

## Spiritual Care Presenters



### Judy Arpana - Senior Educator

Judy has been a student of Tibetan Buddhism for over 30 years. She has facilitated many workshops for people with serious illnesses and their carers, in both Australia and Europe. She brings to these challenging themes the gift of 'extraordinary ordinariness'.



### Margo Daly RN - Educator

Margo has worked as an RN in Aged Care both in Australia and overseas. Her ability to combine practical Buddhist wisdom with her experience in healthcare provides valuable insights for participants.



### Jo Sheedy - Educator

Jo has been a student of Sogyal Rinpoche since 1997 and has a background in physiotherapy and psychology particularly in the areas of oncology and palliative care.



### Wendy Wright - Meditation Instructor

Wendy has been a student of Sogyal Rinpoche for 20 years. She brings a breadth of experience working with organisations, groups, families and individuals in the areas of adult learning and meditation.



### Mary Jane Elliott - National Co-ordinator

Phone 02 9211 5304  
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All our programmes can be tailored to meet the needs of your organisation

Course fees will vary according to the length of the seminar.



For Further information about the Study Groups and seminars in your area please contact the following coordinators

- Brisbane** Carmel Williams  
Ph 07 3030 0649  
[info@rigpabrisbane.org](mailto:info@rigpabrisbane.org)
- Canberra** Janet Perry  
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- Melbourne** Melbourne Rigpa Centre  
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- Newcastle** Steve Patfield  
Ph 02 4925 2770  
[inquiries@rigpanewcastle.org.au](mailto:inquiries@rigpanewcastle.org.au)
- Sydney** Contact the national Coordinator  
[australia@spcare.org](mailto:australia@spcare.org)

*To inspire a quiet revolution in the whole way we look at death and the care for the dying and the whole way we look at life and the care of the living.*

SOGYAL RINPOCHE



*Spiritual Care*  
Spiritual Care  
Australia  
[www.spcare.org](http://www.spcare.org)

AN EDUCATION AND TRAINING PROJECT OF RIGPA



RIGPA

Spiritual Care Programme

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# Spiritual Care Programme

## What is Rigpa's Spiritual Care Training Programme?

Rigpa's Spiritual Care Programme draws its inspiration directly from the teachings and practices given in *The Tibetan Book of Living and Dying*, written by Sogyal Rinpoche. It explores practical ways in which the compassion and wisdom of the Buddhist teachings can benefit those facing sickness or death and help their families and caregivers. The programme emphasises the universal spiritual principles that many have found resonate with their particular faith.

With his remarkable gift for presenting the essence of Tibetan Buddhism in a way that is both authentic and profoundly relevant to the modern mind, **Sogyal Rinpoche** is one of the most renowned teachers of our time. Born in Tibet, Rinpoche was raised by one of the most outstanding spiritual masters of the twentieth century, Jamyang Khyentse Chökyi Lodrö, and went on to study with many other great masters. Author of highly acclaimed book, *The Tibetan Book of Living and Dying*, Rinpoche is also the founder of **Rigpa**, an international network of Buddhist centres and groups. He has been teaching for over 30 years and travels widely in Europe, America, Australia and Asia. He is a frequent speaker at major conferences in all areas of society including medicine and healing, interfaith dialogue and the field of serving the dying.

## Support For Spiritual Care?

The Rigpa Spiritual Care Programme is a non-profit organisation reliant on volunteer effort. Those wishing to make a donation towards the important work done by this group, should contact the Spiritual Care Coordinator in their area (see over).



## We Offer

- In-service seminars for hospices, hospitals, nursing homes and clinics
- Workshops, seminars and lectures for healthcare professionals and volunteers
- Study groups for healthcare professionals
- Public Seminars and lectures for the public

## Facing Death - Embracing Life

This seminar gives participants the courage to contemplate death and dying and provides reflections and meditations to assist the process. It also explores the practical side of death, such as loss and grief, forgiveness, living wills, funerals and rituals.

## Integrating Spirituality and Caregiving

This seminar assists carers to explore how the practices of meditation and compassion can heal burnout and help them to reconnect with their true loving nature to enrich their caring role.

## Living Wills (Advance Care Directives)

This seminar helps participants to understand the complexities of end of life decisions and work through the elements of an Advance Care Directive so that relatives and medical staff are fully aware of a person's values and wishes in regard to their physical and spiritual needs.

## Meditation for Care-givers

This seminar explains the elements of Tibetan Buddhist meditation and demonstrates how this practice can assist care-givers to become more 'tuned in' to people and their needs.

## Opening the Heart to Loss and Grief

This seminar explains that bereavement is not an illness - it is a wound that will heal in time. It looks deeply into the spiritual dimension of life and death and deals with individual styles of coping with loss, grief and mourning.

## Spiritual Needs of the Aged

This seminar helps medical staff and carers to recognise the spiritual needs of patients and their relatives and to develop a greater capacity to give them the spiritual support they require.

## Spiritual Preparation for Death

This seminar assists participants to prepare for their own death through the introduction of practical processes and simple meditations. Exploring themes of dying inevitably results in people learning how to 'live' and 'die' well. Developing this unique awareness is an invaluable tool in helping others.

## Spiritual Care Study Groups

These study groups are for professionals, volunteers and carers who work with the sick, elderly and dying. The teachings and reflections will assist to deepen the participants spirituality and enhance their caring role. Texts studied by the groups are *The Tibetan Book of Living and Dying* by Sogyal Rinpoche and *Facing Death Finding Hope* by Christine Longaker.

For further information about the Study Groups and seminars in your area please contact your coordinators.

