

## ***Foundation Course – An Introduction to a Person-Centred Approach to Death and Dying***

### **FREQUENTLY ASKED QUESTIONS**

Thank you for visiting our website; we are delighted that you have shown interest in our training. We have many enquiries and here are some of the questions often asked. We'd be grateful if you could check here first and if they do not cover your query we'd be glad to help. Please email us at [info@livingwelldyingwell.net](mailto:info@livingwelldyingwell.net) and we will do our best to get back to you within a few days.

#### ***What are the dates for courses?***

These are published on our website. Please see [www.lwdwtraining.uk/doula-training/](http://www.lwdwtraining.uk/doula-training/). We continuously update our training schedule and once courses are finalised they are posted on the website, so do please check this regularly. In the meantime you can if you wish sign up to our Newsletter on our website, which will inform you of dates of forthcoming courses.

#### ***I have looked at the website and it is showing the course is fully booked.***

The courses do get booked up quickly and we are sorry if you have been disappointed. If you complete the contact form on the website or email us at [info@livingwelldyingwell.net](mailto:info@livingwelldyingwell.net) we can add your name to the cancellation list for the next course.

#### ***Are there any entry requirements?***

We don't require you to have any formal academic qualification or come from a particular professional background. Learners come from many different life experiences and careers. We do require that learners are over 18 and we have the expectation that you will:

- feel an affinity for this subject
- are willing to embark upon a personal journey
- have maturity, sensitivity, adaptability, empathy and good communication skills
- are aware of, or open to, spirituality in all its forms
- wish to expand knowledge and become more confident with death and dying.

NB. We advise against starting the training too soon if you have been recently bereaved and would ask you to contact us before making a booking if this is applicable so that we can discuss the timing with you.

#### ***How is the training delivered?***

The training is delivered by practitioners who come from an end of life support, teaching or training background. The material is conveyed using a variety of approaches: presentations, written information, discussion, audio visual, interactive imagery exercises (Imagework) and guided pair work. It is largely experiential and self-reflection, as a means of facilitating personal insight, is integral to the course.

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Every member of the group contributes to the learning experience and knowledge base of the whole group. We encourage people to share commonalities and differences and expect learners to be able to accommodate diversity.

### ***Where do you run the courses?***

The majority of courses take place in East Sussex (near Lewes). We are running one Foundation course in the Midlands in autumn 2019 and also one in Hebden Bridge in West Yorkshire in spring 2020. Provisional plans to run Foundation training in Scotland in 2020 are at an early stage. If you wish to be kept abreast of training opportunities in Scotland, please complete the contact form on our website or email [info@livingwelldyingwell.net](mailto:info@livingwelldyingwell.net) and ask to be added to the waiting list.

### ***Are the courses residential?***

The courses are not residential. There is a wide range of accommodation (YHA, bed and breakfast or hotels) available locally.

### ***Can I undertake the training by distance learning?***

The courses are not offered by distance learning as they are based on our person-centred approach and the emphasis on experiential learning, sharing and personal development, which do not translate to distance learning.

### ***What are the costs?***

The costs were reviewed in January 2019 and currently are:

	<b>Standard rate</b>	<b>Early Bird rate</b>
Foundation	£625	£575
Part Two	£680	£630
Part Three*	£1,020	£970

\* There is an additional cost of £150 (£134 registration and £16 admin fee) for the certificate for the full Diploma.

### ***Is the course externally certificated?***

The five-day Foundation Course is a stand-alone Crossfields Institute Continuing Professional Development (CPD) programme, namely: **An Introduction to a Person-Centred Approach to Death and Dying**. This means that Crossfields Institute reviews and monitors LWDW systems and the processes underpinning the quality and delivery of this training. The fee for certification of the Foundation course is included in the course fee. Full attendance is required.

### ***How are the courses structured?***

Foundation	3 days plus 2 days	Total 5 days
Part Two	3 days plus 3 days	Total 6 days
Part Three	3 days plus 3 days plus 3 days	Total 9 days

When booking, participants are expected to attend all the training days of the course on which they are registered. Transfers after partial completion will be possible only in exceptional circumstances.

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### ***How long does it take to complete the training?***

Normally all three stages of the training are completed within 18 months to two years. We do, however, appreciate that some people may require flexibility on the dates attended and may extend the period.

### ***How do I progress through the training?***

Following completion of the Foundation Course and before enrolling on Part II learners will need to complete a progression assignment, which demonstrates their learning and experience gained on the Foundation Course.

Parts II and III are portfolio-based learning and the combined work is assessed at the end of the training. The full Diploma has the **Crossfields Institute Quality Programme Mark** and leads to the award of the **Diploma in the Living Well Dying Well Person-Centred approach to Death and Dying**.

### ***What happens if I cancel?***

Our booking conditions are on the website and are as follows. If you wish to cancel within 14 days of the booking date, you will receive a full refund of the price paid. In the event of a cancellation after 14 days, the deposit element of £100 is non-refundable. If you cancel up to 28 days before the course starts, 25% of the course fee is retained; if fewer than 28 days, 50% of the fee will be retained; if fewer than 14 days the full fee will be retained. All cancellations should be received in writing either by letter or email. In the unlikely event of cancellation by LWDW we can take no responsibility for participants' travel/accommodation costs.

### ***Do you offer subsidised or flexible payments?***

We are a not-for-profit organisation and fees are structured so all courses are self-financing, therefore there is no scope to reduce fees. We can, however, offer phased payments if required, so do please contact us about this [office@livingwelldyingwell.net](mailto:office@livingwelldyingwell.net).

### ***Do I need to commit to undertaking all three parts of the training?***

No, some people feel very satisfied having completed the Foundation training and find they have all they need to inform them about death and dying for their own needs. Others decide to complete the further two parts of the training to obtain the full Diploma. There is a maximum period of two years between completion of the Foundation and beginning of the Diploma course.

### ***I already have some experience of working in this field - do I have to do the whole training?***

Yes. The nature of the End of Life Doula training is quite different to existing palliative care training. Any experience you have will be very valuable for yourself and for the other members of the group, and you are welcome to use your prior learning when completing your Diploma portfolio.

### ***Can I earn money as an End of Life Doula?***

From the Foundation course onwards, many people engage voluntarily with their community through simple awareness raising, everyday conversations or events about death and dying. Following completion of the training and certification, some continue to volunteer and others choose to become self-employed and charge a fee for the work that they do.

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Our sister organisation - End of Life Doula UK <https://eol-doula.uk/> - was established in June 2018 as a community of practice and a membership association for Doulas who have trained or are in training with Living Well Dying Well. Members of the association support one another to grow and develop their practice as well as provide the opportunity for like-minded people to get together through regional groups, professional development courses and national events.

LWDW does not employ Doulas directly and currently we do not charge for referrals that come through the LWDW or the End of Life Doula UK websites.

***I would like to do the training – what do I do next?***

Please go to our website <https://www.lwdwtraining.uk/courses-events/> to book and pay online. We will then be in touch with further information about enrolment.

We look forward to meeting you in person.

All good wishes  
Hermione and Team

July 2019

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