

Hope & Healing in Death & Dying: Moving On



A Retreat & Conversation
for Healthcare Professionals

(Spouses are invited)

Friday, April 29 to
Sunday, May 1, 2011

(Arrivals on Friday starting 5:00pm
departures on Sunday at 11:00am)

Retreat Concept:

Why is there the resistance to talk about death, or often, the fear to face death and dying? Could it be that there is a misperception of the meaning of death? Could it be that fear of our own 'mortality' interferes with our ability to open ourselves to an inner wisdom which death is presenting us as a gift – a wisdom that will enable us to understand the deeper significance of life itself? Elizabeth Kubler Ross said, "It is the denial of death that is partially responsible for people living empty, purposeless lives; for when you live as if you will live forever, it becomes too easy to postpone the things you know that you must do" - the things that make life truly meaningful.

Denial of death, and avoiding discussions of the dying and death process, rob us of an opportunity to be more mindfully present with our patients who are dying, and their families. It also robs us of the opportunity to find deep meaning in our lives and in our work

Special Guest:



Sandra L. Bertman, PhD, FT, Distinguished Professor of Thanatology and Arts at the National Center for Death Education, Mount Ida College. Dr. Bertman's expertise in death education involves cultivating the therapeutic imaginations of clinicians in clinical and academic settings. www.sandrabertman.com

Helping healthcare professionals to live each day mindfully and with hope is one of the main goals of Hope in Healthcare. Come and experience what creating hope can be.

Who should register?

All Health care Professionals who are actively engaged in patient care - physicians, nurses, physical therapists, occupational therapists, social workers, mental health practitioners, healthcare educators, and other allied healthcare practitioners. **Spouses** are invited.

Retreat Co-sponsors:

- Point of Life Foundation (www.pointoflife.org)
- Brahma Kumaris (www.bkwsu.org/us)
- Integrative Medicine Alliance (www.integrativemedalliance.org)



Retreat Objectives:

Artfully led conversations and other processes will enable you to explore perceptions, feelings, and responses towards death and dying, to both enhance the end-of-life care and experience of our patients and their families, and to enrich the quality of our lives - our human experience - providing renewed meaning and hope for our lives and our work.

You will discover ways to help enhance your personal comfort with aspects around death and dying by:

- Exploring deeply held beliefs that influence your personal understanding of, and response to death and dying
- Acknowledging and dealing with personal feelings around death
- Recognizing feelings of healing and of nurturing hope at the end of life
- Learning how to increase 'mindfulness' while caring for the dying and to nurture the spiritual values that enrich one's end of life experience
- Learning tools such as creativity and art, meditation, silence, and other reflective practices that can help to enhance our well-being and sustain a positive, compassionate attitude toward the self and others as we go through the end of life journey with the dying.

A highly experiential and insightful weekend with rich conversations, didactic sessions, creative, and reflective moments. An opportunity to nurture the self.

To Register :

www.peace-village.org
518-589-5000.

Further Information:

Carmen Palmer, RN:
pol@pointoflife.org/516-773-7320

Retreat Contributions:

All Hope in Healthcare retreats at Peace Village are made possible by the generosity and voluntary contributions of the participants. Please check with our staff for details.

Program Venue:

Peace Village Learning & Retreat Center
54 O'Hara Road
Haines Falls, NY 12436

