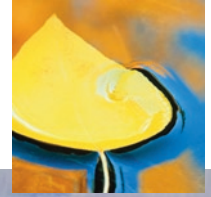
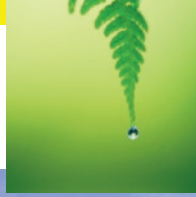




The Alaya Institute, founded by Frank Ostaseski, is a catalyst for individual and cultural change. Inspired by Buddhist tradition, we offer educational programs integrating the spiritual dimensions of living, dying and transformation.



The End-of-Life Counselor Program 2006

*Creating a National Network
of Educators, Advocates,
and Guides to the Dying*

THE ALAYA INSTITUTE

P O Box 2710

Sausalito, CA 94966.2710

415.331.9600



The End-of-Life Counselor Program 2006



PROGRAM OVERVIEW

“I have observed the unmet needs of people at end of life and seen how poorly health professionals are trained to meet them. We have made death into a technological and management issue and robbed it of its holy significance and dignity, which diminishes us all. This program is offering a new way of seeing.”

*Rachel Naomi Remen, MD
Co-founder, Commonweal, UCSF
Medical School; Alaya Institute faculty
member*

“I know a lot about technique, pain control, and symptom management. This program is about discovering the place where spirit and soul infuse the sacred art of dying. This course is an answer to a nurse’s prayer said at the bedsides of the dying. This course is really important.”

*Mary Clark, RN, program graduate
Hospice nurse educator, Assante
Hospice, Medford, OR*

The End-of-Life Counselor Program is a direct response to an increasing public demand. Americans want more flexible options, alternative and improved services near the end of life. Dying is much more than a medical event. It can be a time of growth and transformation. New approaches are needed that respect choice and personal integrity and reclaim the spiritual dimensions



*Rachel Naomi Remen, MD, and
EOL counselor graduate Cheryl Nelson, MSW,
Boise, Idaho*

of dying. Progressive hospices and healthcare institutions are recognizing this need for developing new educational efforts and services. Visionary end-of-life counselors are creating services that reflect new paradigms in care and trainings that inspire and refresh caregivers.

Our innovative program was first developed in 2002 as a pilot project of Zen Hospice Project. It offers an unparalleled opportunity for personal and professional development. Our

faculty is world-class and dedicated to experiential learning. The one-year course is designed to provide essential clinical competencies, strengthen individual capacity for compassionate service, and enhance spiritual development. Our aim is to develop counselors who can be true partners—“midwives to the dying”—and innovative educators.

Some graduates have established private consulting practices offering new client services. Others use developed skills to enhance existing psychotherapy or healthcare related practices. Still others serve as institutional or community educators, facilitating improved end-of-life care across the country. Together they are forming a national network of dedicated peers encouraging creative solutions as educators, advocates, and guides to the dying.



The End-of-Life Counselor Program 2006



COURSE SYLLABUS

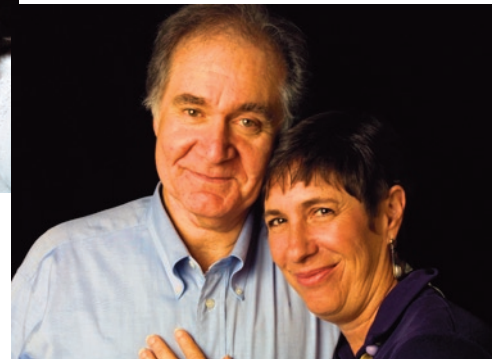
The one-year course is a mosaic of didactic presentations, skill development, self-inquiry, experiential learning, mentoring, contemplative practices, independent study, community support, and direct service. We encourage “learning while working.” This allows participants to commute to the course

while providing pragmatic application of course material in their local community.



*Ram Dass and Tracy Peng, MD,
psychiatrist, UCSF Medical Center*

The comprehensive one-year course includes several interdependent components. We emphasize the multiple psychological and spiritual dimensions of end-of-life care. A detailed description of course structure, elements and syllabus is available on our web site.



*Charlie Garfield, founder, Shanti Project and
Ramita Bonadonna RN, Educator, SC*

Highlights of the curriculum include: Goals of Care, Personal Death Awareness, Counseling Techniques, Ethics of Caregiver Relationship, Nature of Suffering, Transference and Counter Transference, Symbols and Mythology around Death, Stages of Transformation, Working within Institutions and Communities, Tasks of Dying, Communication Skills, Family Dynamics, Spiritual Practices near Death, Working with Differing Belief Systems, Advance Care Planning, Bereavement, and Accessing Community Services.



The End-of-Life Counselor Program 2006



BENEFITS TO HEALTHCARE ORGANIZATIONS AND THE LOCAL COMMUNITY

“When I returned from the EOL training my hospice created a new position for me as RN Community Educator with a new budget and an open agenda. Now we are teaching courses to nursing home staff and creating public dialogue in our community on issues related to end-of-life care. I have lots of ideas and much more confidence about accomplishing them.”

*Mary Clark, RN, program graduate,
Hospice nurse educator, Assante
Hospice, Medford, OR*

“Just today, the hospice I have worked for 5 years has hired me as the first EOL Counselor in Oregon!

Through a series of effortless events my supervisor allowed me to create the job description, hours, and salary. I am deeply grateful to my supervisor who is fearless in her willingness to try alternative approaches to traditional hospice care. The new position includes grief counseling and teaching, community education and special assistance to individuals or families experiencing a complicated dying process.”

*Patty Winte, RN, program graduate,
EOL counselor, Mercy Medical
Center Hospice, Roseburg, OR*

Recognizing the value of professional development to a healthcare or community organization's future, employers and donors frequently invest in their employees' development through full or partial tuition support.



*Vicki Jackson MD, program graduate,
palliative care physician, Dana Farber Institute,
Boston, MA*

Employers report that End-of-Life Counselor Program graduates return to their organizations:

- as inspired, revitalized leaders
- equipped with new skills for improved service delivery
- with creative and transformational approaches to EOL care and program planning
- with a deeper commitment and enhanced capacity for altruistic service
- with educational resources leveraged locally through staff training and public education
- with a national support network of highly skilled professionals.



The End-of-Life Counselor Program 2006



COURSE STRUCTURE AND ELEMENTS

“The curriculum and teaching styles were radically innovative.”

*Sandra Lee, MSW, program graduate
Medical social worker, Kaiser Hospice,
Vallejo, CA*

“This year has been life-changing for me. I have never before been so challenged in real, deep, personal, and professional ways.”

*Rev. LeAnn Stubbs, program graduate
Campus minister, Des Moines, IA*

“My expectations were exceeded. This was the most meaningful, applicable formal training I’ve received since I learned to read and write.”

*Patricia Wudel, program graduate
Executive Director, Josephs House
Washington, DC*

The course includes several interdependent elements:

- seven extended weekends. In-depth study develops through thematic monthly sessions. Weekends begin on Thursday evening and continue through noon on Sunday.
- an eight-day intensive. This residential session focuses primarily on dialogue, counseling and communications skills. We begin on Thursday afternoon and continue through the following Thursday at noon.
- an eight-day retreat. This residential session is dedicated entirely to mindfulness practice with alternating periods of silent sitting and

walking meditation, contemplative inquiry and personal interviews with teachers. We begin on Thursday afternoon and continue through the following Thursday at noon.



Faculty member Frances Vaughn mentors Renate Krauss, hospice volunteer and bodyworker, Mill Valley, CA

Mentoring/Advising The program provides monthly individual mentoring sessions with the co-leaders, either by telephone or face-to-face, as well as quarterly advising sessions with core faculty.

Fieldwork During the term of the course participants are required to complete 150 hours of supervised end-of-life care in their local communities.

Field Visits To familiarize participants with the primary end-of-life services and settings all participants are required to make field visits to a local hospital emergency room, intensive care unit, skilled-nursing residence, hospice home care and a mortuary.

Journal Each participant keeps a dream journal and compiles a binder with regular entries on coursework, client contacts, spiritual practice, and field visit reports.

Creative Project Each participant chooses one or more art projects to create during the year, expressing the heart of their work in accompanying the dying and demonstrating ways that they integrate the experience of the course.



The End-of-Life Counselor Program 2006



CORE FACULTY

“The training was magnificent. The faculty were excellent role models—compassionate, attentive, knowledgeable, and committed.

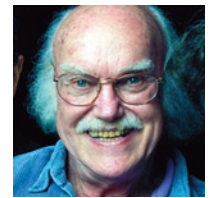
*Ramita Bonadonna, RN, program graduate
Folly Beach, SC*

“The diversity and depth of the faculty was really incredible. I especially appreciated their commitment to practice service.”

*Jeanne Dussault, program graduate
Private practice counselor and social worker, Great Fall, MT*



Angeles Arrien, PhD
author, anthropologist,
Associate Professor,
California Institute for
Integral Studies



Ram Dass
author, inter-
nationally renowned
spiritual teacher



Zoketsu Norman Fisher
author, Zen priest, former Abbot of
San Francisco Zen Center,
founder of Everyday Zen Foundation



Charles Garfield, PhD
author, founder of Shanti Project,
Clinical Professor, University of California
at San Francisco Medical School.



Rabbi Alan Lew
spiritual leader, Congregation Beth Shalom,
founder of Makor Or Center for Jewish
Meditation.



Frank Ostaseski
founder, Zen Hospice Project,
director, The Alaya Institute.



Rachel Naomi Remen, MD
author, co-founder of Commonweal Center,
Clinical Professor, University of California at
San Francisco Medical School.



Ange Stephens, MA, MFT
psychotherapist, co-leader of The Alaya
Institute End-of-Life Counselor Program.



Frances Vaughan, PhD
author, transpersonal psychologist,
trustee of the Fetzer Institute.

For information on our guest faculty please visit www.alayainstitute.org



The End-of-Life Counselor Program 2006



“Medical training is about mastery, about curing and fixing, often taught in environments of competition and criticism. But this course is about living in mystery. This program has liberated and broadened the way I practice medicine. This humanistic approach I’ve learned is changing the way I create curriculum for medical students.”

*Norma Hirsch, MD, program graduate
Hospice physician,
Des Moines, IA*

WHO SHOULD APPLY?

We encourage healthcare professionals (including nurses, physicians, social workers) educators, psychotherapists, clergy, or chaplains, and hospice professionals to apply. While the program is primarily designed for professionals, we are open to applicants with relevant hospice volunteer experience or those with transferable professional experience. The primary admission criteria are:

- substantial direct experience in end-of-life care
- a committed personal spiritual practice or path
- demonstrated experience in basic counseling or coaching skills
- an existing affiliation with an end-of-life organization, healthcare institution or related program service.
- a proposed plan for use of the training in your organization or local community.



Graduates develop lasting friendships. Carol Holmes, CAN, Sandpoint ID; Tio Rogers, bereavement counselor, British Columbia; Sharon Lukert, hospice chaplain, Santa Rosa, CA

We are interested in candidates from differing professional disciplines and spiritual traditions. People who think outside the box. Those excited by the benefits of learning with like-minded peers. Individuals committed to live and work in accord with their highest values. Practitioners dedicated to transforming end of life care. If this sounds like you, we encourage you to apply.



The End-of-Life Counselor Program 2006



“When I applied for the course I had no idea where the money would come from to pay for it. I asked for help and people came through: the ladies auxiliary at my hospital, my hospice and a private foundation—it was amazing.”

*Mary Clark, RN, BSN, program graduate
Hospice community educator,
Assante Hospice, Medford Oregon*

“My belief is that prospective EOL students can get tuition support from their employers if they are willing to bring back what they have learned for the benefit of those they work with.”

*Mark Gardner, program graduate
Hospice chaplain, Visiting Nurse and
Hospice Care, Santa Barbara, CA*

“The EOL Training was one of the most important things I have ever done and raising the funds so I could participate was one of the most far-sighted and sound decisions our Board has ever made. We are all satisfied. We have all been changed.”

*Patty Wudel, program graduate
Executive Director Joseph’s
Hous, Washington, DC*

COST

Tuition for the one-year comprehensive course is \$5,000. Tuition includes all course work, monthly phone mentoring sessions, quarterly faculty advising sessions, all distributed materials, and online resources. Shared accommodations (dormitory rooms) and all meals for the residential sessions is an additional \$2,000. Transportation to all programs and the cost of room and board for the non-residential weekends is the responsibility of the participant.



*Patty Wudel, director, Joseph’s House,
Washington, DC; Mark Gardner, chaplain,
Hospice of Santa Barbara; Kathy McGreggor,
parish nurse, Memphis, TN*

SCHOLARSHIP FUND

Alaya institute has limited number of partial scholarships, ranging from \$500-\$2000, available. Payment programs can be arranged for qualified applicants.

We strongly urge each participant to seek out local support, which can include employer funds for staff training or educational advancement and community or individual contributions. The Alaya Institute can receive tax-deductible contributions as scholarship support awarded to an individual participant.

For full details on terms of payment and refunds please visit www.alayainstitute.org



The End-of-Life Counselor Program 2006



TRAINING DATES AND LOCATIONS

The EOL Counselor Program course consists of seven extended weekends (Thursday evening through Sunday afternoon) and two 10-day sessions.

The 2006 Course Dates:

Thursday, January 12, to Sunday, January 15

Thursday, February 9, to Sunday, February 12

Thursday, March 9, to Thursday, March 16 (8-Day Residential Intensive)

Thursday, April 27, to Sunday, April 30

Thursday, May 18, to Sunday, May 21

Thursday, June 8, to Thursday, June 15 (8-Day Residential Retreat)

Thursday, July 20, to Sunday, July 23

August (no session)

Thursday, August 30, to Sunday, September 3 (Labor Day Weekend)

Thursday, October 5, to Sunday, October 8 (Possible Residential Weekend)

All weekend trainings are located in San Francisco. The two residential ten-days and the residential graduation weekend will be in Mill Valley, California, just north of San Francisco.



The End-of-Life Counselor Program 2006



HOW TO APPLY

1. Please visit www.alayainstitute.org to review full course information and download an application form. Mail your completed application with a photo and requested attachments to: The Alaya Institute, PO Box 2710, Sausalito, CA 94966
2. An e-mail confirmation will be sent once your application is received.
3. Faculty members will review your application, the attachments, and your proposed plan for use of the training in your local community.
4. Dependent on the merits of your application, you may be selected for a face-to-face or telephone interview and asked to submit written references.
5. There will be some "rolling" acceptances and denials as we review applications and conduct interviews. We will announce the final list of candidates selected for admission by October 15, 2005.

If you are drawn to the course but hesitant to apply, please call 415.331.9600 to discuss your situation.

The deadline for applications is **October 15, 2005**.