places of work and their families, effecting a quiet ripple of change in how to care spiritually for the living and dying.

The programme, pioneered by Education Director Christine Longaker, author of *Facing Death and Finding Hope*, is offered in Australia, France, Germany, Ireland, Italy, the Netherlands, Switzerland, the United Kingdom and the USA.

Conference Schedule

Day One | Monday 27th April

8.00 – 8.45	Registration (tea and coffee)
Chair of the day: Dr Tony O'Brien	
INTRODUCTION	
9.00 – 9.15	Welcome – Ally Cassidy and Dr Tony O'Brien
9.15 – 9.45	Spiritual Care for the Living and Dying Christine Longaker
9.45 – 10.30	PANEL DISCUSSION – View and Approaches Panel Chair Dr Tony O'Brien Panel Dr Tony Bates, Sr Stanislaus Kennedy, Dr Ira Byock, Dr Ann Allegre
10.30 – 11.00	Tea break
11.00 – 11.30	Guided Meditation Jon Kabat-Zinn
11.30 – 12.45	The Heart of Compassion Sogyal Rinpoche
12.45 – 14.15	Lunch
THE SCIENTIFIC EVIDENCE	
14.15 – 15.00	Enhancing the 'Caring' in Health Care and Medicine: The Art and the Science of Compassion, Kindness, and Mindfulness Jon Kabat-Zinn
15.00 – 15.30	Scientific Evidence on Spiritual Care Dr Gian Domenico Borasio
15.30 – 16.00	The Schedule for Evaluation of Individual Quality of Life Dr Ciaran O'Boyle
16.00 – 16.30	Tea break
16.30 – 17.45	WORKSHOPS
	1 Contemplative in Action Sr Stanislaus Kennedy
	2 Saying the Four Things That Matter Most Dr Ira Byock
	3 Extending our Capacity to Care Chris Whiteside
	4 Deep Listening – An Introduction Rosamund Oliver
	5 Stress and Compassion Fatigue Sinead O'Toole
19.30	Conference Dinner Entertainment by Nóirín Ní Riain & family

Day Two | Tuesday 28th April

Chair of the day: Dr Tony Bates	
8.30 – 8.50	Guided Meditation (optional) Sr Stanislaus Kennedy
8.50 - 9.00	Short break
COMPASSION IN ACTION	
9.00 – 9.45	A Physician's Understanding of Spirituality Dr Tony O'Brien
9.45 - 10.30	The Ethics and Practice of Loving Care Dr Ira Byock
10.30 – 11.00	Tea break
11.00 – 11.45	Deep Listening – Compassionate Companionship* Rosamund Oliver
11.45 – 12.30	Mindfulness in the Public Health Service in Ireland Ursula Bates
12.30 – 14.00	Lunch
14.00 – 15.15	WORKSHOPS
	1 The Healing Power of Presence Christine Longaker
	2 Mindfulness and Changing Paradigms in Mental Health Dr Tony Bates
	3 The Difficult Transition from Curative to Palliative Care* Dr Ann Allegre
	4 Compassionate Self Care Dr Susan Delaney
	5 Loving Kindness for Caregivers Andrew Warr
15.15 – 15.30	Short break
INTEGRATION	
15.30 – 16.30	PANEL DISCUSSION – Heart Advice, Crucial Points and Questions and Answers Panel Chair Dr Tony Bates Panel Dr Ann Allegre, Dr Gian Domenico Borasio, Chris Whiteside, Dr Tony O'Brien
16.30	Conference Conclusion – Ally Cassidy
*We deeply regret that due to family circumstances Marie de Hennezel has withdrawn from the conference	

Speakers and Abstracts



Sogyal Rinpoche

With his remarkable gift for presenting the essence of Tibetan Buddhism in a way that is both authentic and profoundly relevant to the modern mind, Sogyal Rinpoche is one of the most renowned teachers of our time. Born in Tibet, Rinpoche was raised by one of the most outstanding spiritual masters of the twentieth century, Jamyang Khyentse Chökyi Lodrö, and went on to study with many other great masters.

Author of the highly acclaimed ground-breaking book, *The Tibetan Book of Living and Dying*, which has been printed in 30 languages and 56 countries, Rinpoche is also the founder and spiritual director of Rigpa, an international network of Buddhist centres and groups. He has been teaching for over 30 years and travels widely in Europe, America, Australia, and Asia. He is a frequent speaker at major conferences in all areas of society – including medicine and healing, interfaith dialogue and the field of serving the dying.



Jon Kabat-Zinn

Jon Kabat-Zinn, Ph.D., is a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society. He gives public talks and workshops throughout the world on mindfulness and its applications for moving toward greater sanity and balance in today's multitasking, high-speed world. He is Professor of Medicine Emeritus at the University of Massachusetts Medical School, where he was founding executive director of the Centre for Mindfulness in Medicine, Health Care and Society, and founder and former director of its world-renowned Stress Reduction Clinic.

He is the author of *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*, translated into seven languages; *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*, translated into 20 languages; and co-author, with his wife Myla, *Everyday Blessings: The Inner Work of Mindful Parenting*, translated into three languages. His new book is *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness*.

His work has contributed to a growing movement of mindfulness into mainstream fields and institutions in our society such as medicine, health care and hospitals, the law, schools, corporations, prisons, and professional sports.

Presentation *Enhancing the Caring in Health Care and Medicine: The Art and Science of Compassion, Kindness, and Mindfulness*

Mindfulness meditation practices have been utilised continuously in medicine and health care since 1979, with the development of Mindfulness-Based Stress Reduction (MBSR) at the University of Massachusetts Medical Centres organised Stress Reduction Clinic, and the subsequent adopting of this intervention by hospitals and medical centres world-wide. This work has demonstrated that relatively intensive training in mindfulness meditation over an eight-week intervention period, integrated so as to embody kindness and compassion, can be acceptable to and enthusiastically adopted by a wide range of medical patients and others suffering from chronic stress, pain, and illness, including anxiety and depression. This approach is readily adapted to different circumstances and conditions, including end-of-life care, if introduced and organised appropriately. In this talk, Dr. Kabat-Zinn will review the clinical work he and his colleagues have been engaged in for the past 30 years, bringing mindfulness meditation practices

into the mainstream of medicine, psychiatry, and health care through the vehicle of MBSR and a growing array of other mindfulness-based clinical interventions. He will describe MBSR, its origins and rationale, and specific clinical applications and outcomes across a wide range of medical and psychological conditions. He will discuss recent findings in the emerging field of contemplative neuroscience, including a clinical trial of MBSR demonstrating brain changes related to the regulation of emotion under stress, and corresponding immune changes. He will briefly comment on the similarities and differences between MBSR and MBCT (mindfulness-based cognitive therapy), and will situate the growing interest in and development of mindfulness-based interventions within the larger emergence of integrative and mind/body medicine. He will discuss a range of benefits, including cost effectiveness, from training medical patients in an outpatient group setting in self-regulatory practices grounded in self-awareness and self-compassion. Applications to in-patient and end-of-life care will also be highlighted.



Dr Ann Allegre MD, FACP

Dr Ann Allegre is Director of Medical Programmes for Kansas City Hospice. She also serves as Medical Director of the Palliative Care Consult Service for Providence Health. A graduate of the University of Kansas School of Medicine she practised internal medicine and geriatrics in Kansas City, Kansas from 1981 until 1999, and has specialised in hospice and palliative medicine since 1999. She began serving as a hospice medical director in 1988. She is board certified in internal medicine and in hospice and palliative medicine.

She is Clinical Associate Professor of Medicine for the University of Kansas School of Medicine. She was awarded the *American Academy of Hospice and Palliative Medicine – Project on Death in America Community Leadership in Palliative Care Award* in 2007, in recognition of her outstanding contributions to the advancement of the field of palliative medicine through the education and training of future leaders.

Workshop *The Difficult Transition from Curative to Palliative Care*

This workshop will review ways in which caregivers can support patients and families as they make the transition from curative to palliative goals of care. We will learn about barriers to accepting a palliative approach to care and understand how to help families have conversations about goals of care.



Dr Tony Bates

Dr Tony Bates is founding director of Headstrong – The National Centre for Youth Mental Health. Headstrong is an independent charity committed to championing the mental health needs of young people and to working with communities to design and implement comprehensive systems of care and support for all young people.

Tony's core professional training is as a clinical psychologist, with a special interest in working with mindfulness-based programmes in mental health settings. He was also full-time writer and editor of Ireland's current mental health policy – *A Vision for Change*.

Workshop *Mindfulness and changing Paradigms in Mental Health*

Currently in Ireland, there is a discernible paradigm shift in how we are thinking about and responding to mental health and mental ill-health. The public debate is shifting from a focus on pathology, treatment and hospitalisation to a more strengths-based view of human nature that highlights resilience, positive mental health and recovery. Among the challenges we face is how to capitalise on the compelling insights that were achieved in the last century regarding the personal dynamics of mental and emotional suffering, and bring these into a larger more systemic framework of understanding that

recognises the impact of culture, values and relationships on our mental well-being. Mindfulness has a key role in this paradigm shift because of the way it both validates and normalises emotional suffering, whilst holding out to each person the hope and the means of transformation. This practice has also been shown to improve resilience and well-being and to inform people about how to develop ethical and supportive relationships with others.

This talk will explore the ways in which mindfulness is aligned with the core aspirations of our Health and Social policy. Its potential role in strengthening individuals and building resilient communities will be reviewed. Examples of the potential applications of mindfulness in service reform will be presented, based on Headstrong's innovative community-based youth mental health initiative, *Jigsaw*. These case examples will include disadvantaged urban and dispersed rural communities and show that mindfulness provides a powerful framework for promoting positive mental health in a non-stigmatising way.



Ursula Bates

Ursula Bates M.A. is a Clinical Psychologist and Group Analyst with a dedicated interest in the field of psycho-oncology and staff development. She is currently the director of Psychosocial and Bereavement Services at Blackrock Hospice and gives a clinical service to the palliative care patients at St Vincent's University Hospital Dublin.

Presentation *Mindfulness in the Public Health Service in Ireland*

The aim of this presentation is to explore the development of mindfulness based approaches in a publicly funded health service in Ireland. Since 2003 St Vincent's University Hospital and Blackrock Hospice in Dublin has provided mindfulness groups for oncology and palliative patients and bereaved carers. Some 250 patients and carers have participated and benefited. Twenty postgraduate trainees and colleagues from psychology and social work have co-facilitated the groups and continued to train in mindfulness, bringing the method with them to other organisations. Staff from nursing, medicine, chaplaincy and allied health professions in the hospital have participated in introductory training days.

Building capacity within the public health service requires clinical leadership; a knowledge of the underlying theory and evidence base of mindfulness; sensitivity to the ethos of the organisation, dialogue and flexibility with organisational gatekeepers and a willingness to provide clinical audit and research to underpin the benefits to the particular population being served. These topics will be explored with case examples and a discussion of suitable research methodologies and tools.



Dr Gian Domenico Borasio, MD, Dip.Pall.Med

Gian Domenico Borasio is Professor and Chair in Palliative Medicine at the Interdisciplinary Centre for Palliative Medicine and Head of the Motor Neurone Disease research group at the Department of Neurology, University of Munich. He is speaker of the Working Group on Palliative Care of the German Neurological Association.

Dr Borasio is co-founder of the Interdisciplinary Centre for Palliative Medicine at Munich University Hospital. In 2009, three new endowed professorships will be established at the Centre, covering the fields of paediatric palliative medicine, social work in palliative care and spiritual care. Clinical and research interests of Dr Borasio include palliative care in ALS and neurological disorders, quality of life assessment in Palliative Care, spirituality and meaning-in-life, as well as advance directives and the communication process in end-of-life decisions. Dr Borasio is a member of eight editorial boards and has written, edited, or co-edited 7 books and over 200 papers. Dr Borasio has received many awards, most recently in 2003 and 2008 the *Annual Award of the German Society for Palliative Medicine*.

Presentation *Scientific Evidence on Spiritual Care*

The World Health Organisation defines Palliative Care as ‘an approach which improves quality of life of patients and their families facing life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psycho-social, and spiritual.’ The last word, spiritual, occurs here for the first time in an official definition of a medical speciality. The WHO recognises with this the importance of a holistic approach to the suffering of Palliative Care patients and their families, which can not be limited to the relief of physical symptoms. Accordingly, in recent years more and more efforts have been devoted internationally to enhancing the practice of Spiritual Care in the Palliative Care setting, as well as to increasing its evidence base through scientific studies and to disseminating these new notions through appropriate teaching. To this end, the University of Munich will establish an associate professorship for Spiritual Care at the Faculty of Medicine starting in the fall of 2009.

A few examples of the scientific results hitherto obtained in the field include:

- the necessity of a multi-professional approach to spiritual care, since patients will not necessarily request it from the chaplain or spiritual counsellor – it may be the physician, the nurse or any other team member who is suddenly confronted with spiritual or existential questions.
- the necessity of a structured, non-denominational approach taking into account cultural and ethnic diversities, as well as the major difference which exists between spirituality and religiosity.
- the importance of spirituality for the related constructs of meaning in life and quality of life, which are the major outcomes of Palliative Care interventions.
- the relevance of spirituality for the coping process and the end-of-life decision making of patients, as well as for the coping process and bereavement of relatives.
- last but not least, the relevance of Spiritual Care for the Palliative Care team members, as a means to enhance work satisfaction and reduce the risk of burnout.

The case will be made for further international co-operation on the research in Spiritual Care, in order to develop appropriate interventions aimed at identifying and meeting spiritual needs (not only) at the end of life.



Dr Ira Byock, MD

Dr Byock is Director of Palliative Medicine at Dartmouth-Hitchcock Medical Centre in Lebanon, New Hampshire, Chair of Palliative Medicine and Professor, Departments of Anaesthesiology and Community and Family Medicine, at Dartmouth Medical School.

Dr Byock has been involved in hospice and palliative care since 1978, during his residency. He is a past president (1997) of the American Academy of Hospice and Palliative Medicine. During the 1990's he was a co-founder and principal investigator for the Missoula Demonstration Project, a community-based organisation in Montana. From 1996 through 2006, he served as director for Promoting Excellence in End-of-Life Care, a national grant programme of the Robert Wood Johnson Foundation.

He has authored numerous articles on the ethics and practice of hospice, palliative and end-of-life care. His first book, *Dying Well*, (1997) has become a standard in the field. His most recent book, *The Four Things That Matter Most* (2004), is used as a counselling tool widely by palliative care and hospice programmes.

He was awarded the *American College of CHEST Physicians Roger Bone Memorial Lecture Award* (2003) and the *Outstanding Colleague Award* (2008) of the National Association of Catholic Chaplains.

Presentation *The Ethics and Practice of Loving Care*

The phrase 'tender, loving care' has long been a *sine qua non* for excellence in human caring and often used to describe hospice and palliative care. Beyond the platitude, loving care is rarely acknowledged as an authentic clinical modality. This workshop asserts that loving care represents a clinical approach that complements problem-based medicine and expands our ability to respond to human suffering and improve quality of life as people die.

Clinically, loving care opens a realm of therapeutic interventions that is unseen by the problem-bound approaches. We will examine familiar and novel examples of loving care, examine ethical implications, including potential controversies, and explore practical work of maturing this realm of caring through measurement and research.

Ethically, loving care epitomises the extension of beneficence as a principle and core element of therapeutics. The early history of bioethics has reflected subtractive themes, such as the right to refuse unwanted or intrusive treatments, based on the principles of non-maleficence and autonomy. Loving care represents an additive theme that expands the conceptual framework for clinical ethics. In loving care, therapeutic interventions are not bound by identified problems. Loving care seeks to alleviate suffering and improve quality of life. Beyond responding to suffering, loving care extends beneficence by encompassing actions intended solely to elicit pleasure and joy.

Workshop *Saying 'The Four Things That Matter Most'*

"Please forgive me", "I forgive you", "Thank you", "I love you".

What matters most to people are not things, but other people. It is the nature of being human that our relationships are the potential source of profound satisfaction as well as intense suffering. The four things are just eleven words, but they can serve as powerful catalysts for healing and wholeness. Although clinicians have applied these four statements to help seriously ill people and their families in completing their relationships, the four things have value at any time. They offer a powerful tool for mending even the most troubled relationships and for nurturing cherished connections between people. Through stories and lecture we will explore the transformative potential of saying the four things.



Dr Susan Delaney

Dr Susan Delaney, Clinical Psychologist, is the Bereavement Services Manager with the Irish Hospice Foundation. She has taught and practised in the area of bereavement and loss for over twenty years and has a particular interest in caring for carers.

Workshop *Compassionate Self Care*

Ultimately all we have to offer others is ourselves, but unless we attend to our own needs we risk burn-out and compassion fatigue. This workshop will focus on how we care for ourselves and will invite participants to attend compassionately to self in a collaborative learning space.



Sister Stanislaus Kennedy

Sister Stanislaus Kennedy is an Irish Sister of Charity and the founder of *Focus Ireland*, an organisation that promotes the rights of people out-of-home to live in a place they call home through the provision of quality services, research and advocacy. She has been instrumental in developing and implementing social-service programmes that have benefited thousands of needy people throughout Ireland and Europe. For this work, she has received many awards, including Honorary Degrees of Law from both Trinity College Dublin and the National University of Ireland, and a Presidential Medal from New York University.

In 2001 she founded *Social Innovations Ireland* out of which she founded *The Immigrant Council of Ireland* and *Young Social Innovators*. She is Director and Chairperson of both organisations. She is a Board member of the Community Foundation for Ireland. She is also a writer and some of her books include; *Now is the time: A Bundle of Blessings*, *Gardening the Soul*, *Seasons of the Day* and most recently *Stillness Through My Prayers*.

Workshop *Contemplative in Action*

In the Christian context, the contemplative in action is one who brings the stillness of contemplation and meditation into their daily life. A *Contemplative in Action* brings the God they meet in meditation and contemplation into the activities of their day.

Saint Ignatius of Loyola, the founder of the Jesuits wanted his congregation to be contemplatives in action, people who found God in all things, and that continues to be the purpose of their lives today.

In this workshop, I will describe how my relationship with God has influenced my work with the poor and vulnerable people of society.



Christine Longaker

Christine Longaker, former director and staff trainer of the Hospice of Santa Cruz County in California, has provided hospice trainings worldwide since 1978. She has been instrumental in developing *Rigpa's Spiritual Care Education Programme*, an international organisation for those concerned with improving end-of-life care and spiritual care. Christine Longaker currently serves as the programme's International Education Director. She helped develop and teach at Naropa University's accredited training in *Contemplative End-of-Life Care*, and is author of *Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying*, which has been translated into nine languages.

Presentation *Spiritual Care for the Living and Dying*

The sources of strength, confidence, meaning and love are deep within each person, and our task in supporting others is to enable them to find their own life wisdom, whatever that may be. Spirituality encompasses the inherent hopes or positive capacities that are universal to everyone: - the hope to love and be loved; the hope to find meaning; the ability to transcend difficult circumstances; and the yearning to find peace in loss or while dying.

Spiritual care is the doorway through which we can meet others on the deepest level. It does not call on us to offer our own solutions, but to be fully present to those who are suffering, with compassionate attention and an open heart, and with a deep confidence that in this atmosphere of acceptance, they can re-connect with their own sources of strength, meaning and hope.

Workshop *The Healing Power of Presence*

Sogyal Rinpoche wrote, "How we are is so much more important than what we say or do. Our presence, by itself, can reassure our dying friend, and evoke in him or her a fundamental confidence and trust, a sense of hope and meaning."

When people experience difficulties or dying, there's often an aspect of suffering that leaves them – and their caregivers – feeling helpless. More than anything you say or do, what most helps them is how you are - the depth of your presence and love, your authenticity, and confidence. Contemplative caregiving –from the earliest origins of the hospice tradition - is a way of being present that nurtures others as well as the medical caregiver who practices it. In this workshop, two methods of contemplative care are introduced that can be applied for the living and for the dying.



Dr Ciaran O'Boyle

Professor Ciaran O'Boyle is based at the Royal College of Surgeons in Ireland where he is a Professor of Psychology and Head of the RCSI Institute of Leadership and Healthcare Management. He holds a BSc in psychology and pharmacology and a PhD degree, both from University College Dublin, and a Diploma in Theology from the Miltown Institute of Theology and Philosophy. His major academic interest is in applying the science of psychology to practical problems.

In parallel with his academic career he has been a consultant psychologist to public sector institutions and a wide range of national and international private sector organisations in the aviation, military, financial services and healthcare sectors. He lectures extensively in Ireland and internationally, and has authored over seventy peer-reviewed scientific papers, numerous book chapters and two books. His major research interests are in the fields of stress management, human factors, personal effectiveness, leadership, quality of working life, work-life balance and the assessment of patient quality of life.

Presentation *Is it possible to measure individual quality of life in a scientific manner?
The Schedule for Evaluation of Individual Quality of Life.*

Patient quality of life is a final common pathway for assessing many aspects of health care and is particularly relevant in palliative care. However, many of the measures that are currently used in medicine and healthcare impose an external value system on respondents and do not provide the opportunity for the unique voice of the patient to be heard. This paper will consider the challenges inherent in formulating a more phenomenological conceptualisation of quality of life and will describe our experience over the past 15 years in using the SEIQoL as a measure that allows the unique concerns of patients to be voiced.



Dr Tony O'Brien M.B. F.R.C.P.I.

Dr O'Brien is medical director of Marymount Hospice and Consultant Physician in Palliative Medicine at Cork University Hospital. He undertook his higher medical training at St. Christopher's Hospice, London and held the post of consultant physician in palliative medicine at St. Christopher's prior to taking up his current post in 1991.

Dr O'Brien chaired the National Advisory Committee on Palliative Care and was subsequently appointed by the Minister for Health and Children to chair the inaugural National Council for Specialist Palliative Care. He also chaired the Council of Europe Expert Committee on Palliative care. Dr O'Brien has lectured extensively and has published widely on various aspects of palliative care including the role of palliative care in non-malignant disease and the development and integration of services nationally and internationally.

Presentation *Spiritual Issues in Health Care – a Physician's View*

The structure and delivery of health care is very much influenced by cultural considerations. For many of us, we learn and practice medicine in a culture that identifies cure as the primary measure of success. The doctor and the patient are both encouraged to 'fight' to achieve success. In such circumstances, is death a failure? When death occurs, did the doctor and/or the patient not try hard enough? What about the experience of illness and the close interface that exists between living and dying? What about the individual patient's personal journey?

Illness does not arise in a vacuum. Illness arises in a context. A disease may affect two people in exactly the same way, but the experience of illness will be radically different for both. Traditional medical practice and educational programmes often fail to draw a sufficiently clear distinction between illness and disease. Thus, young health care professionals emerge from universities and colleges with a wealth of information regarding a multiplicity of disease states affecting various organs and tissues of the body. However, only experience and direct patient contact will enable these enthusiastic professionals to gain an insight into the experience of illness.

Disease is a medical reality. Illness is a personal reality. Disease describes an objective and verifiable disturbance of bodily structure or function. Illness describes a subjective awareness of a state which deviates from the individual's normal state of well being. Illness is intrinsically experiential. Disease may be manifest in imaging studies, blood tests or histopathology analyses. Illness is not so demonstrable. Illness may occur without demonstrable disease. Disease may be present without evident illness. (1)

The experience of illness is always unique and individual. The meaning or lack of meaning that an individual person ascribes to their illness will have a profound bearing on their ability to cope with the impact of the disease process and associated treatments. As physicians, we can learn about disease at lectures and in textbooks. We can only learn about illness from patients.

Physicians learn a great deal about pain and its management. We learn far too little about suffering. Physicians learn a great deal about the human body. We learn far too little about persons, person-hood, wholeness and integrity. In order to understand a person's illness, we must understand the person. We must understand the person in the context of those close to him/her and in the context of his/her life experiences- past, present and anticipated. We must understand something of their journey, where they are right now, where they are coming from and where they plan to go.

In the context of patients facing serious and life threatening illness, physicians invariably encounter a degree of distress that is not easily described or categorised into any one single element. It is a combination of physical, psycho-social, emotional and spiritual factors. Physicians frequently engage most avidly with the physical dimensions of the evident distress and selectively ignore other significant contributing elements.

Spiritual distress may not be recognised for what it is because its manifestations may be quite subtle. The patient's search for meaning may not be expressly articulated. Commonly it is camouflaged and presented in terms that the patient believes may be of more interest or concern to the physician. Thus, as an expression of spiritual anguish, the patient may note that he never smoked or took alcohol. To the untutored ear, this may at first sound like a commentary on the epidemiology of cancer. Experience will teach that the above statement has profound spiritual overtones and needs to be recognised as such.

Spiritual distress is often presented as an intrinsic element of total distress. Even when physicians recognise spiritual distress as part of a patient's overall distress, we often struggle to deal with it. In part, this difficulty arises because we are searching for answers when there are no answers. I am reminded of the words of Dame Cicely Saunders when she wrote: "the cry of loss may not want or expect an answer, only a silent listening".

In his presentation, Dr. O'Brien will explore the above issues and will illustrate his presentation by reference to many key moments drawn from over twenty years experience as a hospice physician.

References / Suggested Reading

1. Lickiss, J, Norelle. *The Human Experience of Illness*. In: T. Declan Walsh et al. (eds) *Palliative Medicine*. Saunders, Elsevier 2009. pp 42-46.
2. Cassell, Eric J. *Suffering*. In: T. Declan Walsh et al. (eds) *Palliative Medicine*. Saunders, Elsevier 2009. pp 46-51.
3. Firth P. *Spiritual Distress*. In: T. Declan Walsh et al. (eds) *Palliative Medicine*. Saunders, Elsevier 2009. pp 59-63
4. Speck, P. *Spiritual Issues in Palliative Care*. In: Doyle D, Hanks G, MacDonald N (eds) *Oxford Textbook of Palliative Medicine*. Oxford: Oxford University Press, 1998. pp 805-814.



Sinead O'Toole

Sinead O'Toole is a lecturer at the School of Nursing, Midwifery and Health Systems at University College Dublin. She has a background in nursing and psychology and teaches health psychology across a range of programmes at the university. She has a particular interest in palliative care and is engaged in research in narratives of people dying with Motor Neurone Disease.

Workshop *Stress and Compassion Fatigue*

This workshop will look at the nature of care-giving stress and compassion fatigue. It will explore tools and techniques for recognising and working with stress and fatigue in caregivers. The workshop will focus on sources of individual care-giving, stress and will challenge the participants to engage with the helping experience in a way that resonates with his or her own beliefs about life, death and illness so that providing care does not become overwhelming. It will consider ways for caregivers to work that bring healing and renewal to themselves and to those that they work with.



Rosamund Oliver

Rosamund Oliver has worked as a registered psychotherapist, supervisor and trainer. She gives professional trainings for people working in the caring professions in Ireland, the UK, France, Germany, and other countries as well as holding series of Buddhist psychotherapy seminars in South Africa. She worked in a psychiatric hospital with the elderly bereaved, taught nurses at St Joseph's Hospice, London for several years and facilitated a prison meditation project. She has been a student of Sogyal Rinpoche since 1981, and has regularly been invited to give trainings, talks and workshops on behalf of *Rigpa's Spiritual Care Education Programme*.

Presentation *Deep Listening-Compassionate Companionship*

Listening often takes time to learn and is applied with patience, generosity compassion and kindness. There are two aspects of how we listen to another. There is conceptual listening in which we hear intellectually what is being said, such as the content, the story, or the subject. Secondly there is non-conceptual listening in which we let go of the conceptual way of listening and simply become present to hear all the levels of what is being said. Although to hear another in depth we need to combine and be skilful in both types of listening, we are often adept at doing the former kind of listening but need encouragement and practice to develop the second way.

Deep Listening is an advanced training, deepening existing listening skills. This successful method has been developed over a number of years drawing on the person-centred framework of humanistic psychology and combining this with profound understandings from the Buddhist tradition for developing compassion and mindfulness.

Workshop *Deep Listening, An Introduction*

Deep Listening, a substantial professional skill, is used whenever there is a need to listen to another person in depth. We often listen intellectually to the content or story of what is being communicated. In *Deep Listening* we seek to become aware of all that is being communicated, both spoken and unspoken, all aspects of the listening field, including the subtle communications, as we focus on what we immediately experience, in the here and now. Various methods of doing this will be explored, through experiential exercises, in this workshop.

Deep Listening is a successful method, developed over a number of years, drawing on the person-centred framework of humanistic psychology and combining this with profound understandings from the Buddhist tradition. The understanding of mindfulness meditation and the compassion methods used in this training come from *The Tibetan Book of Living and Dying* by Sogyal Rinpoche.

Deep Listening is adaptable to any work situation where listening is needed. Currently medical professionals are using *Deep Listening*. Caregivers, social workers, priests and other professionals including teachers and corporate managers also use this skill. Psychotherapists and counsellors have found that this training has considerably added to their existing listening knowledge.



Andrew Warr

Andrew has over 20 years' experience in leading workshops internationally. He is a Senior Rigpa Instructor who specialises in presenting the *Loving Kindness Meditation* to a diverse audience. He is regularly invited to give public talks and to participate in interfaith dialogue. Andrew was resident at Dzogchen Beara Retreat Centre in West Cork from 1991 to 2006 and took a primary role in developing and guiding the programme of seminars and retreats at the centre.

In recent years he has worked extensively on developing a curriculum of study and practice attuned to the needs of the modern world. Andrew has been a student of Buddhism since 1984.

Workshop *Loving Kindness for Carers*

The Loving Kindness workshop will offer a series of short reflections from the Tibetan Buddhist tradition for connecting with feelings of unconditional love. This can be extraordinarily nourishing for anyone involved in the caring professions. The reflections will be presented in a way which will show how learning to love ourselves gives us a healthy foundation for loving and caring for others. Cultivating love for ourselves undermines habits of self-judgement and low self-esteem so we can cultivate an authentic friendliness with ourselves. Far from perpetuating selfishness, learning to love ourselves in the way that will be presented in this workshop paves the way for extending greater love towards others.



Christine Whiteside

Christine Whiteside has been a student of Buddhism for thirty years and is a founder member of Dzogchen Beara Retreat Centre in West Cork. She is a skilled workshop leader and presenter, offering retreats and seminars on meditation, compassion and spiritual care of the dying. She is regularly invited to lead workshops at various colleges and hospices around Ireland.

She leads the team that offers spiritual support and friendship to people who come to Dzogchen Beara facing terminal illness or bereavement. She also works for the Irish Wheelchair Association. Christine is currently participating in a Clinical Pastoral Care training at Cork University Hospital.

Workshop *Extending our Capacity to Care*

Understanding suffering and compassion has a special significance for caregivers. Everyday we see the effects of illness not only on those who are sick, but also on their families and friends. Suffering becomes so familiar and touches us in many ways. Our natural capacity to feel another's pain can open our hearts, but it can also cause us to turn away, frightened of becoming overwhelmed. What can we do when our hearts shut down?

Of the wide range of techniques for training mind and heart available in the Buddhist tradition, *Tonglen* –literally 'giving and receiving'– is the most direct method for developing a naturally compassionate response. Linked with the flow of the breath we learn to open directly to suffering and send relief and care, first for ourselves and then for others. We come to realise that compassion is not only our greatest resource but also our greatest protection.

Conference Music

Nóirín Ní Riain is one of Ireland's best known musicians. She is a writer, teacher, theologian and an authority on Plain Chant. She is primarily known for spiritual songs and regularly gives workshops on "Sound as a Spiritual Experience". Nóirín currently performs with her sons Eoin and Mícheál (Moley) Ó Súilleabháin under the name A.M.E.N. Eoin and Moley, in their own band Size2shoes are the biggest upcoming act on the Irish acoustic music scene.

www.theosony.com www.size2shoes.com

A.M.E.N will perform at the conference dinner at 7.30pm on Monday 27th



Deirdre Ní Chinnéide has sung extensively in both Irish and English. She has composed and recorded her own material and has performed many times in Ireland and abroad. She trained as a psychotherapist specialising in trauma and recovery and has worked throughout Ireland, Bosnia and Kosovo. She currently lives and works on the Aran Islands offering workshops and retreats to individuals and groups visiting the island. Deirdre sang for His Holiness the Dalai Lama at the World Peace Conference in Belfast.

www.deirdrenichinneide.com

Deirdre will sing at the final session of the conference.

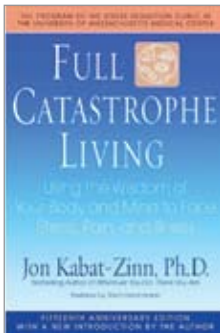
Fionnuala Gill won her first award at age eight and studied both singing and Irish harp at the College of Music in Dublin. She was a founder member of the renowned choral group Anúna, the lead vocalist in Riverdance and in the Norwegian group Secret Garden which has sold more than 2.5 million albums worldwide. Fionnuala's music transcends any description, incorporating the depth and beauty of ancient Irish song and the delicate balance of classical structure.

www.fionnualagill.com

Fionnuala will play during registration and after lunch on Monday 27th in the main auditorium.



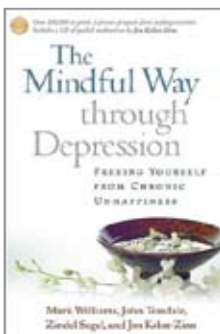
Book Reviews



Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn

Kabat-Zinn is founder and director of the

stress reduction programme at the University of Massachusetts Medical Centre, and the 'full catastrophe' of which he writes is the spectrum of stress in life. His programme, in a word, is meditation, rescued from the mire of mysticism that made it trendy in the 1960s. The author focuses on the advantages of employing 'practised mindfulness' to control and calm our responses without blunting our feelings--and a more convincing introduction to the many modes and uses of meditation could hardly be imagined. In personable, enlightening prose, Kabat-Zinn first explains how to develop a meditation schedule, and in later chapters pragmatically applies his plan to the main sources of stress. An impressive middle section clearly marshals scientific and anecdotal evidence relating state of mind to state of health. And while emphasising meditation's healing potential, Kabat-Zinn makes no sweeping claims, suggesting that the discipline serve not as means but end.



The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness by Mark Williams, John Teasdale, Zindel Segal, Jon Kabat-Zinn

If I could select one group of individuals for people to 'really' pay attention to when grappling with chronic unhappiness, I could not think of a better group than these authors. Not only are they consummate scientists, but they are each

personally immersed in the moment-to-moment mindfulness that they teach. This book brings together the contemplative practices of both science and insight meditation in an effective fashion that is understandable to the ordinary person - no esoteric practice or mental health background is necessary. Read it and see for yourself!

©C Marsha M. Linehan, PhD, Department of Psychology, University of Washington, USA



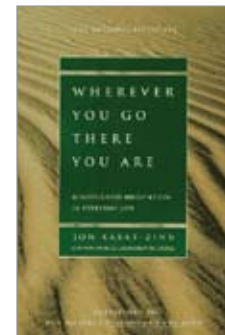
Coming to Our Senses: Healing Ourselves and the World Through Mindfulness by Jon Kabat-Zinn

For any of us, perhaps our greatest potential

regret may be that of not seizing the moment and honouring it for what it is when it is here, writes best-selling author Kabat-Zinn. The scientist who pioneered the use of the Buddhist technique of mindfulness (or moment-by-moment awareness) to help patients cope with the stress and pain of illness arrived at this poignant lesson after seeing the way his father, an eminent immunologist who suffered from Alzheimer's disease, lost all sense of who he was and what was happening to him. In a passionate tour de force that blends personal experience with cutting-edge science (his own and others'), poetry and insights culled from many traditions, Kabat-Zinn sets out to awaken us to the true potential and value of a gift that most of us take for granted: sentience.

Our lack of awareness of our impact on the rest of the world amounts to "a kind of auto-immune disease of the earth." Borrowing an analogy made by the neuroscientist Francisco Varela, Kabat-Zinn compares the way our immune system senses the whole of our bodily self to our potential for a mindful awareness. That is, the practice of cultivating this conscious, heightened sentience leads to the realisation of our wholeness, as we begin to realise that we don't live just within the envelope of our own senses, sensations and thoughts but within the whole of

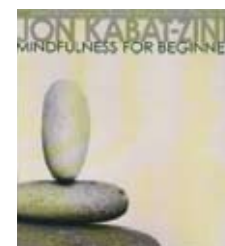
all that is. Kabat-Zinn illuminates the many facets of this selfless way of being, not just with Buddhist understanding and verse but with quotes from Einstein ("A human being is a part of the whole, called by us 'Universe'"), Dickinson, Rilke and many other Western greats. Ardent, personal, frankly opinionated in places, this book seeks to wake up as individuals and as a culture. It is a treasure trove of contemporary wisdom.



Wherever You Go, There You Are by Jon Kabat-Zinn

In his follow-up to Full Catastrophe Living, a book in which he presented basic meditation techniques as a

way of reducing stress and healing from illness--, Jon Kabat-Zinn goes much more deeply into the practice of meditation for its own sake. To Kabat-Zinn, meditation is important because it brings about a state of mindfulness, a condition of 'being' rather than 'doing' during which you pay attention to the moment rather than the past, the future, or the multitudinous distractions of modern life. In brief, rather poetic chapters, he describes different meditative practices and what they can do for the practitioner. The idea that meditation is 'spiritual' is often confusing to people, Kabat-Zinn writes; he prefers to think of it as what you might call a workout for your consciousness. This book makes learning meditation remarkably easy (although practising it is not). But it also makes it seem infinitely appealing.

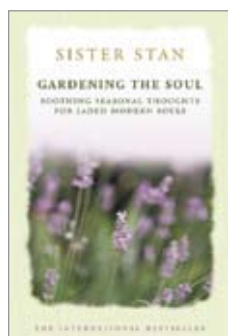


Mindfulness for Beginners [AUDIOBOOK] (Audio CD) by Jon Kabat-Zinn

With Mindfulness for Beginners, Jon Kabat-Zinn offers

the definitive course designed specifically to introduce new students to the proven benefits of mindfulness practice, including: stress reduction, alleviation of depression, chronic pain relief, and more.

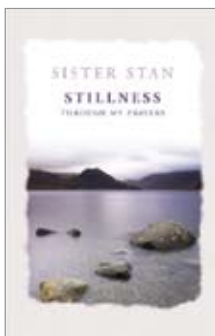
On CD 1, Kabat-Zinn presents 'Mindfulness 101'—an accessible, comprehensive tutorial that addresses the basics of mindfulness meditation and explores the spacious, luminous, and mysterious qualities of awareness itself. CD 2 guides listeners through a series of five meditations meant to be used at home, at work, or while travelling. Includes Eating Meditation, Mindfulness of Breathing, and Mindfulness of the Body. Mindfulness means paying attention in a particular way—on purpose, in the present moment, and without judgement. This special kind of attention nurtures greater awareness, and is a simple yet powerful route for getting ourselves back in touch with our own wisdom and vitality. Now, Jon Kabat-Zinn brings the practice of meditation to the widest possible audience with Mindfulness for Beginners.



Gardening the Soul: Soothing Seasonal Thoughts for Jaded Modern Souls by Sister Stanislaus Kennedy

Sister Stan, as she is affectionately

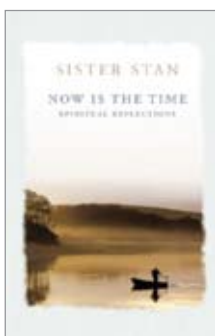
known, was brought up on a farm in Dingle, County Kerry, one of the most beautiful parts of Ireland. It was there that she learnt to appreciate the earth, its stillness and its energy, its beauty and its bounty. In this hugely powerful and evocative book, Sister Stan looks to the earth that is so precious to our existence for inspiration throughout the year. Reflecting the garden's changing rhythms through the seasons, 'Gardening the Soul' offers us a daily thought to keep us going as we face the challenges of modern life. All our moods are covered here. In January, when there is silence in the garden, she looks at solitude in our soul. In March, with emergence in the garden, she offers hope. In August, when there is fullness and abundance everywhere, there is blessing, and in October, the time of harvest, there is harmony. Comforting and insightful, 'Gardening the Soul' is an inspirational daybook of lessons gleaned from the wisdom of nature.



Stillness Through My Prayers by Sister Stanislaus Kennedy

Stillness: A deep silence and quiet calm, bringing feelings of peace, solace, contentment and

serenity. You may need this book if you have ever felt afraid, unsure, anxious or uncertain. You may need this book if you have ever had sleepless nights, feared the morning, faced difficult decisions, felt worried about the future or craved an answer to life's many mysteries. You may need this book if you are on a journey of self-discovery. You may need this book to start to trust and accept, to forgive and let go, with love and peace. You may need this book if you want stillness. In 'Stillness Through My Prayer', Sister Stan shares simple, profound and calming prayers that she herself uses to help her achieve stillness - that most elusive and treasured state of mind.

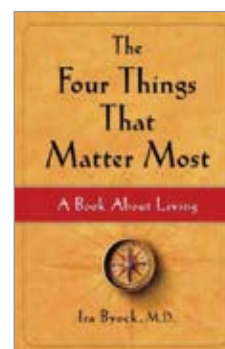


Now is the Time: Spiritual Reflections by Sister Stanislaus Kennedy

'Now is the Time' became an instant best-seller when it was first published, and

it has continued to sell to an increasing and eager audience who admire and understand Stan's way. In this expanded edition, which includes five new entries, Stan's message remains the same: we have the time, if we make the choice to take time. 'Now is the Time' is a book for everyone; young or old, male or female, for the converted or those who are irreligious or plain disaffected. Even people for whom a spiritual view of the world is a closed book should try opening this one. 'Now is the Time' looks beyond the boundaries of any one faith or church and draws on the great spiritual and philosophical traditions of East and

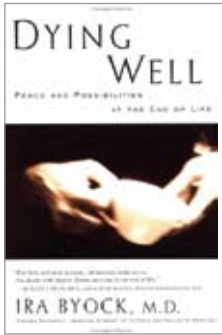
West. As Sister Stan focuses on a line of poetry from one of the world's great authors, an idea from a psychotherapist or philosopher, or a proverb from oriental wisdom, she weaves her own thoughts around them in a way that presents them afresh, and allows us to see them from a new perspective. Widely loved as a committed social activist and tireless worker on behalf of people in need, Sister Stan reveals an entirely different side of her nature - the reflective, contemplative and the spiritual - and offers us an inspiring and thought-provoking work of vision.



The Four Things That Matter Most: A Book About Living by Dr. Ira Byock

Dr. Byock's book presents the lessons that we learn from the dying in a

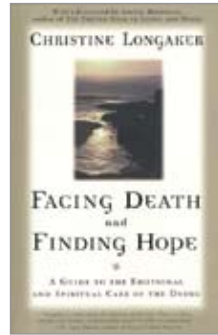
poetic and beautiful way. It is evident from his writing that his life experience, both personally and professionally, have allowed him to capture in prose what the dying teach us. I live my life as though there is a truck around every corner and if anyone says to me "I am dying" I say "me too!" Now, what are we going to do to live in the face of this experience called death? Dr. Byock's book has captured the simplicity of living each day in the fullness of love, gratitude and forgiveness. All that matters in life is our relationship with self, others, and a power greater than ourselves. This book helps to maintain wholeness in each of those areas. A nursing friend of mine who was dying once said, "Death is like any other journey but it is one we unpack for." Each day we live we can 'unpack' a little more if we follow the lessons gleaned from Dr. Byock's wisdom. AND, for those who think that this is a book about dying, THINK AGAIN! I know from my personal experience that when my life upon this earth concludes I will have no regrets and will leave in peace because I already practice the four things that matter most each and every day. Thank you Dr. Byock for sharing your wisdom.



Dying Well Dr. Ira Byock

This study of how to die well displays uncommon vitality. Byock, president elect of the American Academy of

Hospice and Palliative Care, is a gifted storyteller. Beginning with his own father's terminal illness, he details without scientific cant the process of decline that awaits most of us. The case studies, which form the humanistic soul of this work, never devolve into the maudlin or saccharine. Life on the edge of the great crossing is explored in all its sadness and pathos, but Byock also makes room for wisdom, hope and even the joy of final understanding. By recounting the passages of patients in his Missoula, Mont. practice, Byock makes a forceful case for hospice care and against physician-assisted suicide. He demonstrates how the physical pain and emotional despair of the dying may be handled. The family constellation of the terminally ill is also analysed, with emphasis on a hospice's ability, through its doctors, nurses, psychologists and social workers, to help those left behind. Not only is this book informative, especially the question and answer section at the end, it is also insightful. Readers will sense Byock's personal growth as his understanding of final issues flowers through a 20-year specialisation. Byock recalls his growth from a callow resident to a concerned son and, finally, to a healer with a mission. Whether it's the middle-aged mother who must resolve disillusionment with her sister, the bitter father of three who achieves serenity or the gutsy teenage girl with a rare genetic disease, the people whose sojourns Byock recounts receive from him the dignity they merit.



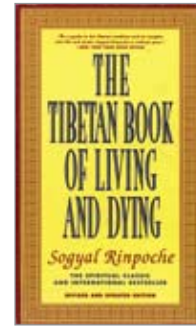
Facing Death and Finding Hope: A Guide To The Emotional and Spiritual Care Of The Dying by Christine Longaker

Christine Longaker's

experience with death and care of the dying began in 1976 when her husband was diagnosed with acute leukaemia at the age of 24. Since his death, she has devoted her life to ease the suffering of those facing death. In a clear and compassionate tone, she identifies the typical fears and struggles experienced by the dying and their families. The core of the book is presented in 'Four Tasks of Living and Dying,' using the Tibetan Buddhist perspective on death to provide a new framework of meaning that can be applied to every type of caregiving setting. These spiritual principles are universal, enabling readers to find resonance within their own religious traditions.

Longaker introduces a spiritual understanding of life and death and offers guidance in the face of impossible questions: "How can I possibly comfort my friend with incurable cancer when I myself am terrified by death?" "How do I make peace with a dying parent, sibling or spouse?" "How do I speak to someone in great pain?" Every one of us will face many deaths in our lifetimes, including those of loved ones, and eventually we will confront the challenge of our own passing.

Facing Death and Finding Hope will serve as the essential handbook for anyone facing death, helping a loved one, or working in the caregiving field. A book of great depth and grace, it is destined to become a classic in the literature on death and dying.



The Tibetan Book of Living and Dying; Revised and Updated Edition by Sogyal Rinpoche

Sogyal Rinpoche's acclaimed spiritual classic is widely of the most complete and authoritative

presentations of the Tibetan Buddhist teachings ever written. A manual for life and death and a source of inspiration from the heart of the Tibetan tradition, The Tibetan Book of Living and Dying provides a lucid and inspiring introduction to the practice of meditation, to the nature of mind, to karma and rebirth, to compassionate love and care for the dying, and to the trials and rewards of the spiritual path. More than two million copies have been printed in 31 languages and 56 countries. It has been adopted by colleges, groups and institutions, both medical and religious, and is used extensively by nurses, doctors and healthcare professionals.

"What is it I hope for from this book? To inspire a quiet revolution in the whole way we look at death and care for the dying and the whole way we look at life, and care for the living."

Sogyal Rinpoche

Dechen Shying

Spiritual Care Centre

A home from home in an environment of peace and outstanding natural beauty where people of all beliefs can come to rest, reflect and find meaning in life and hope in death.

Who We Serve

Dechen Shying Spiritual Care Centre is open to anyone living with illness or facing death, and to their family and carers. The centre is suitable for those who wish to take time out, either alone or accompanied, to rest, reflect and find meaning and solace. We welcome people from all walks of life and religious orientations.

What We Offer

As a respite centre within the palliative care services of Ireland, Dechen Shying Spiritual Care Centre offers specialised care for those living with illness or facing death. In a welcoming atmosphere of acceptance and genuine communication, we support guests, their families and carers in maintaining dignity and gaining strength and confidence in the face of difficulties.

Services include:

- Spiritual care and support
- Nursing and personal care
- Emotional and bereavement support
- Listening companionship
- Guided meditation practices
- Short breaks and retreats for carers
- Full use of the family-style kitchen or catered meals if preferred
- Massage

Where We Are

Dechen Shying Spiritual Care Centre is situated on the wild and beautiful Beara Peninsula in Southwest Ireland. Located at Dzogchen Beara, a Buddhist retreat centre, it sits high on cliffs overlooking the Atlantic ocean with breathtaking views of sea and sky. Visitors often comment on the extraordinary qualities of Dzogchen Beara - its beautiful natural environment and its atmosphere of profound peace.

Contact

Dechen Shying Spiritual Care Centre
Garranes, Allihies
West Cork
027 73 960
info@spiritualcare.ie
www.spiritualcare.ie

The centre is a registered charity (No. CHY9368) and donations to the bursary fund to support those with limited means are gratefully accepted.



Spiritual Care Seminars – Ireland

Our education programme provides a framework for caregivers to explore the spiritual dimension of death and care for the dying, and life and care for the living. Accredited seminars and trainings are offered either as in-service training or held at one of our centres. We also offer weekend seminars and workshops for the public. Programme content includes: the integration of spirituality in care giving, the needs of the dying, preparing spiritually for death, listening training and how to respond to suffering.

Programme of weekend seminars: *September 2009 – March 2010*

Dates and full details will be available on www.spiritualcare.ie and www.dzogchenbeara.org from July 2009

September

Presence and Compassion – Practices for Caregivers

This workshop will offer participants the opportunity to practice the compassionate tools and techniques introduced at the conference. We will explore more deeply the practices of Meditation, Loving Kindness and Tonglen which enhance our compassionate capacity to care for ourselves and those in our care.

October

Introduction to Mindfulness Training for Caregivers – Ursula Bates

Training in Mindfulness is a way of learning to relate directly to whatever is happening moment to moment, to what is going on in our mind and body. It is a way of taking charge of your life, a way of consciously and systematically working with your own stress, pain, illness, and the challenges and demands of everyday life. This workshop is an introductory weekend for caregivers.

December

Facing Loss and Healing Grief – Christine Whiteside

The focus of this workshop is on understanding and healing the personal experience of loss and grief through guided practices of contemplation, meditation and compassion. We will explore the nature of grief and how to transform it, and how developing a spiritual perspective enables us to find peace amidst the turbulence of loss.

Spring 2010

Deep Listening Training™ – Rosamund Oliver

The Deep Listening Training™ provides formal and experiential training in the three core skills of deep listening which are embodied listening, developing supportive presence and compassionate understanding. Through this training, participants will discover how to develop and hold a compassionate presence. This training provides a substantial life skill that can be used in any situation where there is a need for us to be able to listen to another person.

**An in-depth professional accredited training for caregivers.
Details to be announced.**



DZOGCHEN BEARA RETREAT CENTRE

We welcome everyone, from all walks of life and of any faith, or none.



- Daily meditation
- Weekend retreats
- Bookshop
- Tea room
- Accommodation

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www.dzogchenbeara.org



As Irish Representatives for the UK's two leading manufacturers and suppliers of quality furniture and soft furnishings to Health + Care Environments, (*Knightsbridge Furniture & Mosaic Furnishings*).

Jimmy O'Donnell has over 20 years experience of supplying the highest quality contract furniture, fabrics and furnishings designed to create relaxed, comfortable, stylish and therapeutic environments for Healthcare, Care and other caring organisations who provide care for a wide range of service users.

17 Gortreagh Road, Cookstown, Co. Tyrone, BT80 9ET
 Tel/Fax: 02887 759203, Email: ambr@btinternet.com



Homeopathy can ease distressing symptoms, maintain awareness and consciousness, and prolong quality of life and meaningful interaction with loved ones in the last days.

Irish Society of Homeopaths
 Regus House, Harcourt Rd, Dublin 2
www.irishhomeopathy.ie info@irishhomeopathy.ie
 Tel: 01-4773193

Look out for the early signs of bowel cancer.

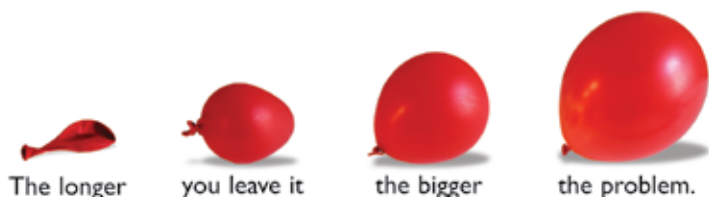
Bowel cancer is one of the most common cancers in Ireland and it affects men and women.

If the signs are spotted early it may be cured in 9 out of 10 cases.

Look out for...

- A lasting change (more than a month) in your normal bowel motion, such as diarrhoea or constipation
- Blood from your back passage or in your bowel motion
- Pain or discomfort in your abdomen (tummy) or back passage

KNOW THE SIGNS, REDUCE THE RISK



If you are concerned about bowel cancer (especially if you're over 50), speak in confidence to a specialist nurse by calling the National Cancer Helpline:

Monday–Thursday 9am–7pm, Fridays 9am–5pm

Freefone 1800 200 700



www.cancer.ie/BowelCancer

Spiritual
Care

Rigpa's Spiritual Care
Education Programme

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spiritualcare.ie