



Training options for alternative death-care (May 2014 update)

more information/specifics are available separately, below the tables

[We suggest that you 'search/find' the Institution or Program name, in order to find the more detailed information below the tables.]

Most of the programs in the *shorter* and *longer* programs, *online* programs, and *singular* courses in the following tables are focused on supporting the Death Journeyer (and usually their families as well) through the pre-death period, and may include grief/bereavement support afterwards. Some are more theory-focused; others are more practical/'hands on' focused.

In most cases (unless otherwise stated), they do not include Home Funeral Guide training (post-death care, required paperwork, etc.) or Funeral Celebrant training: training for those roles is provided in separate tables. Grief/bereavement support training is usually available via your local hospice or counselling agencies — so have not been added in here.

Note 1: there is no standard for any of these kinds of training at the present time — except, to some degree, for Funeral Celebrant training.

Note 2: 'rec' stands for *recommendation* — meaning that a practicing alternative death-care practitioner in the Canadian community has recommended it as useful training; and 'cert' refers to some form of *certification of completion* (though it may not be formally recognized)

Note 3: the 'organizations offering training in Canada' and 'confirmation of online training' have both been **bolded** throughout this document to make it easier to identify the more accessible programs

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Shorter Death Vigiling, 'End of Life' and related programs

Much of this kind of training may also be available through your local Hospice society — especially for long-term hospice volunteers. If you have already completed their basic 'volunteer' training program, and are actively volunteering in their program (usually a commitment to do so for at least one year), their additional courses and workshops may be free or at a reduced price.

Local hospice training also has the advantage of having the opportunity to get 'hands on' experience working with the dying, and doing so with supervision-support from the hospice staff. Hospice training/experience (or equivalent) is recommended for all alternative death-care practitioners — even those who have palliative medical training/experience, as the Death Doula/Vigiler/etc. role is significantly different from the medical palliative-care one. Most hospices require that you take their training before volunteering with them — although exceptions may be made if you have trained with another hospice society. The following related courses can prepare one for hospice volunteering or augment your hospice's available training — as well as be a foundation for alternative death-care roles.

<i>Institution</i>	<i>Program</i>	<i>Location</i>	<i>Website</i>	<i>Online/ distance</i>	<i># of courses</i>	<i>Cost (may be U.S. dollars)</i>	<i>Cert</i>	<i>Rec</i>
Canadian or Non-Canadian — entirely online programs								
Sacred Dying Foundation	Online Vigil Training — NODA (No One Dies Alone) program	San Francisco, CA	http://www.sacreddying.org/ and http://www.sacreddying.org/vigil-training-overview/vigil-training-individuals/info@SacredDying.org	Yes	10-modules	\$119 — \$35 for added credits	yes	yes
Starbridge	Death and Dying Course	Victoria, Australia	http://www.starbridge.com.au/en/death-and-dying-course.htm	yes	33 topics, but unclear if they are separate courses, or elements of one	\$275.00 per course — extra 1-to-1 tuition at \$135.00 an hour	Yes — if requested; but unclear as to how many courses are required	no
Ed2Go via Peninsula College	Certificate in End of Life Care	Port Angeles, Washington	http://www.ed2go.com/online-courses/end-of-life-care-certificate?tab=detail	yes	8 courses — 18 hours	\$230	yes	no
Ryerson University	CNUR 827 End of Life Care (only available to RNs)	Toronto, Ontario	http://ce-online.ryerson.ca/ce/calendar/default.aspx?id=5&section=course&mode=course&ccode=CNUR%20827	yes	Not stated	\$575.00	Degree Credit: Community Services Program Area	no
End of Life University	On-going lectures, but not a training program	Not stated, but probably U.S.A.	http://www.eoluniversity.com/	yes	On-going lectures	\$36.00 per year — plus free series you can register for	no	yes



Formal or longer Thanatology, 'End of Life' and/or Psycho-social Palliative-care programs

Note: some of these programs focus on the whole of the pan-death experience; others mostly on the grieving process (pre or post death). See the *extended information* version of each listing (beyond the tables) for clarification of the specific courses that each program offers.

<i>Institution</i>	<i>Program</i>	<i>Location</i>	<i>Website</i>	<i>Online/distance</i>	<i># of courses</i>	<i>Cost</i>	<i>Cert</i>	<i>Rec</i>
Canadian								
Institute of Traditional Medicine	Contemplative 'End of Life Care'	Toronto, Ontario	http://www.itmworld.org/programs/professional-development-programs (click on 'Contemplative End of Life Care')	no	6 weekends	\$1950 + HST for whole program, or \$325 +HST for each weekend	yes	yes
Centennial College	Thanatology (Death Studies) - A Practical Approach Program code 7982	Based in Toronto, Ontario	http://db2.centennialcollege.ca/ce/certdetail.php?CertificateCode=7982	yes	5 mandatory courses	\$318 per course	yes	yes
King's University College — Western University	Thanatology/ Death Education Program	Based in London, Ontario	http://www.kings.uwo.ca/academics/interdisciplinary-programs/thanatology/ For courses available, see http://www.westerncalendar.uwo.ca/2013/pg1317.html#38700	Some , but not all, courses are available online — but not stated as such	6.0 credits, from .5 and 1.0 courses for a Major in Thanatology; 4.0 credits for a minor	Not stated	yes	no
Conestoga College	Thanatology (Death and Dying) (Part-time) Program code 1287	Based in Kitchener, Ontario (main campus — other campuses in Ontario)	http://www.conestogac.on.ca/parttime/1287.jsp General info at lrcinfo@conestogac.on.ca	Yes (and locally in various Ontario campuses as well)	5 mandatory courses	Not stated	yes	no
Metropolitan Community College	Thanatology/ Grief Counselling	Vancouver and Abbotsford B.C.	http://www.metropolitancollege.ca/2010/program_thanatology.html	no	Diploma — 2 year or 40-weeks program (60 credits): Certificate — less requirements when completing another program as well	Total: \$11,200	yes	no
Life and Death Matters	Palliative care related study program	Based in Victoria, B.C.	http://www.lifeanddeathmatters.ca/	yes	13 courses available — 9? For certification	Independent study - \$199 Online with instructor — \$299	?	yes
Tyndale University College and Seminary	Death, Dying, and Grief Program	Toronto, Ontario	http://www.tyndale.ca/tsfc/certificate contact@tyndale.ca	no	6 modules	\$195 per module	Yes — 5 modules required	no
Dying Consciously Institute of Energy Medicine	four day Living and Dying Consciously: Tools and Applications Training	Based in Park City, UT — See website for various teachers across Canada	http://www.dyingconsciously.org/DC-teachers.htm — see list of Canadian teachers; and for upcoming Canadian teacher training, contact Luz@thefourwinds.com	no	8 modules over four days	Not stated	Not stated	no

Disclaimer: The programs that are listed as 'recommended' ('rec' in the tables) are those which Canadian alternative death-care practitioners have taken and found useful. CINDEA — as an organization — cannot recommend them. If you are aware of further programs or courses available — especially in Canada or online — please let us know via contact@cindea.ca. Our thanks to the organizations who gave course/curriculum specifics.

Non-Canadian								
<i>Institution</i>	<i>Program</i>	<i>Location</i>	<i>Website</i>	<i>Online/distance</i>	<i># of courses</i>	<i>Cost</i>	<i>Cert</i>	<i>Rec</i>
Upaya Institute	Being with Dying: Professional Training Program in Contemplative End-of-Life Care."	Santa Fe, New Mexico	http://www.upaya.org/bwd/programs.php	No	Not clarified — but 8-day training program	\$1,640 for members; \$1,740 for non-members.	unclear, but probably some letter/et c. of completion	yes
Spiritual Care Programme	Contemplative "End of Life" Care	Based in Van Etten, New York	http://www.spcare.org/en/ceolc/main	Yes (15-weeks of on-line learning) — but also requires in-person an additional 8-day/9-nights retreat session	6 areas of study over 15 weeks	\$3,900— plus \$855 for lodging and all meals for 9-nights residential retreat	Yes, and also Con Ed Credits	no
Metta Institute	End-of-Life Practitioner Program	Sausalito, CA	http://mettainstitute.org/EOLoverview.html info@mettainstitute.org	No	five 5-day residential training modules	\$1050 per 5-day training module	yes	no
Soul Midwifery	Distance Learning Program	Based in Britain	http://www.soulmidwives.co.uk/soul-midwives-school/training-courses/distance-learning/	Yes	9 modules	approx \$1008 (in Canadian dollars)	yes	yes
Accompanying the Dying	a Practical Guide & Awareness Training	Based in Austin, Texas	http://www.accompanyingthedying.com/	Yes	Not stated	Not stated	Yes — certification of completion	no



Singular Courses — Canadian

<i>Institution</i>	<i>Program</i>	<i>Location</i>	<i>Website</i>	<i>Online/distance</i>	<i>Cost</i>	<i>Rec</i>
Vancouver Island University	Death and Dying: Interdisciplinary Perspectives (Anth 338 & Psyc 338)	Nanaimo, B.C.	http://libguides.viu.ca/content.php?pid=360563&info@viu.ca	no	Not stated	yes
Thompson River University: School of Nursing	HEAL 3330 Death & Dying, Life & Living (not available 2014-15)	Kamloops, B.C.	http://www.tru.ca/calendar/current/HEAL3330.htm http://kamino.tru.ca/experts/home/main/bio.html?id=suross Contact Senior Lecturer Susan Ross at suross@tru.ca	no	Not stated	no
Thompson River University: School of Open Learning	GERO 4069 Death and Dying (3.0 Credits: GERO 3009 is recommended)	Kamloops, B.C.	http://www.tru.ca/distance/courses/consortium/gero4069.html	Yes , via Simeon Fraser University	Not stated	no
MacEwan University	PHIL 360 Philosophy of Death and Dying (not available in 2014-15, and may require prerequisites)	Edmonton, Alberta	http://www.macewan.ca/wcm/SchoolsFaculties/ArtsScience/Programs/BachelorofArts/Disciplines/Philosophy/MILLS55 Contact Susan Mills Assistant Professor, Philosophy at MillsS5@macewan.ca	no	Not stated	no
University of Calgary	Social Work 319. Death and Dying	Calgary, Alberta	http://fsw.ucalgary.ca/ Check with socialwk@ucalgary.ca for availability of program	Not stated	Not stated	no
University of Windsor	63-351. The Human Meaning of Death (may require prerequisites, but open to non-nursing students)	Windsor, Ontario	http://web4.uwindsor.ca/units/registrar/calendars/undergraduate/cur.nsf/982f0e5f06b5c9a285256d6e006cff78/2d8ff998f1b1d97c85257364004e0ab4!OpenDocument	no	Not stated	no

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<i>Institution</i>	<i>Program</i>	<i>Location</i>	<i>Website</i>	<i>Online/ distance</i>	<i>Cost</i>	<i>Rec</i>
Wilfrid Laurier University	RE3130C: Greif, Death and Dying	Waterloo, Ontario	http://www.wlu.ca/docsnpubs_detail.php?grp_id=329&doc_id=234 onlinelearning@wlu.ca	yes	Not stated	no
Aging in Canada	Overview of Gerontology and Course-in-Aging University programs in Canada — some of which include courses in 'Death and Dying'		http://www.agingincanada.ca/Whos_teaching_gerontology.htm (ignore the title "Alcohol and Seniors")	Not relevant — only a source of information		



Home Funeral Guide Training

See also NHFA website at <http://homefuneralalliance.org/Default.aspx?pageId=1685694> for further up-dated listings.

Note: some of the NHFA listings on the above page only offer courses to families who are expecting a death, and/or general education on alternative death-care — not training programs for Home Funeral Guide or Death Midwife practitioners.

<i>Organization</i>	<i>Program</i>	<i>Location</i>	<i>Website</i>	<i>Online/ distance</i>	<i># of courses</i>	<i>Cost</i>	<i>Cert</i>	<i>Rec</i>
<i>In Canada</i>								
Institute of Traditional Medicine	Contemplative 'End of Life Care' — only by Final Passages, as an additional workshop	Toronto, Ontario	http://www.itmworld.org/programs/professional-development-programs	no	One extra workshop	Not stated	yes	yes
Final Passages — Jerrigrace Lyons	Home Funeral Guide training, Levels I, II & III — potentially available in Canada if enough students signed up	Based in Sebastopol, CA — Canadian workshops depending on local organizing (one already done on Vancouver Island)	http://www.finalpassages.org www.finalpassages.org/html/upcomingevents.html	no	Level I and II — 2 days each: Level III — 4 days	Level I and II — \$395 for one level: \$790 for Level I and II (discount for early registration \$750) Level III — \$790	yes	yes
<i>Online</i>								
Beyond Hospice — Donna Belk	Home Funeral Guide training	Based in Austin, Texas	http://beyondhospice.com/dbelk@austin.rr.com	yes	32 modules in 5 sections	\$645	Yes	yes
<i>Non-Canadian</i>								
Sacred Crossings	Death Midwifery/Home Funeral Guide training program	Based in Los Angeles, CA	http://www.sacredcrossings.com/ http://www.sacredcrossings.com/upcomingevents.html (see bottom for full DM/HFG training program) sacredcrossings@gmail.com	no	3 3-day workshops	Cost: \$350 per weekend sessions (3 weekends in total)	Yes	yes
A Sacred Moment — Char Barrett	three-day intensive home funeral and green burial training.	Everett and Seattle, WA	http://www.asacredmoment.com/ info@ASacredMoment.com	no	Not stated	Not stated	Not stated	yes



Funeral Celebrant training programs

Note: some of the above programs listed offer instruction or training on Death Rites, various kinds of ceremonies that might be done pre-death or immediately post-death, etc. — but generally not formal funeral and/or memorial services.

Organization	Program	Location	Website	Online/ distance	# of courses	Cost	Cert	Rec
Canadian								
Certified Celebrants Association of Canada	Funeral Celebrant	Based in St. Thomas Ont	http://ccaoc.ca/certification.htm support@celebratinglife.ca	no	2-day intensive program	\$1,090.00 — Early Bird: \$890.00	yes	no
Online								
Celebrant Foundation & Institute	Civil Celebrant which includes funerals, but other ceremonies as well	Based in Montclair, NJ	www.celebrantinstitute.com contact Karen Lifshin for specifics karenlifshin@celebrantinstitute.org or information@celebrantinstitute.org for further information on Funeral Celebrant training	yes	Not stated See also http://funeralcelebrantceremonies.com/	Not stated	yes	no
Non-Canadian								
In-Sight Institute	Funeral Celebrant	Based in Oklahoma City, OK — some Canadian training programs	http://insightbooks.com/Default.aspx?tabid=89	no	3-day intensive program: Up-coming June 2014 Canadian training http://insightbooks.com/Default.aspx?tabid=130	Not stated	yes	no
Center for Inquiry	Secular Celebrant Program — including but not specific to funerals		http://www.centerforinquiry.net/education/celebrant_certification/	no	1 full-day program	Workshop Fee: \$75.00 per person (does not include meals) Certification Fee: \$49.00 per year	yes	no



CINDEA requests that you inform us of

- any further useful training/study options that you come across — particularly Canadian or online, and appropriate to alternative death-care;
- listings in this document that are no longer available;
- and/or any feedback on any of these options that you have taken, so that we update the 'rec' column of the tables.

CINDEA will continue to update this 'alternative death-care' training options document; and we appreciate your support in doing so. Please any feedback/etc. to contact@cindea.ca

(Please continue on to 'extended information and curriculum' version of the above tabled listings)

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Shorter Death Vigiling, 'End of Life' and related programs

Sacred Dying Foundation: Online Vigil Training

<http://www.sacreddying.org/>
info@SacredDying.org

detailed overview of program and videos

<http://www.sacreddying.org/vigil-training-overview/vigil-training-individuals/>

Location: San Francisco, CA

Certificate or Diploma: yes — 10 modules

Cost: yearly subscription basis — \$119 — plus \$35: Continuing Education Units – 10 hours (CE certification for nurses and behavioral science professionals)

Distance/online training: **yes** — designed to be distance/online training, with direct contact with the instructors — 10 hours if taking course online (1 contact hour per module)

Curriculum: (from the website) Vigil Training is provided on a yearly subscription basis. Comprehensive updates and additional modules will be added to the program with each renewal period.

Our Vigil Training delivers 15 years of experience in time-tested teaching modules presented for the first time in an online, on-demand format. Vigil Training by Sacred Dying Foundation will prepare you to facilitate a calm, gracious, and spiritual presence in the midst of the confusion and uncertainty that can accompany death. Our Vigil Training is a comprehensive, dynamic, interactive e-learning training product. Previously available only to institutions (and designed to work seamlessly in hospitals using the No One Dies Alone program) *now* interested *individual* healthcare professionals, hospice workers, and volunteers from any walk of life can learn in-depth about the sacred journey towards death.

- A detailed on-demand 10-module Vigil Training for volunteers and coordinators
Continuing Education Units certification from the State of California Nursing and Behavioral Science Boards for all eligible users
A members-only Facebook page, creating a supportive community among staff, volunteers, and vigilers across the country and the world
Regularly expanded content/videos and EOL resources in our online Resource Library

Module One: Introduction

Objectives: Upon completion of this module, learners will be able to:

- Describe the roles and responsibilities of a Vigil Vigiler within the larger inter-professional team.
- Compare and contrast the role of the inter-professional health care team with that of the lay vigilers.

Introductory Information

- What do I need to have done to train as a vigil volunteer?
- Definition of vigiling The basics of the vigiling philosophy
- Volunteer vigil responsibilities to the program
- Spiritual/Emotional responsibilities
- Practical responsibilities within the hospital setting
- What is a volunteer vigiler? Roles and responsibilities
- When you are there as a vigiler, not a practitioner

When you are there as a practitioner: How to interact with the vigiling team

Module Two: What is Death?

Objectives: Upon completion of this module, learners will be able to:

- Explore their own professional and personal experiences with the dying
- Use communication skills that enhance their ability to recognize the needs of the dying.
- Personal spirituality and experience with death
- Exploring personal biases/assumptions
- Learning to listen to the dying to improve assessment skills
- Exercises on coming to terms with death

Module Three: What is Vigiling? How does it function within the Hospital?

Objectives: Upon completion of this module, learners will be able to:

- Describe the roles and responsibilities of the inter-professional team member during the vigil;
- Be able to implement practicalities within the Vigiling Program
- The Vigil Program from start to finish
- Different roles and responsibilities of the inter-professional team

NODA Activation Protocol: The Flowchart

Module Four: Before Sitting Vigil

Objectives: Upon completion of this module, learners will be able to:

- Support the vigiling environment;
- Create their own skill set and tools to respond with knowledge and sensitivity to those who are actively dying.
- Before sitting vigil
- Pre-vigil connection
- Practice your “introductory” sentence
- Building your volunteer vigiler toolkit
- Discussion and exercise on toolkit building

Module Five: Sitting Vigil with the Dying Patient

Objectives: Upon completion of this module, learners will be able to:

- Establish an environment conducive to creating a sacred space for the dying person and vigiler
- Utilize different modalities to enhance the dying process.
- Preparing to sit vigil
- Creating sacred space
- Presence and sitting quietly

Engaging: Communication and ritual Music Touch Using the physical setting to support a peaceful environment

Module Six: Family Dynamics when Working with the Dying Patient

Objectives: Upon completion of this module, learners will be able to:

- Apply knowledge of family dynamics to assist the dying person and loved ones more effectively to have a peaceful and dignified death.
- Assist families and loved ones in stress or conflict in order to focus on the needs of the dying person.
- Challenging family dynamics
- Role-plays and conversations about conflicting roles of family members and loved ones.
- Conflict management Stress within families at end of life

Module Seven: Multi-Cultural and Multi-Religious and Spiritual Dynamics

Objectives: Upon completion of this module, learners will be able to:

- Enter the vigiling process with an understanding and incorporation of the cultural and religious values of the dying person.
- Vigil in a way that honors the cultural, religious, and spiritual customs and practices of the dying person.
- Understanding the role of cultural and religious traditions at the bedside
- Asking questions of the family
- Not assuming that all traditions are the same
- Being respectful.
- How to keep your own beliefs and customs private.

Module Eight: Physical Signs and Symptoms as Death Approaches

Objectives: Upon completion of this module, learners will be able to:

- Identify the physical signs of approaching death.
- Honor both the physical and spiritual transition of death.
- Process / Actions when death begins to happen
- Tools Used
- What if it's not time?
- Understanding that death is not only physical symptoms
- When a vigiler needs assistance from the nurse.

Video interview with Physician, including Q&A's from vigilers [Note: not clear how a student — who is not working within a hospital/hospice/care-facility/etc. would fulfill this requirement.]

Module Nine: Immediately After Death

Objectives: Upon completion of this module, learners will be able to:

- Participate in incorporating the religious and cultural in care for the body.
- Honor the spiritual and religious state of those participating in the vigil.
- Staying with the body after death happens.
- Cultural and religious traditions in caring for the body
- Assessing the spiritual / emotional state of family and loved ones
- Assessing the spiritual / emotional state of the vigiler and interprofessional team members.

Module Ten: Transitioning and Debriefing

Objectives: Upon completion of this module, learners will be able to:

- Implement practical strategies for self-care after a death has occurred.
- Assess the specific experience within the larger vigil program to improve the quality of the institutional program.
- Closing the experience at the hospital
- Reporting to the Vigiling Coordinator
- Emotional transition and journaling – self care
- Getting support from the online community of vigilers

METHOD OF EVALUATION WHEN REQUIRED

Online Evaluation is performed through a Question and Answer test.

If training is taken via workshops, the Vigiling Coordinator will perform evaluations.



Starbridge Centre: Death and Dying Course

<http://www.starbridge.com.au/>
<http://www.starbridge.com.au/en/death-and-dying-course.htm>

Location: Victoria, Australia

Certificate or Diploma: Yes — if requested; but unclear as to how many courses are required (the whole curriculum appears to be a single course)

Cost: \$275.00 per course (and flexible payment plan available) — extra 1-to-1 tuition at \$135.00 an hour

Distance/online training: **yes** — and also includes 2 hours of 1-on-1 face-to-face (Skype?) or in person coaching is provided with the course free of charge

Curriculum in 16 installments: (from the website) — Introduction; Near Death Experiences; Elisabeth Kubler Ross; Contemplation; Will You See Or Will You Sleep?; Exit of Life Energy from the Body; The Presence of Guides and Guidance; The Moment of Death, Light; Contemplations on the Zodiac; Christianity. Hell. Resurrection; What happens after we die, Paramahansa Yogananda; What happens after we die, Per Emhru; Contemplations on the 3 Zodiacs; What happens after we die, Tibetan Buddhism; Tibetan Buddhism 3, Sidpa Bardo; Dharma, harmony with cosmos; Parallels in modern physics; Music, the aura and the chakras; Ethics; Guidelines For Being A Helper; Helping the Dead and the Dying; Stanislav Grof: Birth Matrices & Death; Dissolution of the Elements; The Presence of Pain; Contemplation on the Planets; Between Death and A New Rebirth; Christianity. Judgement. Heaven; Christianity. Ars Moriendi; What happens after we die, Rudolf Steiner; What happens after we die, Per Emhru #2; Contemplation on the Crown Chakra; Tibetan Buddhism 2, Dharmata; Contemplations on the 9 pictures.



Ed2Go via Peninsula College: Certificate in End of Life Care

<http://www.ed2go.com/online-courses/end-of-life-care-certificate?tab=detail>

Location: Port Angeles, Washington

Certificate or Diploma: yes

Cost: \$230

Distance/online training: **yes**

Curriculum: (from the website) 8 courses — 18 hours

- End-of-Life Issues: Ethical Issues
- End-of-Life Issues: Hospice and Palliative Care
- End-of-Life Issues: Pain Assessment and Management
- End-of-Life Issues: Physiologic Changes
- End-of-Life Issues: Death, Dying, and Grief
- Cultural Considerations at the End of Life
- Pediatric End of Life Care: Compassion and Caring
- Caregiving at the End of Life: Issues and Considerations
-



Ryerson University: CNUR 827 End of Life Care (only available to RNs)

<http://ce-online.ryerson.ca/ce/calendar/default.aspx?id=5§ion=course&mode=course&cocode=CNUR%20827>

Location: Toronto, Ontario

Certificate or Diploma: Degree Credit: Community Services Program Area

Cost: \$575.00

Distance/online training: **yes**

Curriculum: (from the website)

This course will provide students with opportunities to develop depth and breadth of knowledge and skills in the nursing care of clients/patients and families at end of life. The course will examine paradigms that link traditional and non-traditional models of palliative and hospice care to the broader and deeper context of advanced illness in all developmental stages of life and living. The theoretical and research literature will be examined relating to issues such as: diversity of culture, gender, disability, spirituality, physical and psychosocial needs, rural vs. urban health care settings. Current research findings in nursing and related fields will be presented and discussed. Students will be encouraged to examine nurses' role with the interdisciplinary team. Students will be expected to demonstrate application of concepts.

Prerequisite(s): (CNUC 832 and CNUR 805 and CNUR 816) or (NSE 32B and NSE 31B and CNSE 407 and NSE 306)

Corequisite(s): NSE 418 or CNCL 800

Duration: 39 Hours

Note: In order to take this course, you must be a Regulated Registered Nurse (RN) and have a registration/licensure with a College of Nurses in a Canadian province or territory.



Formal or longer Thanatology, 'End of Life' or Psycho-social Palliative Care programs

Institute of Traditional Medicine: Contemplative 'End of Life Care'

<http://www.itmworld.org/programs/professional-development-programs> (click on 'Contemplative End of Life Care')

Location: Toronto, Ontario

Certificate or Diploma: as CEOLC (Contemplative End Of Life Care) Facilitator — 6 weekends program, usually starting in April (one training program per year or every second year)

Cost: \$1950 + HST for whole program, or \$325 +HST for each weekend — 2 Scholarships are available; one of them is only available to individuals who are of Canadian Aboriginal Descent

Distance/online training: no

Curriculum: (from the website)

Contemplative End of Life Care

The vision of the Contemplative End of Life Care training is to make dying a process that holds the potential for profound meaning and transformation for both the dying, and the communities supporting them. We have introduced the term 'thanadoula' to describe the art of serving the dying and the dead. Thanatos (in Greek, Τάνατος – "Death") was the personification of death in Greek mythology and doula is a servant.

ITM's Contemplative End-of-Life Care Program was developed as part of a larger effort to improve end-of-life care in Canada and beyond (Thanadoula Education Project). Over the years, this initiative has brought remarkable teachers and teachings to our institute, (Traditional Chinese Medicine, First Nations, Tibetan Buddhist, Hindu, Psychotherapists, Physicians, and others) representing diverse perspectives and insights into care of the dying. We are committed to our role as a leader in a revolutionary development of human awareness, which is transforming how we live, die and relate to others.

Although many individuals and communities value the quality of care given to the dying, few have the knowledge, skills and support to provide effective end-of-life care. The Contemplative End-of-Life Care Program addresses this need, and provides the training necessary to develop a resourceful and skilled community that can care for the dying and bereaved, while expanding spiritually and culturally appropriate resources, available to everyone.

Recognizing the crucial role that family caregivers play in end-of-life care in our society, we have developed accessible training opportunities to support their efforts in providing for their loved ones. The 'contemplative' dimension indicates a focus on the process of dying as a community endeavour, wherein family, friends and colleagues are called upon to contribute their best qualities and efforts to support the dying and one another.

Presenters may include Russell Hilliard (National Director of Supportive Care, Research, and Ethics of Seasons Hospice & Palliative Care based out of Chicago and the Founder of the Center for Music Therapy in End of Life Care), Sameet Kumar (Author of Grieving Mindfully), Jerrigrace Lyons (Founder of Final Passages), Henry Fersko-Weiss (Founder of the first End of Life Care training program and Vigil Training), and Dean Walters (Nurse Practitioner & creator of the 'Ingredients of Dying').

(con't)

Areas of Study & Practice

The following topics will be covered through theoretical and practical components.

- Bio-psycho-social-spiritual aspects of dying & care of the dying
- Historical & Philosophical Context to End-of-Life Care
- Cultural Perspectives on Dying & Death
- Spiritual Foundations to End-of-Life Care
- Care of the community, Self-care
- Origins of Grief & Bereavement, Resources
- Mindfulness Meditation as an Intervention at the End-of-Life
- Developing Effective Communication, Listening & Counselling Skills, Heart-Centeredness & Discernment
- Legal issues & Ethical considerations
- Hospice and palliative care resources
- Rituals, Alternative Funeral Ceremonies
- Complicated & Anticipatory Grief
- The death of Children and approaches to this loss
- Medical Systems, Terminology & Practices
- Recognizing and addressing spiritual symptoms
- The Nature of Suffering
- Creating Care plans for the end-of-life
- Outer & Inner stages and signs of the dying process
- Death-like Experiences (Alzheimer's)
- Pain and symptom management
- End-of-Life Choices; Euthanasia
- Medical, Non-Medical and Interdisciplinary Interventions
- Informed end-of-life decision making
- Final Passages (practical Home Funeral Guide training)



Centennial College: Thanatology (Death Studies) — A Practical Approach 7982

<http://db2.centennialcollege.ca/ce/certdetail.php?CertificateCode=7982>
distancelearning@centennialcollege.ca

Location: Toronto, Ontario

Certificate or Diploma: yes — 5 mandatory courses

Cost: \$318 per course — each course has a specific spring or winter start/finish date, and must be completed within a 3-month period

Distance/online training: **yes**

(con't)

Curriculum: (from the website)

Mandatory Courses

Course Code: CETH-101

Course Name: ***Introduction to Thanatology***

Category: Distance Learning

Description: This course introduces you to thanatology; the study of death and dying. You will develop an understanding of the broad, interdisciplinary nature of thanatology and will explore personal attitudes and experiences of death. Current issues and topics in thanatology such as near death experiences, death in the arts and media and the business of the funeral industry will also be explored.

Course Code: CETH-102

Course Name: ***Religious Beliefs/Traditions and Customs of Death***

Category: Distance Learning

Description: This course will explore attitudes towards death and the death rituals and ceremonies of world religious traditions including Hinduism, Judaism, Christianity, Islam and Buddhism. You will also explore the religious attitudes and beliefs concerning immortality and life after death.

Course Code: CETH-103

Course Name: ***Mourning, Grief and Bereavement Reactions and Responses to Death***

Category: Distance Learning

Description: This course examines reactions and responses to death from a variety of perspectives. You will compare anticipated responses to death as determined by an individual's relationship to the deceased. Other factors influencing the grief response such as age, gender and manner of death are also considered.

Course Code: CETH-104

Course Name: ***Coping with Death — Counselling/Support Groups and Alternate Therapies***

Category: Distance Learning

Description: This course introduces various coping strategies for individuals experiencing grief and loss. You will examine the mourning process; survey different counselling theories and approaches, and identify groups and organizations dedicated to grief and bereavement issues. In addition, emerging trends such as art therapy, journalling and online communities are presented.

Course Code: CETH-105

Course Name: ***Learning From Death and Dying***

Category: Distance Learning

Description: In this capstone course, you will integrate learning from other courses in the program to develop an understanding of the role of death and dying, grief and bereavement in modern society. Inspirational readings and personal narratives offer practical insight and powerful life lessons that will assist students of thanatology in providing support to individuals facing or coping with death.

Additional relevant courses available through distance/online learning

Psychology

World Religions

Wills and Estate planning

Legal & Ethical Issues Around Aging

Creative And Critical Thinking



King's University College: Thanatology/ Death Education Program
<http://www.kings.uwo.ca/academics/interdisciplinary-programs/thanatology/>
curriculum at <http://www.westerncalendar.uwo.ca/2013/pg1317.html#38700>
519-433-3491 for more information

Location: Based in London, Ontario

Certificate or Diploma: yes — 5 mandatory courses

Cost: Not stated

Distance/online training: **no** for the main program, but **yes** for at least two of the courses

There is no indication on the King's college website that any of the Thanatology courses are available online. However, we have had confirmation from one of the professors that the following two courses (at least) are available through distance learning. Distance Studies are available with a letter of permission from their home university.

- Spiritual and Philosophical Issues at the End of Life
- Ethical Issues at the End of Life

Curriculum: (from the website)

MAJOR IN THANATOLOGY

Admission Requirements

Completion of first-year requirements with a minimum average of 60% in 3.0 principal courses.

Module

6.0 courses:

3.0 courses: Thanatology 2200, 2230A/B, 2231A/B, 3355A/B, 3322A/B.

3.0 courses from: Thanatology 2232A/B, 2233A/B, 2234A/B, 2235A/B, 2293A/B-2295A/B, 2296F/G-2298F/G, 2291F/G-2292F/G, 3320A/B, 3321A/B (Psychology 3371F/G or the former 3370E may be substituted), Thanatology 3323A/B, 3360A/B, 3393A/B-3395A/B, 3396F/G-3398F/G, 4496F/G-4498F/G; Philosophy 2715F/G; Sociology 2245, 3304F/G.

Course Offerings

2200 - Survey of Thanatology.

An interdisciplinary overview of major themes and attitudes regarding death and dying in North America. Topics include the Death System, cultural, spiritual and ethical issues, ageism, funerals, palliative care, specific populations, popular culture and the arts as they relate to death and philosophical questions that surround death and meaning.

Prerequisites	None
Antirequisites	the former Thanatology 101 and the former Humanities 101E.
Lecture Hours	3 Hours
Credit Weight:	1.0

(con't)

Disclaimer: The programs that are listed as 'recommended' ('rec' in the tables) are those which Canadian alternative death-care practitioners have taken and found useful. CINDEA — as an organization — cannot recommend them. If you are aware of further programs or courses available — especially in Canada or online — please let us know via contact@cindea.ca Our thanks to the organizations who gave course/curriculum specifics.

230A/B - Principles of Palliative Care.

Interdisciplinary overview of palliative care philosophy and its implementation. Topics include response to terminal/chronic illness, distinction between palliative care and traditional medical models, pain and symptom control, the team approach, site of care, communication issues, and psychological and spiritual needs of dying patients and their families.

Prerequisites	None
Antirequisites	The former Thanatology 103A/B.
Lecture Hours	3 Hours
Credit Weight:	0.5

2231A/B - Bereavement and Grief: Overview and Interventions.

A study of bereavement and grief, with a review of topics such as attachment theory, the normal course of grief, current research and trends in bereavement theory and interventions, factors influencing the grief response and specific types of loss and specific populations and grief.

Prerequisites	None
Antirequisites	The former Thanatology 105A/B. None
Lecture Hours	3 Hours
Credit Weight:	0.5

2232A/B - Children and Death: Theory and Interventions.

An examination of children's understanding of death, the dying child, children and funerals, specific ages and interventions for the grieving child, the family system and death and trauma in children.

Prerequisites	None
Antirequisites	The former Thanatology 107A/B.
Lecture Hours	3 Hours
Credit Weight:	0.5

2233A/B - Suicide: Theory and Interventions.

A study of suicide with emphasis on North American culture. Topics will include the epidemiology of suicide and current research on suicide, suicide across the life span, theories about suicide, suicide prevention, intervention and grief after a suicide.

Prerequisites	None
Antirequisites	The former Thanatology 109A/B.
Lecture Hours	3 Hours
Credit Weight:	0.5

2234A/B - Change, Transition and Loss.

Exploration of adjustment to change, transition, and loss from the perspective of bereavement theory and research. Concepts relevant to losses which are not associated with death, but which are associated with grief and adjustment issues, such as aging, chronic illness, adoption, relationship dissolution, and immigration will be explored.

Prerequisites	None
Antirequisites	None
Lecture Hours	3 Hours
Credit Weight:	0.5

2235A/B - Popular Culture and Death.

Exploration of how portrayals of social norms for death, dying and bereavement are presented in popular culture and how these portrayals reflect and affect social policy, social norms, and contemporary thinking about death-related issues. Death-related themes will be examined in film media, contemporary writing, television and mass-media markets, music, art, and the internet.

Prerequisites	None
Antirequisites	None
Lecture Hours	3 Hours
Credit Weight:	0.5

3320A/B - Spiritual and Philosophical Issues in Death, Dying and Bereavement. (may be available online)

Overview of various philosophical, spiritual, and religious understandings of death. Topics will include the search for meaning, philosophical and existential understandings of death, socialization and culture in value formation, suffering, hope and transcendence as they apply to death, dying and bereavement.

Prerequisites	None
Antirequisites	The former Thanatology 111A/B.
Lecture Hours	3 Hours
Credit Weight:	0.5

3321A/B - Grief Counselling and Support.

Designed to integrate current research in bereavement with appropriate counselling interventions for various types of losses and with various populations. Topics include an overview of various counselling theories, review of bereavement theories and research, interventions with grieving families, complicated and traumatic grief and self-care for professional caregivers.

Prerequisites	None	
Antirequisites	The former Thanatology 150A/B.	
Lecture Hours	3 Hours	Credit Weight: 0.5

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3322A/B - Diversity and Social Justice in Thanatology.

Exploration of how access to resources, oppression, economic factors, culture, and ethnicity affects aspects of death, dying, and grief. Students will be encouraged to evaluate social influences, explore various aspects of cultural competence, and develop an appreciation of diversity in the context of Thanatology-related themes.

Prerequisites	None	
Antirequisites	None	
Lecture Hours	3 Hours	Credit Weight: 0.5

3323A/B - Grief and Trauma.

An exploration of the intersection between grief, loss, and trauma in a variety of contexts. Theories of grief and trauma intervention will be applied to the role of first responders, death notification, traumatic response teams, unique features of sudden loss, and implications for treatment of survivors in various populations, as well as professional caregiver issues.

Prerequisites	None	
Antirequisites	None	
Lecture Hours	3 Hours	Credit Weight: 0.5

3355A/B - Ethical Issues in Death, Dying and Bereavement. (may be available online)

Overview of ethical issues pertinent to end of life and bereavement aftercare. Exploration of various theoretical frameworks and specific relevant topics such as euthanasia, assisted suicide, informed choice and decision-making capacity, patient rights, research ethics, medical futility, resource allocation, and quality of life issues.

Prerequisites	None	
Antirequisites	None	
Lecture Hours	3 Hours	Credit Weight: 0.5

3360A/B - Practicum in Thanatology.

Students will be exposed to various care providers in the community that work with individuals and families facing death and experiencing grief after a loss. Focus will be on integration of theoretical knowledge with clinical application. Students with a clinical focus and background will be given priority.

Prerequisites	Thanatology 2200, 2230A/B, 2231A/B and permission of the coordinator.	
Antirequisites	The former Thanatology 160A/B.	
Lecture Hours	0 Hours	
Lab Hours	0 Hours	Credit Weight: 0.5

Note: Class meets for 8 hours each Monday for the first seven weeks of term. Practicum is 45 additional hours in placement setting.



Conestoga College: Thanatology (Death and Dying) (Part-time program)

<http://www.conestogac.on.ca/parttime/1287.jsp>

General info at lrcinfo@conestogac.on.ca

Location: Kitchener, Ontario

Certificate or Diploma: Certificate — All courses must be completed within 3 years of acceptance into the program.
Program Code: 1287

Cost: no information given for whole program or individual courses

Distance/online training: **Yes**

Curriculum: (from the website)

About the Program

The certificate in Thanatology aims to promote awareness and understanding of death and how it affects individuals. Courses in the program focus on grief and bereavement issues, communication strategies and religious philosophies of dying and death from the perspective of both the dying and the bereaved. Graduates of this unique program will have the skills and experience to better understand, support and care for those facing or coping with death.

The program is ideal for individuals who work with the terminally ill or their families and for those who provide support or assistance to those affected by death including police officers, teachers, paramedics, social workers and employees in hospitals, hospices and long term care facilities. These courses would also help family, friends and caregivers of the dying or deceased cope with and manage death.

Note: Students should refer to www.conestogac.on.ca/dl/ontariolearn for an up-to-date listing of courses.

HEAL1500 ***Introduction to Thanatology*** Description: In this course students will be introduced to thanatology; the study of death and dying. Students will develop an understanding of the broad, interdisciplinary nature of thanatology and will explore personal attitudes and experiences of death. Current issues and topics in thanatology such as near death experiences, portrayal of death in the arts and media and the business of the funeral industry will also be explored.
Hours: 36 Credits: 3: Available: as distance/online learning

HEAL1510 ***Religious Beliefs, Traditions and Customs of Death*** Description: Students will explore attitudes towards death and the death rituals and ceremonies of world religious traditions including Hinduism, Judaism, Christianity, Islam and Buddhism. Students will also explore the religious attitudes and beliefs concerning immortality and life after death.
Hours: 36 Credits: 3 Available: as distance/online learning

HEAL1520 ***Mourning, Grief and Bereavement: Reactions and Responses to Death***
Description: Reactions and responses to death from a variety of perspectives will be examined in this course. Students compare anticipated responses to death as determined by an individual's relationship to the deceased. Other factors influencing the grief response such as age, gender and manner of death are also considered.
Hours: 36 Credits: 3 Available: as distance/online learning

HEAL1530 ***Coping with Death: Counselling, Support Groups and Alternative Therapies***
Description: Various coping strategies for individuals experiencing grief and loss will be introduced in this course. Students examine the mourning process; they survey different counselling theories and approaches and identify groups and organizations dedicated to grief and bereavement issues. In addition, emerging trends such as art therapy, journaling and online communities are presented.
Hours: 36 Credits: 3 Available: as distance/online learning

HEAL1540 ***Learning from Death and Dying*** Description: In this capstone course, students integrate learning from other courses in the program to develop an understanding of the role of death and dying, grief and bereavement in modern society. Inspirational readings and personal narratives offer practical insight and powerful life lessons that will assist students of thanatology in providing support to individuals facing or coping with death.
Hours: 36 Credits: 3 Available: as distance/online learning

No apparent related courses outside of this program.



Metropolitan Community College: Thanatology/Grief Counselling
http://www.metropolitancollege.ca/2010/program_thanatology.html
for more information, <http://www.metropolitancollege.ca/2010/enquire.html>

Location: Vancouver and Abbotsford B.C.

Certificate or Diploma: Diploma — 2 year or 40-weeks program (60 credits): Certificate — less requirements when completing another program as well

Cost: diploma — \$2,800.00 per semester (4 semesters for diploma) Total: \$11,200

Distance/online training: no

Curriculum: (from the website)

Program Overview

Thanatology (also known as grief or compassionate counselling) is the scientific study of how to cope with tragedies, death and dying, and associated practices. These practices include counselling of and/or care-giving to individuals and families in circumstances of tragedy such as death and dying, grief, post-traumatic disorder, health disorder of all sorts, just to mention a few. The word science is used in the study of thanatology because it is the investigation of real-life experiences of tragedy, death, dying, bereavement and grief. Simply for this reason, the program is inter-disciplinary, and draws on law, social work, health care, psychology, etc. A person who completes the course requirements of this program, including the practicum component, receives a diploma in thanatology. Further, the program has been designed to allow for a certain flexibility in the admission of those with diverse backgrounds in the healthcare field. So, if you are a licensed healthcare practitioner (e.g. nurse, LPN, etc), or a behavioural health specialist (e.g. physiotherapist, practising clinician, etc) you will find that the program is complementary to your current practice. As long as you have a great interest in helping others to help themselves in moments of grief or troubled situations, the program will surely prepare you for a rewarding and exciting career as a professional in grief counselling and thanatology.

The program offers the opportunity for both full and part-time studies as well as short certificate qualifications. You may choose to study for the full diploma in Thanatology. You may also choose to stop at the certificate level and specialize in one of three areas. They are: a) Social Service Worker, b) Substance Abuse Counselling, and c) Community Support Worker. Each certificate qualification transfers to the diploma in Thanatology or Counselling and Life Skills (see Course Descriptions).

Program Objectives

The objective of the Thanatology program is to assess a candidate's competence in providing a range of support, counselling and care-giving services to those who are in palliative care and/or experiencing traumatic disorder caused by certain misadventures of life. On successfully completing the program, students should be able to demonstrate:

- An understanding of key grief, death and dying counselling concepts immediately before and after birth
- Application of skills to real life experience of patients
- Knowledge of providing support for the terminally ill, the bereaved and the grieving
- An understanding of relevant legal and ethical issues
- An ability to enhance their own awareness of death, dying and the grieving process
- An understanding of the resources to support the dying of and the grieving by all ages
- An ability to develop creative and useful skills in providing perinatal (the end of life), and bereavement and loss counselling.
- An understanding of cultural, social and personal aspects of grief, death and dying
- An ability to think and work independently
- An ability to find and sustain employment through the exercise of professional judgement, and strong interpersonal skills at all times

Entry Requirements

- Grade 12 or its equivalent
- May require specific grade 12 subjects (namely Maths and English)
- Candidates must have a good command of the English Language (both orally and in writing)
- Those for whom English is not the first language are required to submit a TOELF score or other acceptable English language test score
- Candidates with low scores in the English language tests will be registered to take the English language remedial course
- Interview and placement assessment

Note: In addition to the above entry requirements, applicants may be required to submit a portfolio of their experience. This may include a curriculum vitae, two letters of reference, and a brief essay (not to exceed 500 words) on why they choose to enter the program. Before field placement, all candidates will be required to sign an Oath of Confidentiality at the College in favour of the host sites.

Program Duration

The Thanatology/Grief Counselling program ordinarily is a **two-year** program of study (by **regular entry route**). It also offers the option to complete the course requirements in a shorter period of 40 weeks (by **accelerated entry route**). Regardless of a candidate's preferred entry route, in order to graduate, **60** credit hours **must** be completed.

Instructional Methods

Lectures are in-class and instructor-led. The quality of instruction is exemplified by the very high academic standard of the program, including the use of case studies, guest speakers, class presentations, field trips and simulation sessions.

Why you should Study Thanatology?

The need for the kind of support, counselling and/or care provided by thanatologists is on the rise. To date, thanatology is not a widely investigated field of study in Canada. Because of this, it presents a great opportunity for a rewarding career. Although several reasons may account for this opportunity, for present purposes, two are notable. The first deals with the growing needs of those requiring assisted-living in care homes, palliative centres, hospices and long-term hospital rehabilitation wards. The second concerns the gradual shift from the use of prescription drugs in the treatment of health disorders to therapeutic counselling.

Broad Application of Skills

Thanatologists do not provide medical care. Instead they assist individuals and families who are suffering a tragedy or a loss by providing such services as grief support and/or counselling. One aim of this program is to develop professional support and/or counselling skills in students. In broad terms, the skills and knowledge gained as a thanatologist can be used for a) the enhancement of pastoral work in grief counselling, b) critical incident debriefing in schools and armed forces, c) perinatal counselling, and d) dealing with emotions and pain resulting from the loss of a loved one or from tragic circumstances.

Career Prospects

Employment opportunities for a thanatologist (otherwise known as a grief counsellor/worker, bereavement counsellor/worker, or compassionate care counsellor/worker) can be found in a variety of settings. These include: hospitals, community health care centres, private care homes, funeral homes, churches, armed forces, correctional facilities, schools, assisted living units, etc.

Health Requirements and Person Specifications

Applicants are strongly advised to complete the following immunization procedures: measles, hepatitis B vaccine, mumps, polio, diphtheria, rubella, tetanus and current influenza vaccination. This program is very responsive to accommodating student applicants with human service employment experience. Recommended characteristics for candidates wishing to enroll in the program include: patience, conscientiousness, respect for self and others, good communication and interpersonal skills, cultural sensitivity, and good listening skills.

Concentration

All Thanatology/Grief Counselling students, on successfully completing prescribed course requirements, receive a diploma award in thanatology. Optional certificate awards may be obtained in Substance Abuse Counselling, Social Service Worker and Community Support Worker programs.

Qualifications Awarded

Depending on your choice of major and minor, a diploma or certificate may be awarded following the successful completion of all prescribed course requirements.

Program Course Content

The courses are structured, integrated and cumulative. To graduate, a student must complete sixty (60) hours of credit in required courses over four semesters, approximating two years. Graduation from the Diploma program also requires a minimum of 2.0 cumulative grade point average (CGPA). The field placement course is optional for graduation.

Requirements for a Diploma in Thanatology / Grief Counselling

In order to be awarded a Diploma in Thanatology, a student must complete **60 credits**, including:

1. **Twelve credits from the following:**

- ENG101 English (3)
- Interpersonal Communication Skills (3)
- Introduction to Psychology (3)
- Report Writing (3)

Total Credits = **12**

2. **Thanatology Core**

The Core requirement consists of 30 credits earned from:

- Introduction to Thanatology (3)
- Introduction to Social Services (3)
- Thanatology and Society (3)
- Human Development (3)
- Individual and Family counselling (3)
- Group Counselling Skills (3)
- Cross Cultural Counselling (3)
- Communication for Human Services (3)
- Theoretical Perspectives on Counselling & Life Skills (3)
- Bereavement and Grief (3)

Total Credits = **30**

3. **Specific Skills Courses**

All students are required to complete 18 credits from specific skills courses, namely:

- Issues in Mental Health (3)
- Assessment for Planning (3)
- Law and Social Services (3)
- Clinical Practicum II (6)
- Career Development Strategies (3)

Total Credits = **18**

Total Graduation Credit = 60

Progression

Students must maintain a minimum grade point average of 2.0 in each semester in order to progress in the course. A grade of C or better is required to pass any course, and a cumulative grade point average (CGPA) of 2.0 or better is required to qualify for graduation.

Certificate or Diplomas

After successfully completing all the prescribed course requirements for the program, students will be awarded a Metropolitan Community College diploma. Those who take the Certificate courses will receive certificates accordingly.

Course Transfer

Courses may transfer, on an individual basis, to other institutions of higher education. A student wishing to transfer to another institution is advised to contact the receiving institution for its transfer policy. Certificate courses transfer to the Diploma in Thanatology.

Student Success and Person Specification

- Students with high academic standings at the secondary and post-secondary school levels usually experience greater success at Metropolitan Community College. The same success applies to those who are not only strongly committed to work after graduation, but also desirous of pursuing further studies.
- Students enrolled in this program will need to be proficient in the use of Internet for completing assignments and conducting library research.
- Greater success in this program will also be achieved by completing all assigned projects, attending all lectures, participating actively in class discussions, and meeting all prescribed requirements for graduation.
- Person specification includes, maturity, aptitude to be successful, strong interpersonal skills, flexible, enthusiastic, trustworthy, reliable, team-oriented, patience and perseverance.

Tuition Fees for Domestic Students (Subject to Change Without Notice)

- Tuition fee for the Thanatology program is \$2,800.00 per semester.
- Students are responsible for all costs associated with the program

Tuition Fees for International Students (Subject to Change Without Notice)

- Tuition fee for the Thanatology program is \$3,750.00 per semester.
- Students are responsible for all costs associated with the program

Employment Opportunities

As a Thanatology/Grief Counselling graduate, you will possess strong inter-personal, critical thinking, writing, presentational and conceptual skills. These are essential skills for success both in the workforce and for further academic pursuit, should you wish to advance your studies to a degree level.

As a graduate, you will possess strong inter-personal, critical thinking, writing, presentational and conceptual skills. These are essential skills for success both in the workforce and for further academic pursuit, should you wish to advance your studies to a degree level. Support is available for finding employment.

Accreditation

The College is accredited by the Education Commission of British Columbia.

Note: Medical Insurance fee for International Students

Metropolitan Community College requires all international students to have a medical insurance cover. This is compulsory, and international students must provide proof of valid coverage before registration. You may purchase private medical insurance through Metropolitan Community College, on arrival, for \$40.00 per month. On completing 3 months of stay, you may be eligible to purchase the Province of British Columbia Health cover from the BC Medical Services plan for \$54.00 per month.



Life and Death Matters: Palliative-care/Psycho-social side of dying study program

<http://www.lifeanddeathmatters.ca/>

Location: Victoria, B.C.

Certificate or Diploma: unstated (but earlier was available with a required 9 courses)

Cost: \$199 for independent study course: \$299 for instructor-led online course

Distance/online training: **yes** — on demand (when 12 or more students are on the waiting list for any particular course) or one independent study course

Curriculum: (from the website)

Independent Study Courses (\$199 each)

Symptom Management - "It's not being dead but the dying I fear"

Enhance your capacity to provide care for the dying with this course on symptom management. All caregivers, professional and family, can benefit by understanding the "essentials" of symptom assessment, management and comfort measures. Knowing what to expect and how to provide comfort for the dying can empower caregivers with ways to provide the best in hospice palliative care.

Learning Objectives — At the end of this course, learners will be able to:

- Identify common symptoms experienced by the dying.
- Identify standardized assessment tools used in hospice palliative care.
- Recognize the CHPCA Square of Care and Process of Providing Care and identify three components that resonate with *your* practice.
- Follow the Palliative Performance Rating Scale
- Summarize ten common principles of symptom management through the use of medications.
- Explain common myths and fears of using opioids, and identify three things you can do in your practice when patients/families express concern about the use of opioids.
- Identify the sensation of dyspnea from their own experience and identify comfort measures that will help support the individual struggling to breathe.
- Collect a list of items for a "Comfort Basket," that you can use to provide comfort care.
- Summarize five strategies from this course to use in your practice.

Predeath 101 - Last Days and Hours

In the same manner that prenatal classes help prepare women for birthing, information on the last days and hours can help patients and caregivers anticipate and participate in the last days and hours. We will identify common physical changes, examine psychosocial implications, and develop strategies to support patient and family comfort throughout this process.

Learning Outcomes — At the end of this course, learners will be able to:

1. Understand and discuss with colleagues or "family members" (in real or role play situations):
2. Physical changes that may occur in last days and hours
3. Comfort measures to facilitate a comfortable death
4. Psychosocial implications (for family members) of physical changes experienced by the dying person
5. The importance of food in family and in cultural context
6. Ways family can nourish and support an individual when the body is less able to tolerate food and fluids
7. Components of delirium and changes in mentation that may occur as death nears
8. "Near death awareness" and "symbolic communication" that may occur prior to death
9. Guidelines for working with families when "final gifts" occur.

Course Texts : Final Gifts, by Maggie Callanan and Patricia Kelley, Bantam Books.

Supplementary: Essentials in Hospice Palliative Care, 2nd Edition, Katherine Murray. Available for [ordering online](#)

Online Courses With Instructors (\$299 each)

These online courses with Instructors provide small group instruction in hospice palliative care in a supportive learning environment. Suitable for health care workers, nurses, volunteers at hospice, counselors and clergy, the courses provide the fundamentals for individuals providing care for the dying.

Each course is available on-demand, for groups of 12 or more. Contact us to arrange one of these classes for your group.

Death and Dying in the 21st Century

Examine how "death and dying in the 21st century" will be different from any other time in history and evaluate the implications of the differences for caregivers. Discuss how the Baby Boomers may address "end of life questions," the evolving use of the terms hospice and palliative care, and begin to reflect on personal experiences with death and dying.

At the end of this course, learners will be able to:

1. Describe the changing nature of death in the western world (or their particular country) and summarize the impact of these changes on the health care system.
2. Discuss the role of the Baby Boomers in shaping culture and their potential impact on how Canadians will die, care for the body and memorialize their dead.
3. Describe how hospice palliative care programs are responding to the changing needs of the dying, including those dying with non-cancer diagnoses.
4. Identify the need for advance care plans, describe options for individuals creating plans and be able to direct people to resources to assist individuals with creating advance care plans.
5. Understand new trends in care of the dying and the dead, e.g. death midwives, home funerals and green burials, and be able to summarize the potential impact of these trends on the way we support the dying and the bereaved in the coming decades.

Psychosocial Needs of the Dying

Learn about the psychosocial needs of the dying and their families, and identify the values and principles that support good psychosocial care. We will define spiritual care and begin to explore the nature of suffering.

At the end of this course, learners will be able to:

- Identify the psychosocial issues and needs of dying patients and their families.
- Discuss elements of effective psychosocial care.
- Identify interventions that support dying patients and their families.
- Identify needs and preferences in anticipating LEARNERS own death.

Theories of Grief and Loss - Beyond Kubler-Ross

Examine evolving definitions and theories of grief and bereavement, going beyond the classic theory of "stages" presented by Kubler Ross. Through analysis of personal and/or professional experience and existing theory, test several classic theories and develop a personal concept of loss and grief. Learners will explore different styles of grieving, internal and external modifiers of grief, and how we can best support an individuals' unique experience with grief. Develop your understanding of the elements common to disenfranchised grief and establish strategies for supporting individuals. Opportunities to dialogue will bring the material to life and will illustrate a range of lived experience of grief and bereavement.

At the end of this course, learners will be able to:

- Differentiate and discuss definitions and theories of grief and bereavement as well as different bereavement styles.
- Identify common elements that affect the experience of bereavement.
- Discuss bereavement theory to understand the experience of loss and to support others to grieve.
- Discuss common elements of disenfranchised grief.
- Document bereavement service providers in your community.
- Develop a new bereavement theory based on current theories and personal/professional experiences.

Creative Communication: New Ways to Find Words to Express Loss and Grief Instructor: Jennifer Wortham
Many people find it difficult or even impossible to express grief or to talk about the effects of losses on their lives. In my practice I have realized that to reach a point where talking about feelings becomes therapeutic sometimes requires a different point of access.

This course is designed to teach new skills for assisting patients, family and caregivers to communicate thoughts and feelings about loss and grief by easing their struggle to find words.

After engaging in each creative non-verbal activity, learners will then come together in forums to discuss what they have learned about a loss they have experienced. This **teaching the teacher** (training the trainer) will enable them to build a toolbox of strategies for assisting patients and family to communicate about loss and grief.

At the end of this course, learners will be able to:

- Describe creatively and with words, the influences of a loss on their life.
- Explain strategies for assisting individuals experiencing loss and grief.
- Create a toolkit of resources to assist patients and family to communicate when experiencing loss and grief

Palliative Sedation Therapy "PST Can we talk about it?" Instructor: Susan Breiddal and Dr Peter Kirk
Palliative sedation is of great interest to people working in palliative care and to the general public. In fact, in 2007 one search engine alone produced 44 pages of abstracts on palliative sedation. This course fosters greater understanding of what palliative sedation is, and what it isn't. Learners participate in open forums where ideas, values, and feelings about palliative sedation therapy are discussed with each other and with a palliative care physician and counsellor.

At the end of this course, learners will be able to:

- Define "Palliative Sedation Therapy" & clearly distinguish how it differs from Physician Assisted Suicide & Euthanasia.
- Identify the tension points that arise for families, patients and palliative care caregivers when palliative sedation therapy is offered, administered and/or withheld.
- Explain and discuss values and ethical principles involved in setting guidelines and protocols for palliative sedation.
- Recognize how Palliative Sedation Therapy may affect professional caregivers and family experiences.

Music Care: Caring for the Dying with Music Instructor: Bev Foster (Room 217 Foundation)
Music's healing capabilities may be most potent at the end of life. This video from the Music Care Conference 2012 shows that "music is louder than words"
People were inspired and motivated after the conference to apply their new learning about caring with music. For those who could not attend the workshops and conference, you can enrol in this online course "Music Care: Caring for the dying with music" to learn skills for using music in health care to soothe, heal and to transform experiences. Participants will learn how to use music in caregiving and develop strategies for introducing and using music with the dying.

At the end of this course, learners will be able to:

- Identify the benefits of using music when providing care.
- Discuss strategies for determining music care needs of individuals.
- Identify and discuss five situations where music may be introduced in the care of the dying.
- Develop a music care resource kit for use by themselves and other caregivers in their location.

The Value of Maintaining Therapeutic Boundaries

When we cross therapeutic boundaries with patients/families we risk losing our balance and our professional perspective. We will explore the 'family dance', learn how to know when you have crossed onto someone else's 'dance floor', discuss the heaven and hell of team, and identify strategies to become better at maintaining therapeutic boundaries.

At the end of this course, learners will be able to:

- Identify and distinguish differences between the roles of family and formal caregivers.
- Explain the meaning of "The Family Dance" in terms of therapeutic boundaries.
- Demonstrate understanding of the negative effects of crossing therapeutic boundaries on caregivers, patients and family.
- Develop strategies for maintaining therapeutic boundaries, based on the knowledge of "The Dance."
- Explain the dynamics of working in a team and describe the impact of working with a caregiver that has "become like family."

Communication: "I don't know what to say"

"I don't know what to say" is very common for most of our society, not only because of being a "death denying" society but also we are a society that is very uncomfortable with "silence", we seem to always have to fill silences with noise. Learn ways to communicate with the dying and their family by developing skills in compassionate caregiving and non-violent communication, as well as appreciating the meaning of helplessness and self-empathy.

At the end of this course learners will be able to:

- Articulate their own needs, values, motivations and skills.
- Demonstrate how to be mindful and stay true to their own inner aspects.
- Demonstrate how to honour their own needs while communicating authentically with others in distress.
- Demonstrate how to "know what to say."

Trauma, Loss and Grief: Using Simple Right Brain Approaches to Support Healing Instructor: Catherine Traer Martinez

New developments and understanding of the neurobiology of trauma are changing the way we support healing. Learn about 'emotional circuitry' and the concept of emotional self-regulation to understand reactions to trauma and loss. Explore simple and effective, 'right brain' somatic approaches to resolve distress and grief in gentle, effective ways.

At the end of this course learners will be able to:

- Describe the basic anatomy and functions of the brain in managing trauma, loss and grief, as well as managing the impact of chronic stress.
- Summarize the functions of the Autonomic Nervous System in terms of the Distress Response and the Relaxation Response.
- Understand, describe and experience the concept of Emotional Self-Regulation and the difference between left brain and right brain "knowing".
- Develop awareness, and track the "felt sense" in your body and notice how it changes from moment to moment in the process of moving from distress to settling or calming.
- Recognize shock and grief somatically (through the "felt sense") and understand how to track somatic changes to ease or resolve distress.
- Identify the value of sensing: grounding, settling, orienting, touch, and presence to calm and settle distress.
- Describe ways to integrate this knowledge in self care and in supporting others.

Walking and Talking with Kids about Death and Dying

Misconceptions about kids' experience with loss, grief and death/dying and fear of doing or saying the "wrong thing" may prevent us from engaging with kids about these topics. Learners critique common myths, examine current theory, and look at how to best individualize care to meet unique needs. Learners will also explore the benefits and challenges of addressing loss, grief and death in the schools. The focus of this particular course will be on children who are losing or have lost a loved one to death, vs, children who are facing their own death.

At the end of this course, learners will be able to:

- Recognize and identify personal fears or hesitancy in talking with kids about death and dying.
- Explain common misconceptions about kids and loss, grief, death and dying.
- Explain and discuss common concerns brought forth by children who are losing a loved one to death.
- Discuss current theory and guidelines on ways to best support kids who are facing loss, grief, and death.
- Identify resources for use in the schools to support teachers who are supporting children who are grieving.

Loss, Grief and Dying with Dementia: Course Number: LDOnline134

Two of our society's greatest fears are death (loss of life) and dementia (perceived loss of self). This course will offer an overview of the unique losses, grief and bereavement experienced by persons with dementia (PWD) and their caregivers. The focus will be on the ways persons with dementia die, their often unique death trajectory, end of life care, and palliation. We will address some of the barriers dying PWD and their family face, and more importantly, address how we can begin breaking down these barriers and focus on providing excellent end of life care to PWD.

At the end of this course, learners will be able to:

- Articulate the differences between "dying with dementia" vs "dying from dementia."
- Distinguish and summarize for colleagues anticipatory, ambiguous and disenfranchised grief as related to dementia.
- Recognize and explain to colleagues and family the implications of considering dementia as a palliative condition.
- Describe and explain the relevance of discussions about advanced directives while the PWD is still able to make informed decisions.
- Explain to colleagues, patients and family how the family/caregivers bereavement can be affected by the journey experienced by the PWD, and their understanding and meaning attached to death

Compassionate Communication in Palliative Care Instructor: Elizabeth Causton

In this hospice palliative care course, we will look at ways to facilitate therapeutic conversations with patients and family members through greater awareness and skill development in the areas of expressing empathy, showing respect for personal timing, building trust and validating personal experience. We will explore the following topics:

- "Why did I say that?" (personal baggage)
- Talking about hope
- That's a good question! (difficult conversations)
- Dismantling roadblocks
- Silence is golden
- Communicating without words
- Responding to unfixable pain



Tyndale University College and Seminary: Death, Dying, and Grief Program

<http://www.tyndale.ca/tsfc/certificate>

contact@tyndale.ca

Location: Toronto, Ontario.

Certificate or Diploma: Death, Dying and Grief Certificate or Spiritual Formation Certificate — minimum of five modules

Cost: \$195 per module

Distance/online training: no — on site only

Curriculum: (from the website)

Overview: Death, Dying, and Grief

Death, Dying and Grief Certificate will be offered again Fall, 2014. This certificate program will run every other year. During alternate years, [Spiritual Formation Certificate](#) will be offered, which is offered currently.

It is not uncommon to wonder how we ourselves can cope with death, but where do we even begin to help others through the process?

It is not easy to speak about death and the losses we experience, but it is a reality that happens to everyone. How does one cope? There may be a tendency to deny what has happened, stay busy with life and avoid all the feelings that might overwhelm us or perhaps we minimize the impact of the loss upon us. This program of study will enable the participants to understand the process of grief and dying and learn of resources that will enable them to positively engage in the grieving process and develop skills to assist others in their journey through loss and grief.

Certificate

This certificate will facilitate your understanding of the grief process, giving you resources and developing techniques that will enable a positive approach to engaging with those in the grieving process. You will focus on developing an in depth understanding of the impact of grief on family systems, as well you will have an understanding of biblical and spiritual truths when encountering loss and death. You will develop skills that will help you to recognize and respond to the needs of others as you walk with them.

Continuing Education Credits available from the Canadian Counselling and Psychotherapy Association

Disclaimer: The programs that are listed as 'recommended' ('rec' in the tables) are those which Canadian alternative death-care practitioners have taken and found useful. CINDEA — as an organization — cannot recommend them. If you are aware of further programs or courses available — especially in Canada or online — please let us know via contact@cindea.ca Our thanks to the organizations who gave course/curriculum specifics.

Details

Time: Each module is 10 hours over a two-day period.

Where: Tyndale Bayview Campus (3377 Bayview Avenue)

When: See Module List for specific dates

Cost: \$195 per module (includes lunch each day)

Certificate: A minimum of five modules are required to graduate from the program, however all six are recommended. Upon completion you will receive a certificate of completion.

20% OFF - Full time Tyndale Students can receive a 20% discount for each module. Email tsfc@tyndale.ca to receive a promo code.

Module 1: Introduction to Grief and Dying

Grief can take on many faces and individuals adopt different ways of coping with their loss. This module will be an exploration of the various attitudes towards death and an examination of the reactions to loss as expressed through grief. Death and dying can present an opportunity for personal and spiritual growth as we explore our losses and share our grief. In order to do this we need to consider the ten essential factors to help the healing process to occur.

Learning outcomes:

- Understand the different reactions toward death
- Explore different tasks faced by the dying
- Understand the phases of grief
- Learn practical steps to work through the stages of grief that will bring healing

Facilitator: Dr. David Sherbino MPS, STM, D.Min, CSDS, FT.

David is Professor of Pastoral Ministries and Spiritual Formation at Tyndale Seminary Toronto and is the minister at Cornerstone Church (PCC) Kleinburg. Professionally he is a Fellow in Thanatology.

Dates: October 3-4, 2014

Module 2: Cultural and Gender Approaches to Grief

This module will explore the different ways individuals, both men and women, express grief and adapt. We will examine the mourning traditions of different cultures and explore a number of different strategies to work through grief with the aim of increasing sensitivity and understanding which we bring to the issue of death.

Learning outcomes:

- Discover how men and women process grief
- Become aware of cultural differences in expressing grief
- Learn different strategies to effectively process grief
- Become aware how different religious and cultural groups react to death

Facilitator: Dr. Rob Patterson M.Div., MRE., D.Min.

Rob is the director of Alumni and Church Relations at Tyndale. Previously he served in Kenya Africa as a professor with Carey Theological College and Regent College. During his years as a chaplain at Spring Hills Penitentiary he began his focus in the areas of loss, grief and death. He is fluent in Swahili having immersed himself into the African culture.

Dates: November 14-15, 2014

Module 3: Spiritual and Biblical Resources to Cope with Death and Loss

This module will explore a Biblical response towards death and life beyond death. As we examine what it means to grieve and lament we will learn how to help others in their time of sorrow and loss. Special attention will be paid to the Psalms as a resource for encouragement for those dealing with death.

Learning outcomes:

- Deeper understanding of key biblical passages that address death, grief, and loss
- Theological resources to respond to common cultural misperceptions and myths surrounding the death experience
- Discover how Christians have practiced spiritual care for the dying and grieving
- How to conduct a caring visit with those facing grief, including the appropriate use of prayers and Scripture

Facilitator: Rev. Dr. Kevin Livingston B.A., M.Div., Ph.D.

Kevin is Associate Professor of Pastoral Ministry at Tyndale Seminary and has served as the minister in several Presbyterian congregations in Seattle, Vancouver, Cambridge and Toronto.

Dates: January 23-24, 2015

Module 4: Family Systems and their Ability to Cope with Death and Grief

This module will cover the impact of death and loss upon the family system. You will explore death and the family life cycle, looking at how families react to loss. A special emphasis will focus on how children understand death and express their grief.

Learning outcomes:

- Understand the systemic perspective of the family and how the impact of death can affect individuals and the system as a whole.
- Describe the different ways families respond to death and loss.
- Integrate the systemic understanding of death and loss in helping children grieve.
- Apply the knowledge of grief and the family into the context of church ministry and community.

Facilitator: Dr. Helen Noh M.Sc., MA., Ph.D.

Helen is Assistant Professor of Psychology at Tyndale University College and Seminary. Her clinical training has been with children, adolescents and their families, through the Glen Roberts Study Institute in California and through private practice in Toronto.

Dates: February 27-28, 2015

Module 5: Dealing with Disenfranchised Grief

This module will explore the nature of disenfranchised grief by understanding the language of grief and those situations where grief is difficult to express because of the nature of the loss. Disenfranchised grief can include suicide, traumatic death, and other losses that are challenging to process because they are unacknowledged, avoided, or not legitimized. The second part of this module will provide training in setting up a support recovery group. This will include guidelines for groups, intake forms, the content of a good group, and learning to be a facilitator.

Learning outcomes:

- You will understand the various types of disenfranchised losses in their contextual setting.
- You will learn various interventions and techniques to use in addressing disenfranchised loss
- You will know how to establish grief support groups
- Guidelines to care for the care giver

Facilitator: Dr. Keith Taylor B.Th., M.Div., D. Min.

Keith is the director of Genesis Bereavement Resource Center and Chaplain for Palliative Care Southlake Regional Health Center. He is the minister of the Church of the Nazarene Newmarket.

Dates: March 27-28, 2015

Module 6: Embracing the End of Life

At the end of life how do we bring closure so that we have a 'Good Death'? This module will explore various issues at the end of life including ethical decisions that need to be made, the necessity of a living will, how to say 'good bye', sitting 'vigil', learning the signs that the body is shutting down, and rituals and beliefs that make a difference. You will learn how to walk alongside both the individual who is dying and the family as they deal with death and loss.

Learning outcomes:

- Understand ethical decisions surrounding the end of life
- Learn how to prepare a living will
- Discover how to bring about closure
- Explore different rituals at the end of life

Facilitator: Dr. David Sherbino MPS, STM, D.Min, CSDS, FT.

David is professor of Pastoral Ministries and Spiritual Formation at Tyndale Seminary Toronto and minister at Cornerstone Church (PCC) Kleinburg. Professionally he is a Fellow in Thanatology.

Dates: May 1-2, 2015



Dying Consciously — Institute of Energy Medicine:

Living and Dying Consciously: Tools and Applications Training

<http://www.dyingconsciously.org/DC-teachers.htm> — see list of Canada teachers;
and for upcoming teacher training, contact Luz@thefourwinds.com

Location: Based in Park City, UT — **See website for various teachers across Canada**

Certificate or Diploma: Not stated

Cost: Not stated

Distance/online training: No

Curriculum: (from the website) 8 modules over four days — Steps of the Death Rite; Luminous Energy Field; The Journey Home; Ceremony and Ritual; History; Creating Sacred Space; Care of the Living; Death as an Ally



Upaya Institute:

Being with Dying, Professional Training Program in Contemplative End-of-Life Care (Joan Halifax)

<http://www.upaya.org/bwd/programs.php>

Location: Santa Fe, New Mexico

Certificate or Diploma: unclear, but probably some letter/etc. of completion

Cost: \$1,640 for members; \$1,740 for non-members (includes meals, but not housing)

Distance/online training: no

Curriculum: (from the website)

The 8-day training covers many important areas, including:

- Ethical, spiritual, psychological, and social aspects of care of the dying;
- The neuroscientific basis of contemplative interventions in care of the dying;
- Community-building around dying persons and relationship-centered care;
- Cross-cultural issues related to dying;
- Exploration of pain, suffering, and peri-death phenomena;
- Care of the caregiver;
- Capacity building;
- Strategies to support those who are grieving;
- Contemplative approaches to care of the dying and their families;
- Implementation of psycho-social and spiritual content into conventional medical settings.



Spiritual Care Programme: Contemplative “End of Life” Care

<http://www.spcare.org/en/ceolc/main>

Location: Van Etten, New York

Certificate or Diploma: Yes, and also Continuing Education Credits

Cost: \$3,900— plus \$855 for lodging and all meals for 9-nights residential retreat

Distance/online training: **Yes** (15-weeks of on-line learning); but **no** — also requires in-person an additional 8-day/9-nights retreat session

Curriculum: (from the website) Program Structure and Training Topics

The course combines 15-weeks of on-line learning with an 8-day residential retreat. The structure of the program allows participants to gain a more personal understanding of end-of-life needs, and uses a variety of learning modalities, including individual, group and interactive work, as well as lectures and personal mentoring by an experienced international faculty of healthcare professionals and educators.

Contemplative care and personal transformation

- Qualities of contemplative caregiving
- Cultivating ‘presence’ through meditation
- Reflections on impermanence and death
- Self-care for caregivers: recognizing burnout, and contemplative practice for preventing burnout
- Deepening genuine compassion
- Integrating meditation with health care work and daily life
- Caregiving as spiritual practice

Training in contemplative listening

- Methods for ‘Contemplative Listening’ and its practical applications
- ‘Council’ - a model for family and bereavement support, and team meetings
- Speaking about death and supporting people in denial
- Guidelines for communicating with families

Supporting the dying and their families

- Assessing and responding to the needs of the dying
- Understanding and transforming suffering
- Family dynamics and supporting families
- Healing relationships
- Methods for resolving unfinished business
- Needs of the elderly: aging and dementia
- Trends in hospice and palliative care
- Pediatric palliative care

Contemplative or Spiritual Care

- What spiritual care really means
- Four resources for spiritual care
- The spiritual dimension of life and death
- Recognizing and addressing spiritual pain
- Spiritual preparation for death
- Finding meaning: supporting those not affiliated with a faith tradition
- Cultural and religious aspects of caregiving

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Bereavement

The process of bereavement
Supporting the bereaved
The spiritual dimension of bereavement

Contemplative Practices

The Three Goods - creating a sacred environment for life and work
Mind, meditation and the nature of mind
Practices for awakening and deepening compassion
Christian meditation: 'Centering Prayer'
The Heart Practice
Essential Phowa for healing and the moment of death
Working with thoughts and emotions



Metta Institute: End-of-Life Practitioner Program

<http://mettainstitute.org/EOLoverview.html>

info@mettainstitute.org

Location: Sausalito, CA

Certificate or Diploma: Yes. Continuing Education Credits for Nurses (CEU), MFT's and LCSW's (CE), Chaplains (CCE), and psychologists (CPE CE). Additional Fees apply.

Cost: \$1050 per person per 5-day training module. 'Full Series' Discount \$4250. Accommodations and food extra. \$25 per Tele-conference. A small amount of scholarship available.

Distance/online training: No

Curriculum: (from the website) 5 topics

Mindful & Compassionate Service

This course introduces tools, practices and skills to develop self-awareness, compassion, and skillful action. Participants will have the opportunity to learn how to:

- Increase the capacity to remain present for suffering
- Cultivate open-hearted, moment-to-moment, non-judgmental awareness
- Develop a stronger "observing self" through focused, stable attention
- Acquire greater mind-body awareness and intuitive wisdom
- Nurture empathetic concern and impartial altruism
- Learn to differentiate between self and other, without merging or distancing
- Foster positivity, and *manage stress and anxiety*
- Cultivate the balancing factors of equanimity, joy, compassion, and love
- Use the "Five Precepts of Service" in day-to-day work
- Listen on three levels - body, heart and mind
- Learn preventative practices that catalyze improved overall health
- Develop work/life balance, self-care strategies, and support systems
- Address institutional barriers to mindful and compassionate care

Wise Relationship

The course introduces tools, practices and skills that support being in wise relationship. Participants will have the opportunity to learn how to:

- Maintain clarity of mind and fundamental compassion as a reliable inner refuge
- Track how your mind, heart and body habitually react to pressure
- Recognize and tame the "inner critic"
- Practice the skill of "three center listening" - body, heart, and mind
- Utilize the recent research on the beneficial connections between neuroscience and mindfulness in caregiving
- Move from conflict-oriented relationships to collaborative relationships
- Practice the 5 key precepts for deepening dialogue
- Use touch to relate to those who are non-communicative
- Support others through loss and grief on the path to wholeness
- Explore how to implement all these skills in traditional healthcare settings.

Creative Collaboration

The course introduces principles and practices that support skillful collaboration. Participants will have an opportunity to learn to:

- Identify the core challenges that impede collaboration in healthcare settings and learn practices and balancing factors required to address those challenges
- Develop skills for self-observation, self-knowledge and self-management
- Create allies, form partnerships, build a personal network of support
- Use communication skills that strengthen our ability to remain human and encourage our natural compassion to flourish even in challenging conditions
- Use basic tools for conflict resolution, to speak truth to power and to address dysfunction in teams
- Work with the challenges and triggers arising in difficult encounters with colleagues and supervisors
- Boost performance through group accountability and shared responsibility for effectiveness
- Recognize and tame our patterns of defending, withdrawing, or attacking in the face of judgment and criticism
- Engage in practices related to self-care and find ways to use these practices in conventional healthcare settings.

Opening to Mystery

The course introduces tools, practices and skills that cultivate an opening to the mystery, and develop the ability to facilitate the transformation that is fundamental to dying. Participants will have the opportunity to learn to:

- Develop greater openness and competency in discussing the dimension of spirit, mystery and awe with colleagues, patients and family members;
- Recognize and facilitate the primary tasks and stages of dying;
- Facilitate rituals before, during and after dying;
- Support others in altered and non-ordinary states of mind;
- Gain greater comprehension of mystery as a factor in the decision-making process and compliance of patients;
- Develop a forgiveness practice and learn how to explore forgiveness with patients;
- Access the unconscious, develop intuition and work with archetypes;
- Use poetry, images and symbols to access mystery and transformation;
- Develop contemplative practices of stability, compassion, and equanimity and their use with the dying and their families;
- Understand similarities between the process of dying and the patterns of transformation common to the world's wisdom traditions.

Cultivating Presence & Resilience

The course introduces tools, practices and skills that cultivate our contact with presence and promote increased resilience. Participants will have the opportunity to learn:

- How mindfulness practice contributes to rest, renewal, receptivity and responsiveness
- How mindfulness can be a tool for re-contextualizing and reframing
- How to build inner resources that help us strengthen our resilience and ability to "bounce back"
- How to reduce fear based reactivity in decision making while increasing leadership capacities like heartiness, buoyancy of spirit and a can-do attitude
- Skills for self-regulation of attention, emotional balance and somatic sensitivity that allow us to sense both the full range of our experience and that of the other
- Current findings from neuro-plasticity and other research supporting the clinical value of mindfulness in healthcare
- The ethical principles of non-harming, compassion, and wisdom that form the foundation for mindfulness practice
- Inquiry practices that help participants explore their personal history and psychological structures related to issues of death and dying
- Insight practices to help caregivers stay present for suffering
- Open awareness practices that cultivate receptive, non-judgmental attention
- Contemplative practices that promote pro-social qualities including loving-kindness, compassion, appreciative joy and equanimity
- Reflective practices that focus on the study of impermanence and dying
- Mindful approaches to the experience and expression of stress, pain, grief, and anxiety



Soul Midwives: Distance Learning Course

<http://www.soulmidwives.co.uk/soul-midwives-school/training-courses/distance-learning/info@soulmidwives.co.uk>

Location: Britain

Certificate or Diploma: yes

Cost: Introductory module fee: £75 (approx \$121)

Distance Learning Course 9 modules fee: £550 (approx \$887) Total: approx \$1008 (Canadian)

Distance/online training: **yes**

Curriculum: (from the website)

The training starts with an Introductory module, exploring your potential for this work.

The next step is the main course – nine modules which help you build the essential skills you need to become a Soul Midwife. You will be required to complete study tasks and carry out reflective work.

Course Contents

1. Soul Midwifery — past and present: the history of soul midwifery and the work of soul midwives today
2. Support in the pre active stage: supporting 'friends' from the start, death planning, visualizations, soul wounds
3. The process of dying: the four elements: the withdrawal of the elements – Earth, Water, Fire, Air
4. Support in the active stage: the senses, energy blocks and how to help, vibrational shifts, therapies (breathing exercises, touch, working with sound, working with oils and music), preparing a loving space
5. Vigiling
6. Anointing
7. At point of death: how does it feel to die, transition, practicalities, visiting loved ones afterwards
8. Self care
9. Getting started: beginning work, marketing and PR, keeping records, the kit bag



Accompanying the Dying: a Practical Guide & Awareness Training

<http://www.accompaniedying.com/>

Location: Austin, Texas

Certificate or Diploma: certification of completion

Cost: not stated

Distance/online training: **yes**

Curriculum: (from the website)

Accompanying the Dying - a Practical Guide & Awareness Training

- The focus of this course is supportive care for the dying and their families as they spend their last days together.
- There are several sections in this course, each one made up of several modules. All of them are integrated to develop the practical skills of a person who wants to accompany the dying.
- Each module spotlights an issue in end-of-life care for the dying and their families and gives practical advice in care.
- The program is self paced with a goal end date of 4 months from start
- We will speak by phone throughout the course.
- This course is both introspective and provides a strong informational base regarding dying and caring for families.
- This is a non-sectarian program.

Plus

Accompanying the DyingDeveloping Your Private Practice

- palliative care, vigiling, imminent dying and after death issues
- self exploration, vision building
- organization, business set up, legal issues
- marketing, web development and social media
- networking
- instructor's resources

Plus

One on One Guidance The Course is structured for one on one mentoring until completion.



Singular Courses

Vancouver Island University: Death and Dying: Interdisciplinary Perspectives (Anth 338 & Psyc 338)

<http://libguides.viu.ca/content.php?pid=360563> info@viu.ca

Location: Nanaimo, B.C.

Certificate or Diploma: single course, optional

Cost: not stated

Distance/online training: no — on-site only

An interdisciplinary, cross-cultural study of the research and theory of death and dying, exploring cultural, historical, and contemporary issues.



Thompson Rivers University: School of Nursing and School of Open Learning courses

School of Nursing

<http://www.tru.ca/calendar/current/HEAL3330.htm>

<http://kamino.tru.ca/experts/home/main/bio.html?id=suross>

Contact Senior Lecturer Susan Ross at suross@tru.ca for more information on the course

Location: Kamloops, B.C.

Certificate or Diploma: single course, optional (possibly open to non-nursing, or even non-TRU students)

Cost: not stated

Distance/online training: no — only on-site

HEAL 3330 Death and Dying, Life and Living (3,0,0) This course offers an analysis of death, dying, and bereavement. It includes such topics as facing death, coping with dying, hospice care, bereavement, grief and mourning; funeral practices; lifespan perspectives on death; suicide; and assisted suicide and euthanasia.

Prerequisite: Admission into the 2nd year Nursing program, and open to students in other programs at the discretion of the instructor

School of Open Learning (distance and online education)

<http://www.tru.ca/distance/courses/consortium/gero4069.html>

Location: Kamloops, B.C.

Certificate or Diploma: single course

Cost: not stated

Distance/online training: **Yes**, via Simeon Fraser University

GERO 4069

Death and Dying (3.0 Credits: GERO 3009 is recommended) — no further info given



MacEwan University: PHIL 360 Philosophy of Death and Dying

<http://www.macewan.ca/wcm/SchoolsFaculties/ArtsScience/Programs/BachelorofArts/Disciplines/Philosophy/MILLS55>

Contact Susan Mills Assistant Professor, Philosophy at MillsS5@macewan.ca

Location: Edmonton, Alberta

Certificate or Diploma: single course, (not available in 2014-15, and may require prerequisites)

Cost: not stated

Distance/online training: no — on-site only

No further information given about the course.



University of Calgary: Social Work 319. Death and Dying

<http://fsw.ucalgary.ca/>

Check with socialwk@ucalgary.ca for availability of program

Location: Calgary, Alberta

Certificate or Diploma: possibly as an elective in the Social Work degree

Cost: not stated

Distance/online training: no — on-site only

Description: Bio-psycho-social and spiritual factors involved in death and dying.



University of Windsor: 63-351. The Human Meaning of Death

<http://web4.uwindsor.ca/units/registrar/calendars/undergraduate/cur.nsf/982f0e5f06b5c9a285256d6e006cff78/2d8ff998f1b1d97c85257364004e0ab4!OpenDocument>

Location: Windsor, Ontario

Certificate or Diploma: Only as part of a Nursing degree, or elective in another degree (may require prerequisites, but open to non-nursing students)

Cost: not stated

Distance/online training: no — only on-site

63-351. The Human Meaning of Death (T) An examination of the human experience of death and dying, the meaning of human life, ethical and cultural aspects, euthanasia, and advanced directives. Lectures, readings, films, and discussions will explore a variety of significant thinkers and concepts concerning death. Through various exercises and shared experiences, students will be encouraged to examine their own feelings and attitudes toward death. (Open to non-nursing students and may be taken as an Arts option by B.Sc.N. students.) (3 lecture hours a week.)



Wilfrid Laurier University: RE3130C: Greif, Death and Dying

http://www.wlu.ca/docsnpubs_detail.php?grp_id=329&doc_id=234
onlinelearning@wlu.ca

Location: Waterloo, Ontario

Certificate or Diploma: single distance-learning course — may be applicable to a degree, but not stated as such

Cost: not stated

Distance/online training: yes

Curriculum: (from the website) 0.5 Credit — Human responses to loss, grief and death as they occur over a lifetime, including an examination of therapeutic and religious approaches to the experience of loss, grief and death for different individuals.

Course Outline: available in PDF at http://www.wlu.ca/docsnpubs_detail.php?grp_id=329&doc_id=234

Lesson 1: Loss and the Grieving Process:

The experience of loss and grief as a response to loss. The work of some major theorists in grief studies.

Reading: Living through Personal Crisis, by Ann Stearns: preface - ch. 7

Lesson 2: Loss and the Grieving Process (continued)

Reading: Living through Personal Crisis, by Ann Stearns: ch. 8 - the end of the book

Lesson 3: The Loss of a Child, and Children and Bereavement:

Two bereavement situations that depart from the more common process of grief examined in lessons 1 and 2. The first is the parental response to the loss of a child. The second is children and grief.

Readings: 1. "Parental Bereavement" by Therese Rando, from Parental Loss of a Child;

2. "The Grief of Children" by Therese Rando, from Grief, Dying and Death

Videos: 1. "Vigil of Hope"; 2. "A Child's Grief"

Lesson 4: Suicide:

A general discussion of suicide including definitions of suicide, suicide statistics, the history of suicide, suicide facts and myths, and theories of the causes of suicide. The typical grief process of surviving loved ones after a suicide. An analysis of the process many people go through who come to consider and eventually attempt suicide.

Readings: 1. "Suicide" by Antoon A. Leenaars, from Dying: Facing the Facts

2. "The Attempt" by Richard Heckler, from Waking up, Alive

3. After Daniel, by Moira Farr

Lesson 5: Dying:

The physical and psychological aspects of dying.

Readings: 1. "The Malevolence of Cancer" by Sherwin Nuland, from How We Die

2. "The Dying Patient's Coping Mechanisms" by Therese Rando, from Grief, Dying and Death

Video: "Wounded Healers"

Lesson 6: Death and Bereavement across Cultures:

Are there any human universals to be found when we look at death and bereavement cross-culturally?

Reading: "The Universality of Death" by Nigel Barley, from Dancing on the Grave

Video: "Death: The Trip of a Lifetime: The Chasm"

Lesson 7: Death and Bereavement across Cultures (continued)

Reading: "Grief in Small-Scale Societies" by Paul Rosenblatt, from Death and Bereavement across Cultures

Video: Flight from Death

Lesson 8: Grief, Death and Dying in Tibetan Buddhism:

The centrality of death in basic Buddhist teachings and practices. The teachings concerning death in The Tibetan Book of the Dead.

Reading: "The Universal Process" by Sogyal Rinpoche, from The Tibetan Book of Living and Dying

Video: "The Tibetan Book of the Dead"

Lesson 9: Grief, Death and Dying in Major Religions of the West:

How people in major Western religions have imagined and acted in the face of death, how they have made death and dying meaningful, and how they have risen above or gone beyond death, at least at the level of imagination.

Reading: "Western Transcendence" by David Chidester, from Patterns of Transcendence: Religion, Death and Dying

Textbooks: Flight from Death: The Quest for Immortality - DVD

The Tibetan Book of the Dead Part 2: The Great Liberation - DVD or VHS

Programs 1-4: Vigil of Hope; A Child's Grief; Wounded Healers; Chasm

Lesson 10: Grief, Death and Dying in Major Religions of the West (continued)

Reading: "Western Transcendence" by David Chidester (continued), from Patterns of Transcendence: Religion, Death and Dying

Lesson 11: Near Death Experiences:

A survey of the major questions asked concerning near-death experiences (NDEs). Do NDEs provide evidence for survival of death?

Readings: 1. "Introduction" by L. W. Bailey and J. Yates, from The Near Death Experience Reader
2. "Near-Death Reports" by Robert Kastenbaum, from The Near Death Experience Reader

Lesson 12: The Afterlife:

Discernible patterns in how humans have imagined the afterlife.

Reading: "Introduction" by Sukie Miller, from Afterdeath



Aging in Canada: Gerontology and Course-in-Aging University programs in Canada

(ignore the page title "Alcohol and Seniors")

http://www.agingincanada.ca/Whos_teaching_gerontology.htm

Overview of available Gerontology and Course-in-Aging University programs in Canada — some of which include courses in 'Death and Dying'. It is not clear how often it is updated — removing courses not longer available, and adding new ones as they become available.



Home Funeral Guide training

Institute of Traditional Medicine: Contemplative 'End of Life Care' —
only by Final Passages as an additional workshop

<http://www.itmworld.org/programs/professional-development-programs>

Location: Toronto, Ontario

Certificate or Diploma: Yes

Cost: Not stated, as a separate weekend course

Distance/online training: no

Curriculum:

Weekend workshop added to the ITM program



Final Passages — Jerrigrace Lyons: Home Funeral Guide training, Levels I, II & III

<http://www.finalpassages.org>
www.finalpassages.org/html/upcomingevents.html

Location: Based in Sebastopol, CA — Canadian workshops depending on local organizing (one already done on Vancouver Island)

Certificate or Diploma: yes

Cost: Level I and II — \$395 for one level: \$790 for Level I and II (discount for early registration \$750) — Level III — \$790

Distance/online training: no

Curriculum: (from website)

Level One Topics:

- Planning ahead, learning new & ancient customs and exploring our own wishes
- Focusing on death as a sacred time and natural cycle of life
- Social, economic, ecological and spiritual benefits of caring for our own
- Care and honoring of a body while keeping a loved one at home
- Legalities and other components of home and family funerals and green burials
- Clips from a PBS documentary, films, slides and storytelling from over
- 300 personal family ceremonies, home funerals, wakes and green burials

Level Two Topics:

Interviewing families concerning a person dying or deceased

- What to have in your home funeral midwifery kit
- Care for the midwives
- Use of essential oils for personal care, anointing and healing properties
- Forms for agencies and families in your community
- The funeral industry in our country today and multi-cultural perspectives
- Hands-on techniques of moving and carrying a body
- Films on death in other cultures, green burials and more home-based funerals

Level Three Topics:

- Adding to our repertoire of ceremony
- Mock home-funeral dramas
- Death meditation practice
- Death mask making
- Discussion regarding autopsy
- When not to offer a home funeral
- Business practice of home funeral guidance
- Shroud wrapping demonstration, shroud-only green burial films
- Death of still born and fetal death
- Many new films to augment our topics
- Emptying our well of grief
- Review Final Passage's power point for presentations



Beyond Hospice — Donna Belk: Online Home Funeral Guide training

<http://beyondhospice.com/>
dbelk@austin.rr.com

Location: Based in Austin, Texas

Certificate or Diploma: Yes

Cost: \$645

Distance/online training: **yes**

Curriculum: (from website) An 88-hour Certificate Course for Home Funeral Guides

This training encourages participants to work with people before and after death. In the training you will

- learn tools and techniques for midwifing the dying
- learn tools for creating a sacred space for transition, before and after death
- create your own guidebook to use for yourself, with patients or for vigils

32 modules in 5 sections

I. Foundational Work, Required Reading

II. Tools — Creating Sacred Space; Guidebook Healing techniques; Forgiveness; Rituals; Music, singing and sounding; Memorial Art; Home funeral procedures for care of the body

III. Prepare yourself — Language of death care; Mental ego; Near Death Experiences; Dying Patient Bill of Rights; Fostering Relaxation; Grief and Bereavement; Personal beliefs; Personal preparation; Plan your funeral; What happens when we die; Right attitude; Suicides; Unusual circumstances at death

IV. Working with others — Midwife to the Dying process; Working with hospice; Your state laws; Green Burials; Business and Ethics; Public presentations

V. Luminaries — Meredith Little, Sacred Space; Goldberg, Helping Loved Ones; Visiting Shane

Your final packet should contain:

1. Assignment Sheet
2. Three two-page papers on the modules you selected to write about
3. Two-page paper on home funeral practice session with photos
4. Two one-page summaries of NHFA teleconferences



Sacred Crossings: Death Midwifery/Home Funeral Guide training program

<http://www.sacredcrossings.com/> sacredcrossings@gmail.com

<http://www.sacredcrossings.com/upcomingevents.html> (see bottom for full DM/HFG training program)

Location: Based in Los Angeles, CA

Certificate or Diploma: Yes

Cost: \$350 per weekend sessions (3 weekends in total)

Distance/online training: No

Curriculum: (from website) three 3-day workshops

Death Midwifery Training - PART I: Conscious Dying - Preparing for a Peaceful Transition

- The life review; unfinished business; healing relationships
- Pain vs. Suffering
- Sitting vigil at the deathbed
- The liminal space
- The physical & emotional stages of dying
- Elective cessation of nutrition & hydration
- Options for after-death care, funeral & final disposition
- Legalities and personal rights concerning home funerals
- Spiritual beliefs regarding the after-life
- Music & sacred singing at the death bed
- Advance Health Care & Death Care Directives

Death Midwifery Training Part II: After-death care & preservation of the body

Prerequisite: Part I - Conscious Dying

- Traditional Funeral Home Practices
- Planning for a Home Funeral
- After-Death Care of the Body at Home (Bathing, Dressing and Anointing)
- Altars and Sacred Space
- Laying the body 'In Honor'
- The Luminous Body - sealing the chakras
- Preservation techniques - Dry-Ice vs. Embalming
- Hands-on Practice of moving and carrying a body
- Importance of a 3-day vigil
- Completing and filing Legal Documents
- Assembling and Decorating a Cremation Casket
- Shrouding
- Cultural and Religious Rituals for Attending to the Soul after Death.

Death Midwifery Training Part III: The Funeral Celebration

Prerequisites: Part I - Conscious Dying & Part II After-Death Care

Topics explored:

- The traditional funeral service
- Inter-faith and alternative funeral services
- The role of the Celebrant
- Writing the eulogy and opening and closing remarks
- Announcements/Obituaries/Video Journals/Order of Service
- Cremation and Burial Practices around the world
- Caskets, Shrouds and Urns
- The logistics of producing a funeral in 3 days



A Sacred Moment — Char Barrett: three-day intensive home funeral and green burial training

<http://www.asacredmoment.com/> info@ASacredMoment.com

Location: Everett and Seattle, WA

Certificate or Diploma: Not stated, but probably

Cost: Not stated

Distance/online training: No

Curriculum: no outline given

Disclaimer: The programs that are listed as 'recommended' ('rec' in the tables) are those which Canadian alternative death-care practitioners have taken and found useful. CINDEA — as an organization — cannot recommend them. If you are aware of further programs or courses available — especially in Canada or online — please let us know via contact@cindea.ca Our thanks to the organizations who gave course/curriculum specifics.



Funeral Celebrant training programs

Certified Celebrants Association of Canada: Funeral Celebrant training

<http://ccaoc.ca/certification.htm>

support@celebratinglife.ca

Location: Based in St. Thomas ONT

Certificate or Diploma: Yes

Cost: \$1,090.00 — Early Bird: \$890.00

Distance/online training: No

Curriculum: 2-day intensive program — no further information given



Celebrant Foundation & Institute: Online Civil Celebrant Training

www.celebrantinstitute

contact Karen Lifshin for specifics at karenlifshin@celebrantinstitute.org
or information@celebrantinstitute.org for further information on Funeral Celebrant training

See also <http://funeralcelebrantceremonies.com/>

Location: Based in Montclair, NJ

Certificate or Diploma: Yes

Cost: Not stated

Distance/online training: **Yes**

Curriculum: all civil celebrant ceremonies, including funerals — no specific curriculum given



In-Sight Institute: Funeral Celebrant Training

<http://insightbooks.com/Default.aspx?tabid=89>

Location: Based in Oklahoma City, OK — some Canadian training programs: See for up-coming June 2014 Canadian training
<http://insightbooks.com/Default.aspx?tabid=130>

Certificate or Diploma: Yes

Cost: Not stated

Distance/online training: No

Curriculum: 3-day intensive program — no specific curriculum given



Center for Inquiry: Secular Celebrant Program — including funerals
http://www.centerforinquiry.net/education/celebrant_certification/

Location: unknown

Certificate or Diploma:

Cost: Workshop Fee: \$75.00 per person (does not include meals): Certification Fee: \$49.00 per year

Distance/online training: No

Curriculum: 1 full-day program — no specific curriculum given



*All blessings in your own journey
towards supporting Death Journeymen and their families
through the pan-death process.*

<http://www.cindea.ca>
contact@cindea.ca



*Supporting personal choices and meaningful alternatives
And the sustainability of our planet,
Throughout all of the facets of the pan-death process*