

## End of Life Doulas

*want to be  
a pioneer?*

Have you ever felt you have a part to play  
in supporting people at the end of life, but  
are unsure how to go about it?

**livingwelldyingwell**

offers courses for people to gain a deeper  
understanding, train as a volunteer or  
take part in the first UK-based training  
for doulas (or companions) for the dying.

## Improving the end of life experience

Traditionally doulas are present at the birth  
of a child - they work alongside the midwife  
to provide emotional, spiritual comfort and  
practical assistance to the mother and to  
gently lead the newborn into the world.

**We believe the way we leave this world is  
as important as the way we arrive.**

In this spirit, **Living Well Dying Well** are  
pioneering these courses and establishing a  
new non-medical role for end of life doulas,  
to help people feel safe and supported as they  
make the transition from this life to the next.

## Inspiring compassionate communities

We see a future in which informed family  
members, their friends and neighbours,  
volunteers and doulas are more actively  
engaged with professionals, to open up the  
subject and build confidence in our deeper  
intuition and knowing about death.

Doulas become known as the 'bare-foot'  
educators and lay-experts, at the heart of a  
compassionate community - one which is  
comfortable and at peace with death as a  
natural part of life.

## End of Life Doulas

*“To learn really to help those  
who are dying is to begin to  
become fearless and responsible  
about our own dying, and to  
find in ourselves the beginnings  
of an unbounded compassion  
that we may have never  
suspected.”*

Sogyal Rinpoche

**livingwelldyingwell**

Contact us  
Tel: 01273 474 278  
[www.livingwelldyingwell.net](http://www.livingwelldyingwell.net)

# The Courses

We train you to 'be with' the dying as they make this profound and important transition.

Death is becoming an increasingly 'medicalised' event. We recognise for more people to experience a good death, in addition to medical support, it is important there is a mindful, compassionate presence to 'walk alongside' and accompany the whole family - practically, emotionally and spiritually during this important time.

Those drawn to these courses may include lay people with a special feeling for being with the dying, or who want to support friends, family or colleagues; also, people with a professional background, such as nurses, complementary therapists, counsellors, clergy or nursing home staff, who want to develop skills in end of life support.

Participants can take the 5 day Foundation CPD Certificate as a stand alone course. This can also build towards Parts II and III to complete the full Diploma.

<b>PART I</b> <b>Foundation</b> <b>CPD Certificate</b> 5 days (3+2 days)	<b>PART II</b> <b>Diploma</b> <b>Course</b> 6 days (3+3 days)	<b>PART III</b> <b>Diploma</b> <b>Course</b> 9 days (3+3+3 days)
--	---	--

For people who want to be able to support family, friends or colleagues at the end of their lives, or who are intending to go on to further training.

For people who want a more in-depth understanding, wishing to prepare for Part III.

For people who have completed the Foundation & Part II course, and wish to set up in practice as an end of life doula.

*\* It is important to note that not all who attend the Foundation can be guaranteed places on the Full Diploma Course.*

# Course Content

The purpose of these courses is to build your understanding of, and confidence in, the process of dying, and increase your ability to be with it. There is an emphasis on developing the human skills and introducing an integrated model of practical, spiritual and psychological support at the time of dying and death. Broadly we will cover:

- Understanding grief
- Possible emotional and spiritual responses to death
- Likely physical changes at the end of life
- Increasing comfort and commonly used supportive therapies
- Rites of passage/rituals and practices within principle religions and faith groups
- Care of the body following death
- Socio-legal requirements
- Quality of life until death
- Community development issues
- Spiritual and self-care practices
- Self-reflection around dying and death
- Communication skills
- The Soul's Journey

# Teaching Methods

These courses are both educational and experiential, with a strong personal development component. Using a variety of processes: meditation, relaxation and Imagework, group discussion, audio visual resources, lecture, theoretical examples, the voices of the patients/families, creative arts, expert guest speakers and personal reflection, we endeavour to meet all learning needs and styles. Throughout the course assessment will be open, fair and accessible.

# Quality Assurance

We are committed to bringing humanity, integrity and professionalism to this pioneering work and have collaborated with Crossfields Institute to deliver a course that engages mind, heart and spirit, and is educationally sound. This training is a Crossfields Institute Quality Mark Programme.

# Course Tutors

Hermione is a registered nurse and midwife and is joined by a growing group of co-tutors and co-facilitators. Hermione is the founder and director of living Well Dying Well. She developed this course and is the lead trainer.



contact us via:

[www.livingwelldyingwell.net](http://www.livingwelldyingwell.net)