



**Naropa University's  
School of Extended  
Studies in collaboration  
with Rigpa's Spiritual  
Care Program present:**

**Contemplative End-of-Life Care — A Certificate  
Program for Healthcare Professionals**

**A comprehensive training in end-of-life care that brings together the ancient wisdom of the Buddhist tradition as presented in Sogyal Rinpoche's *The Tibetan Book of Living and Dying* with the knowledge, skills and best practices of hospice and palliative care .**

Due to the big success of last year's pilot, we are very excited to announce that we will continue this program with another 8- month training starting this September. **Healthcare professionals and trained volunteers from across the country are invited to apply now!**

*The course in Contemplative End-of-Life Care has deepened my understanding of suffering in those who are facing death. The practices I have learned in this course have given me a skillful way to respond to their suffering and have alleviated the helplessness I often felt in these situations. In addition to much practical knowledge that enhances my ability to provide end-of-life care, I have learned how to care for myself better as I do this work.*

**Ann Allegre, MD**

*Through this course I have learned more about myself, and how to be in this world than I could have ever dreamed possible. I am learning how to really be present for someone else, how each moment is precious, and what a gift it is to know love. This course is planting seeds that will change the way future generations relate to living and dying. We are those seeds, and through these teachings we are growing confident in how to bring to the forefront topics that have been taboo in western society for way too long.*

**Tara Stroman, hospice volunteer**

*The richness of the teachings and practices taught in this course is enabling me to embrace more fully the essence of basic goodness in the world. This in turn is offering more enrichment in my personal life, as well as in my professional role as a Hospice nurse. Here the gifts are experienced both with patients and their*

*families, as well as with colleagues. I am very grateful for the experience.*

**Jan Gould RN**

**Program Goals**

- Develop the comprehensive end-of- life care knowledge and skills needed to respond to the full range of patient and family needs.
- Encourage personal and spiritual growth, including coming to terms with one's own mortality.
- Develop effective communication skills for working with patients, families, and coworkers.
- Learn and deepen our experience with meditation and other contemplative practices -- as tools for awakening greater compassion and wisdom -- and for supporting oneself personally and professionally.

**Faculty**

The core faculty is comprised of **Christine Longaker** and other Senior Educators from Rigpa's Spiritual Care Program trained under the guidance of Sogyal Rinpoche, a highly respected Tibetan Buddhist master regarded as international authority on death and dying. The core faculty will be joined by prominent guest speakers in the fields spirituality and end-of- life care.

**Last year's guest faculty: Rabbi Zalman Schachter-Shalomi, Ira Byock, MD, Michael Murphy, MD, David Frenet**

**Program Structure**

The training starts September 2004 and will end May 2005. It includes 3 residential sessions, for a total of 16 days, and weekly on-line lectures between the residential portions.

**For information and registration:**

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or visit <http://www.naropa.edu/contemplativecare/>  
( includes application form) or visit the Spiritual Care website: <http://www.spcare.org>