

# **Ten Thousand Doors End of Life Doula Care Course Description**

**(Scroll to the end for dates)**

## **WEEKEND #1**

### **Evolution of End of Life Care**

Humans know how to care for dying humans. Over the past century, as a major life transition or process *in* life, it has simply been forgotten.

During the first weekend training session we will review and discuss the history of cultural dying and death care practice so that participants can begin to embody death positive philosophy and find their place in the long lineage of death caregivers. A review of modern dying practices will challenge participants to reconsider their own assumptions about dying and death. We'll consider ways to un-learn traditional mindsets and current social conditioning. This, so we can forward the learning when we take on the role of end of life doula.

An introduction to contemplative care, through personal inquiry, will allow class participants to identify their own personal source of power and find ways to tap into that source while relating and connecting with clients in moments of truth. Self-reflection will be an invitation for participants to look closely at their own self-limiting behaviors, attitudes and beliefs. We will tap into the innate curiosity humans have about life and death and introspectively consider our personal values and beliefs.

## **Weekend #2**

### **Doula Role Overview**

A century or more ago, women generally sat beside to assist with dying and loved ones mourned together through direct care of their loved one's body and celebrated that human's "being", within an entire community. Death care today requires navigation of medical and hospital care and the industrialization of funerals and after death body care. It requires that we re-learn how to care for our loved ones, before and after they die, with integrity and honor and in a way that includes the opportunity to grieve wholly and completely.

In the second weekend session, we will look at the new and emerging role of the end of life doula; it's scope, ethical values, the potential for regulation of the role as a professional career and legal considerations. We'll review the knowledge and skill requirements for working within a multi-disciplinary team.

## **Weekend #3**

### **EOL Planning & Preparation**

To live fully throughout life into dying and death, to provide adequate care for our dying loved one and every person involved in his/her care, and to be able to die peacefully and with dignity – requires some planning and preparation.

During the third week end training session we will review the overall considerations for dying and death planning including the human rights in dying and death along with options for medically related decisions and how each person can make the best choices for themselves and their loved ones prior to, and during the dying process. We will also review the needs, desires and realities of dying and death and what is required from a doula during the planning and preparation of the final stage of life.

## **Weekend #4**

### **End of Life Framework**

Public health administrators are focused on meeting the needs of dying people and the care of each person spans wider than public health facilities can accommodate. So that we can fully embody dying as a part of life, the involvement of whole communities is necessary to support all individuals involved in care. As doula care providers (and in order to grow the profession) it is incumbent upon us to develop strong and trusting relationships with other care providers and professionals. The public will benefit by having a clear understanding of the value of our role, while we guide, empower and support dying and death.

During the 4<sup>th</sup> weekend training session we'll review the current Canadian framework and how each province is addressing palliative care needs and challenges faced by dying individuals and their families. We'll focus on the doula care role within a multi-disciplinary team.

## **Weekend #5**

### **Contemplative Care**

Contemplative care is at the core of the role of an end of life doula. It requires us to be mindful and to have a degree of self-awareness that allows us to sit with others during their contemplation, and to be with them while they become more fully aware in the moment. As doula care providers, we facilitate personal inquiry by asking questions and making room for the answers to come into place. We hold a certain space that is sacred in nature, one that allows individuals to process the knowing that comes.

During the 5<sup>th</sup> weekend training session, we'll discuss the needs of dying people and their families and the necessity for "being with" dying and death. We'll review techniques and modalities that offer comfort to people who are dying, including palliative massage.

## **Weekend #6**

### **Rituals, Ceremonies/Celebrations**

Rituals and ceremonies bring people together for any reason or specific occasion at any point during a lifetime. They represent a rite of passage and often become a custom or tradition. It allows us to honor an individual or event for what it is.

During the dying process, following the death of a loved one and for the rest of time, rituals and ceremonies are beneficial for individuals, families and communities to feel connected and supported. They can mark the passage of time and assign meaning to events in life.

During the 6<sup>th</sup> weekend training session, we'll discuss the necessity of traditions, rituals and ceremonies as ways to celebrate life. We'll also explore what they offer us by way of connection, contribution, community, shared values while coping with loss of life.

## **Weekend #7**

### **Grief & Bereavement**

#### **End of Life Doula as a Career**

The 7<sup>th</sup> and final weekend training session will focus on facing grief and bereavement and healing after loss.

We'll also consider the many opportunities where End of Life Doulas can move forward in a new profession and gather ideas for business development, marketing and educating those who may be unaware of the benefits of doula care.

Final examination will take place during the latter part of day 2, following by a ceremony to mark the end of this part of the training program.

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Following these seven weekend training sessions, participants will have the remainder of the year to complete a final project and the required volunteer hours.

### **Spring 2020 Session**

March 21-22  
April 18-19  
May 23-24  
June 20-21  
July 25-26  
Aug 22-23  
Sept 19-21

### **Fall 2020 Session**

September 12-13  
October 17-18  
November 14-15  
January 23-24/21  
February 20-21/21  
March 20-21/21  
April 24-25/21