



# Metta

INSTITUTE

Education on  
Spirituality  
in Dying



**AUGUST 12–17, 2011**

## Cultivating Presence: Six-Day Training in Compassionate End-of-Life Care

Lead by Frank Ostaseski and Ange Stephens, MFT, MSW; with core faculty Angeles Arrien, PhD; Zoketsu Norman Fischer, Charles Garfield, PhD, Frances Vaughan, PhD, Ram Dass (via internet conferencing) and Guest Teachers.

This annual residential training retreat features key elements of the renowned End-of-Life Care Practitioner Program. Our core faculty blend years of experience as leading teachers in contemporary psychology and contemplative wisdom practices. They offer a fresh and integrated approach to the practical, emotional and spiritual dimensions of the dying experience that goes well beyond the traditional medical models.

Designed predominantly for healthcare professionals, educators, hospice workers and clergy, this training is also open to volunteers and family caregivers who cannot attend our longer program. The training is a unique opportunity for professional and personal development and to benefit from the support of like-minded peers.

Offered in a retreat format, mindfulness meditation forms the foundation of our work together. The training builds essential clinical

competencies, strengthens individual capacity for compassionate service, and enhances spiritual development. We emphasize experiential learning and pragmatic application in the participant's life and role as a caregiver.

### COURSE HIGHLIGHTS

- Compassionate service as a spiritual path
- Deepening relationship with dying persons and their families
- Healing power of presence, empathy and authenticity
- Grief as a path to wholeness
- The movement from suffering to transformation
- Staying balanced in difficult circumstances
- Contemplative practice and the importance of the caregiver's inner life
- Accessing the unconscious and using intuition
- Strengthening commitment to live and work in accord with your highest values

Info at: [WWW.METTAINSTITUTE.ORG](http://WWW.METTAINSTITUTE.ORG)

### CONTINUING EDUCATION CREDITS AVAILABLE

Metta Institute Cultivating Presence: Six-Day Training in Compassionate End-of-Life Care offers 50 continuing education credits for Nurses (CEU), MFT's and LCSW's (CE) and Chaplains (CCE). The Metta Institute program is approved by the California Board of Registered Nursing, CEP #14909, for 50 contact hours. The Metta Institute program meets the qualifications for 50 hours of continuing education credits for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences PCE# 4160. The Metta Institute program meets the qualifications for 50 hours Continuing Chaplaincy Education units as approved by the Association of Professional Chaplains, APC# 08-0014.

### TUITION

Full cost for the residential training is \$1395. Includes tuition, double occupancy accommodation and meals. An additional \$150 is charged for single room occupancy when available. Commuters will be accommodated once all 55 residential places are filled. Cost for commuters is \$900. Includes tuition, facility day use costs and meals. An application to attend the training is required and must include a \$200 deposit.

#### Refund Policy

- Cancellations received before June 15, 2011: All payments are refunded less a \$50 processing fee.
- Cancellations received after June 15, 2011 and before July 16, 2011: All payments are refunded less a \$200 deposit.
- Cancellations received after July 16, 2011: No Refunds will be issued.

### REGISTRATION INFORMATION

Space is limited. For more information visit our website, call 415 331 9600 or email [info@mettainstitute.org](mailto:info@mettainstitute.org). Download an application or complete it online at [www.mettainstitute.org](http://www.mettainstitute.org).

### GROUP ATTENDANCE

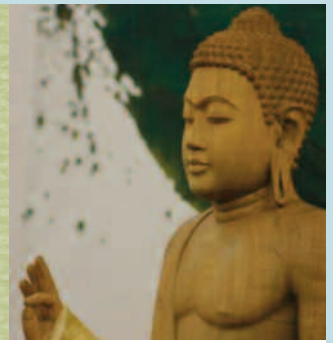
We encourage you to attend with colleagues to support implementation of the course material after the training. **A tuition discount of \$75 per participant is offered when three or more individuals attend from the same institution or organization.**

### LOCATION

Santa Sabina Retreat Center is located in San Rafael, CA, just 11 miles north of San Francisco. The inner courtyard, garden and rooms offer the spirit of tranquility and simplicity.

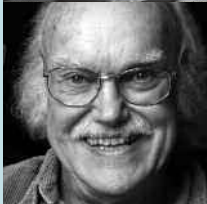


## STUDY WITH OUTSTANDING LEADERS



### **ANGELES ARRIEN, PhD.**

Anthropologist, educator, author, and corporate consultant. Founder and president of the Angeles Arrien Foundation for Cross-Cultural Education and Research, a Fellow at the Institute of Noetic Sciences and an Associate Professor at California Institute of Integral Studies. Author of several books including *The Nine Muses: A Mythological Path to Creativity*, *The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer, and Visionary* and *Signs of Life*.



### **RAM DASS\***

Internationally recognized lecturer and beloved spiritual teacher. Best selling author of several books including *Still Here: Embracing Aging, Changing and Dying*, *Be Here Now*, *How Can I Help*, and *Compassion in Action*, *One Liners: A Mini-Manual for the Spiritual Life*. (\*via internet conferencing)



### **ZOKETSU NORMAN FISCHER**

Zen Priest, Founder of Everyday Zen Foundation, former Abbot of San Francisco Zen Center. Author of nine volumes of poetry and several books including *Taking Our Places: The Buddhist Path to Truly Growing Up*, and *Opening to You: Zen-Inspired Translations of the Psalms*.



### **CHARLES GARFIELD PhD.**

Founder of Shanti Project, Clinical Professor, UCSF Medical School, Board Member C.G. Jung Institute of San Francisco, Visiting Scholar, Graduate Theological Union in Berkeley. Author of several books including *Sometimes My Heart Goes Numb: Love and Caregiving in a Time of AIDS*, *Peak Performers*, and *Training Volunteers for Community Service*.



### **FRANK OSTASESKI**

Founder and Director Metta Institute, Founding Director, Zen Hospice Project. Co-Director *End-of-Life Care Practitioner Program*. Author of *Saper Accompanare* and the audio series *Being a Compassionate Companion*.



### **ANGE STEPHENS MA, MFT**

Psychotherapist specializing in working with people with life-threatening illness, former Clinical Director Cancer Support Community. Co-Director *End-of-Life Care Practitioner Program*.



### **FRANCES VAUGHAN PhD.**

Psychologist, Educator. Author of several books integrating psychology and spirituality, including *Awakening Intuition*, *The Inward Arc: Healing in psychotherapy and spirituality*, and *Shadows of the Sacred*. She is co-editor of *Paths Beyond Ego* and *Gifts from A Course in Miracles*. She was formerly on the clinical faculty of the University of California at Irvine, and has lectured and led workshops in transpersonal psychology around the world.

❖ **REGISTER NOW! LAST YEAR'S PROGRAM SOLD OUT** ❖

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