



the Rigpa  
Spiritual  
Care  
program

## Caring with the Heart of Inspiration

*For professionals and those caring for people with chronic or terminal illness.*

As healthcare professionals or volunteers in a caregiving role, we work to alleviate the suffering of others and can lose sight of the need to heal ourselves and maintain a healthy balance in our lives.

This two-day workshop explores the inspiration that comes from one's own heart and helps participants learn to sustain that connection throughout their work and their lives. Through developing mindfulness and cultivating compassion for oneself, a wealth of resources become available to us even in the midst of chaos, and we begin to manifest a deeper quality of presence that benefits ourselves and those we care for either personally or professionally.

Lecture and group discussion, augmented with reflective exercises and interactive skills designed to deepen experiential learning will be used, along with the contemplative practices of meditation and compassion from Sogyal Rinpoche's classic bestseller, *The Tibetan Book of Living and Dying*. The weekend schedule will be spacious, allowing time for personal reflection and will include handouts.

## TOPICS

- The Heart of Inspiration: Discovering resources that nourish and heal
- Three important qualities of caregiving: presence, authenticity, and confidence
- Mindfulness meditation and the benefits it brings to caregiving
- Creating a sacred environment in the mind and wherever you are
- Skillful communication through deep listening
- Loving Kindness: A reflective practice for cultivating compassion
- A method for healing unfinished business

## FACILITATORS



**Annie Eichenholz, BS, RN**

is a Senior Educator in Rigpa's Spiritual Care Education Program. Annie has been a hospice nurse and volunteer for twenty years and is certified as an educator for the End-of-Life Nursing Education Consortium (ELNEC).



**Pamela Russell, LMSW**

is an Educator in Rigpa's Spiritual Care Education Program and is a social worker in New York State. Pam previously worked for more than 20 years as Activities Director, specializing in care for elders in long-term care facilities.

# The Rigpa Spiritual Care Program

The Rigpa Spiritual Care Education and Training Program addresses the spiritual dimension of living with illness, dying and death, and the practical knowledge most frequently requested by health care professionals for additional training, such as how to communicate about dying and death, bereavement, supporting families and techniques for healing or preventing burnout.

**SATURDAY, JUNE 21**  
**9:00 A.M. - 4:00 P.M.**

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**SUNDAY, JUNE 22**  
**9:00 A.M. - 4:00 P.M.**

## Cancer Wellness Center

215 Revere Drive, Northbrook, IL 60062

847.509.9595 [www.cancerwellness.org](http://www.cancerwellness.org)

Cost: \$150 per person - Lunch provided

Questions - please contact:

Pam Russell

Rigpa's Spiritual Care Program

P: (866) 511-CARE (2273) Email: [pam@spcare.org](mailto:pam@spcare.org)

Endorsed by



## REGISTRATION

Yes, I would like to attend the Rigpa Spiritual Care Program

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

# attending : \_\_\_\_\_ @ \$150 each = \$ \_\_\_\_\_ **Total \$** \_\_\_\_\_

\_\_\_\_\_ Visa \_\_\_\_\_ M/C \_\_\_\_\_ Discover \_\_\_\_\_ Check Enclosed

(Payable to Cancer Wellness Center)

Card # \_\_\_\_\_

Exp Date: \_\_\_\_\_ Signature \_\_\_\_\_

I would like to receive CEU's:

\_\_\_\_\_ Yes \_\_\_\_\_ No

If yes, mark all that apply:

\_\_\_\_\_ RN (12 CEU's)

**\$20 fee** (Refundable if notified by June 19, 2008)

\_\_\_\_\_ LPC (11 CEU's)

\_\_\_\_\_ LCPC (11 CEU's)

\_\_\_\_\_ LSW (11 CEU's)

\_\_\_\_\_ LCSW (11 CEU's)

License# \_\_\_\_\_

Please fax or mail completed form and payment by June 13 to:

Cancer Wellness Center  
Attn: Wellness Program Coordinator  
215 Revere Dr., Northbrook, IL 60062

FAX: 847-509-9596