

2009
1st International Conference

compassion & presence

spiritual care for the living & dying

27th & 28th April 2009

Spiritual
Care

This ground-breaking conference will ask:

What is authentic spiritual care and what benefits can it bring to health care professionals and those in their care?

Leading experts from the fields of medicine, science, psychology and pastoral care will present different spiritual and contemplative approaches to care and show how they can be applied in any setting.

This will be a multi-disciplinary gathering, which will draw upon scientific evidence, offer practical tools and techniques, and embrace a diversity of beliefs and cultural backgrounds.

"Spiritual Care is not a luxury for a few; it is the essential right of every human being, as essential as political liberty, medical assistance and equality of opportunity."

Sogyal Rinpoche, author of The Tibetan Book of Living and Dying



View of the Lakes of Killarney at the The Europe Hotel

Hear evidence based research and expertise from the fields of medicine, science, psychology and pastoral care

Learn about the effectiveness of mindfulness meditation in mainstream medicine, psychiatry and health care

Understand the logic and practice of compassion and presence in caring for the living and dying

Experience workshops offering practical tools and techniques to deepen the capacity for compassionate and effective care giving

Define best practice in spiritual care

Integrate spiritual resources for self care and care of others

This conference is hosted by Rigpa's Spiritual Care Education Programme. For further information go to www.spiritualcare.ie or www.spcare.org.

Spiritual
care

View from The Spiritual Care Centre at
Dzogchen Beara Retreat Centre, West Cork

Photograph: © Chirch Gryniewicz

“This conference is essential for any health care professional wishing to learn authentic tools and techniques to integrate spiritual care into self care and patient care.”

Dr Balfour Mount, MD FRCSPC, Conference Patron

Why attend?

You will:

- Learn how to stay present and attentive after long hours of working in challenging and sometimes stressful conditions
- Be given tools and techniques which you can use to sustain openness and compassion amid the strain of repeatedly witnessing pain and distress
- Meet and learn from experts and innovators to gain up-to-date knowledge in a changing health care environment
- Develop your awareness and knowledge, which you can share with colleagues
- Improve your approach to caring for others, benefiting those in your care and the team you work with
- Have the opportunity to network with other people facing similar issues
- Increase your value to your employer, community and profession with the practical knowledge you receive.

Who should attend?

The conference is aimed at those who care for others in any setting, such as: Palliative Care | Aged Care | Oncology | General Medicine | Psychiatry | Nursing | Neuroscience | Education | Chaplaincy | Psychotherapy | Psychology | Social Work | Human Resources | Hospital Management | Allied Health Professionals | Pastoral Care

Accreditation and CPD credits

An Bord Altranais – Category 1 approval, Royal College of Surgeons in Ireland (pending), Irish College of General Practitioners (pending), The Psychological Society of Ireland (pending)

Day One | Monday 27th April

8.00 – 8.45 Registration (tea and coffee)

Chair of the day: Dr Tony O'Brien

INTRODUCTION

9.00 – 9.15 **Welcome** – Ally Cassidy and Dr Tony O'Brien

9.15 – 9.45 **Spiritual Care for the Living and Dying**
Christine Longaker

9.45 – 10.30 **PANEL DISCUSSION** – View and Approaches

Panel Chair Dr Tony O'Brien

Panel Dr Tony Bates, Sr Stanislaus Kennedy,
Dr Ira Byock, Dr Ann Allegre

10.30 – 11.00 Tea break

11.00 – 11.30 **Guided Meditation** Jon Kabat-Zinn

11.30 – 12.45 **The Heart of Compassion** Sogyal Rinpoche

12.45 – 14.15 Lunch

THE SCIENTIFIC EVIDENCE

14.15 – 15.00 **Enhancing the 'Caring' in Health Care and Medicine: The Art and the Science of Compassion, Kindness, and Mindfulness**
Jon Kabat-Zinn

15.00 – 15.30 **Scientific Evidence on Spiritual Care**
Dr Gian Domenico Borasio

15.30 – 16.00 **Scientific Evidence on Quality of Life**
Dr Ciaran O'Boyle

16.00 – 16.30 Tea break

16.30 – 17.45 **WORKSHOPS**

1 Contemplative in Action
Sr Stanislaus Kennedy

2 Saying the Four Things That Matter Most
Dr Ira Byock

3 Extending our Capacity to Care
Chris Whiteside

4 Deep Listening – An Introduction
Rosamund Oliver

5 Stress and Compassion Fatigue
Sinead O'Toole

19.30 Conference Dinner
Entertainment by Nóirín Ní Riain & family

Day Two | Tuesday 28th April

Chair of the day: Dr Tony Bates

8.30 – 8.50 **Guided Meditation** (optional)
Sr Stanislaus Kennedy

8.50 – 9.00 Short break

COMPASSION IN ACTION

9.00 – 9.45 **A Physician's Understanding of Spirituality**
Dr Tony O'Brien

9.45 – 10.30 **The Ethics and Practice of Loving Care**
Dr Ira Byock

10.30 – 11.00 Tea break

11.00 – 11.45 **The Final Task: Preparing for Death**
Marie de Hennezel

11.45 – 12.30 **Mindfulness in the Public Health Service in Ireland** Ursula Bates

12.30 – 14.00 Lunch

14.00 – 15.15 **WORKSHOPS**

1 The Healing Power of Presence
Christine Longaker

2 Mindfulness and Changing Paradigms in Mental Health Dr Tony Bates

3 Haptonomie or the "Science of Affections"
Marie de Hennezel

4 Compassionate Self Care
Dr Susan Delaney

5 Loving Kindness for Caregivers
Andrew Warr

15.15 – 15.30 Short break

INTEGRATION

15.30 – 16.30 **PANEL DISCUSSION** – Heart Advice, Crucial Points and Questions and Answers

Panel Chair Dr Tony Bates

Panel Dr Ann Allegre, Dr Gian Domenico Borasio, Chris Whiteside, Dr Tony O'Brien

16.30 **Conference Conclusion** – Ally Cassidy,
National Co-ordinator Rigpa Spiritual Care Education Programme, Ireland.

Speaker Biographies



Sogyal Rinpoche

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 the highly acclaimed ground-breaking book, *The Tibetan Book of Living and Dying*, which has been printed in 30 languages and 56 countries, Rinpoche is also the founder and spiritual director 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.



Jon Kabat-Zinn

Jon Kabat-Zinn, Ph.D., is a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society. He gives public talks and workshops throughout the

world on mindfulness and its applications for moving toward greater sanity and balance in today's multitasking, high-speed world. He is Professor of Medicine Emeritus at the University of Massachusetts Medical School, where he was founding executive director of the Centre for Mindfulness in Medicine, Health Care and Society, and founder and former director of its world-renowned Stress Reduction Clinic.

He is the author of *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*, translated into seven languages; *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*, translated into 20 languages; and co-author, with his wife Myla, *Everyday Blessings: The Inner Work of Mindful Parenting*, translated into three languages. His new book is *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness*.

His work has contributed to a growing movement of mindfulness into mainstream fields and institutions in our society such as medicine, health care and hospitals, the law, schools, corporations, prisons, and professional sports.



Dr Ann Allegre MD, FACP

Dr Ann Allegre is Director of Medical Programmes for Kansas City Hospice. She also serves as Medical Director of the Palliative Care Consult Service for Providence Health.

A graduate of the University of Kansas School of Medicine she practised internal medicine and geriatrics in Kansas City, Kansas from 1981 until 1999, and has specialised in hospice and palliative medicine since 1999. She began serving as a hospice medical director in 1988. She is board certified in internal medicine and in hospice and palliative medicine.

She is Clinical Associate Professor of Medicine for the University of Kansas School of Medicine. She was awarded the American Academy of Hospice and Palliative Medicine "Project on Death in America Community Leadership in Palliative Care Award" in 2007, in recognition of her outstanding contributions to the advancement of the field of palliative medicine through the education and training of future leaders.



Dr Tony Bates

Dr Tony Bates is founding director of Headstrong – The National Centre for Youth Mental Health. Headstrong is an independent charity committed to championing the mental health needs of young people and to working with

communities to design and implement comprehensive systems of care and support for all young people.

Tony's core professional training is as a clinical psychologist, with a special interest in working with mindfulness-based programmes in mental health settings. He was also full-time writer and editor of Ireland's current mental health policy – A Vision for Change.



Ursula Bates

Ursula Bates M.A. is a Clinical Psychologist and Group Analyst with a dedicated interest in the field of psycho-oncology and staff development. She is currently the director of Psychosocial and Bereavement Services at

Blackrock Hospice and gives a clinical service to the palliative care patients at St Vincent's University Hospital Dublin.



Dr Gian Borasio, MD, Dip.Pall.Med

Gian Domenico Borasio is Professor and Chair in Palliative Medicine at the Interdisciplinary Centre for Palliative Medicine and Head of the Motor Neurone Disease research group at the Department of Neurology, University of

Munich. He is speaker of the Working Group on Palliative Care of the German Neurological Association.

Dr Borasio is co-founder of the Interdisciplinary Centre for Palliative Medicine at Munich University Hospital. In 2009, three new endowed professorships will be established at the Centre, covering the

fields of paediatric palliative medicine, social work in palliative care and spiritual care. Clinical and research interests of Dr Borasio include palliative care in ALS and neurological disorders, quality of life assessment in Palliative Care, spirituality and meaning-in-life, as well as advance directives and the communication process in end-of-life decisions. Dr Borasio is a member of eight editorial boards and has written, edited, or co-edited 7 books and over 200 papers. Dr Borasio has received many awards, most recently in 2003 and 2008 the Annual Award of the German Society for Palliative Medicine.



Dr Ira Byock, MD

Dr Byock is Director of Palliative Medicine at Dartmouth-Hitchcock Medical Centre in Lebanon, New Hampshire, Chair of Palliative Medicine and Professor, Departments of Anaesthesiology and Community and Family Medicine, at Dartmouth Medical School.

Dr Byock has been involved in hospice and palliative care since 1978, during his residency. He is a past president (1997) of the American Academy of Hospice and Palliative Medicine. During the 1990's he was a co-founder and principal investigator for the Missoula Demonstration Project, a community-based organisation in Montana. From 1996 through 2006, he served as director for Promoting Excellence in End-of-Life Care, a national grant programme of the Robert Wood Johnson Foundation.

He has authored numerous articles on the ethics and practice of hospice, palliative and end-of-life care. His first book, *Dying Well*, (1997) has become a standard in the field. His most recent book, *The Four Things That Matter Most* (2004), is used as a counselling tool widely by palliative care and hospice programmes.

He was awarded the American College of CHEST Physicians Roger Bone Memorial Lecture Award (2003) and the Outstanding Colleague Award (2008) of the National Association of Catholic Chaplains.



Dr Susan Delaney

Dr Susan Delaney, Clinical Psychologist, is the Bereavement Services Manager with the Irish Hospice Foundation. She has taught and practised in the area of bereavement and loss for over twenty years and has a particular

interest in caring for carers.



Sister Stanislaus Kennedy

Sister Stanislaus Kennedy is an Irish Sister of Charity and the founder of Focus Ireland, an organisation that promotes the rights of people out-of-home to live in a place they call home through the provision of quality

services, research and advocacy. She has been instrumental in developing and implementing social-service programmes that

have benefited thousands of needy people throughout Ireland and Europe. For this work, she has received many awards, including Honorary Degrees of Law from both Trinity College Dublin and the National University of Ireland, and a Presidential Medal from New York University.

In 2001 she founded Social Innovations Ireland out of which she founded The Immigrant Council of Ireland and Young Social Innovators. She is Director and Chairperson of both organisations. She is a Board member of the Community Foundation for Ireland. She is also a writer and some of her books include; *Now is the time: A Bundle of Blessings*, *Gardening the Soul*, *Seasons of the Day* and most recently *Stillness Through My Prayers*.



Marie de Hennezel

Marie de Hennezel is a psychologist and psychotherapist born in Lyon, France.

She has worked for ten years in the first palliative care team at the "Institute

Mutualiste Montsouris" in Paris, created in

1987. She speaks and writes widely on the subject of palliative care and offers trainings and seminars in end of life care throughout Europe.

In 1992 she founded the 'Association Bernard Dunant – AIDS and Resource' to support HIV positive patients. She has worked extensively with government agencies in France, influencing public policy on end of life care. One notable achievement was the influence of her report "Proposals for a dignified end of life" on the Parliament passing the "Patient's right at the end of life" law of April 22 2005.

In January 2005 the French Minister for Health appointed her to review palliative care in France. She is member of the National committee of the development of palliative care in France. Her published work includes: *Intimate Death: How the Dying Teach Us How to Live* in 1995, and *The Art of Dying* (with Jean-Yves Leloup) in 1997.



Christine Longaker

Christine Longaker, former director and staff trainer of the Hospice of Santa Cruz County in California, has provided hospice trainings worldwide since 1978. She has been instrumental in developing Rigpa's Spiritual

Care Education Programme, an international organisation for those concerned with improving end-of-life care and spiritual care. Christine Longaker currently serves as the programme's International Education Director. She helped develop and teach at Naropa University's accredited training in 'Contemplative End-of-Life Care,' and is author of *Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying*, which has been translated into nine languages.

**Dr Ciaran O'Boyle**

Professor Ciaran O'Boyle is based at the Royal College of Surgeons in Ireland where he is a Professor of Psychology and Head of the RCSI Institute of Leadership and Healthcare Management. He holds a BSc in psychology and pharmacology and a PhD degree, both from University College Dublin, and a Diploma in Theology from the Miltown Institute of Theology and Philosophy. His major academic interest is in applying the science of psychology to practical problems.

In parallel with his academic career he has been a consultant psychologist to public sector institutions and a wide range of national and international private sector organisations in the aviation, military, financial services and healthcare sectors. He lectures extensively in Ireland and internationally and he has authored over seventy peer-reviewed scientific papers, numerous book chapters and two books. His major research interests are in the fields of stress management, human factors, personal effectiveness, leadership, quality of working life, work-life balance and the assessment of patient quality of life.

**Dr Tony O'Brien M.B. F.R.C.P.I.**

Dr O'Brien is medical director of Marymount Hospice and Consultant Physician in Palliative Medicine at Cork University Hospital. He undertook his higher medical training at St. Christopher's Hospice, London and held

the post of consultant physician in palliative medicine at St. Christopher's prior to taking up his current post in 1991.

Dr O'Brien chaired the National Advisory Committee on Palliative Care and was subsequently appointed by the Minister for Health and Children to chair the inaugural National Council for Specialist Palliative Care. He also chaired the Council of Europe Expert Committee on Palliative care. Dr O'Brien has lectured extensively and has published widely on various aspects of palliative care including the role of palliative care in non-malignant disease and the development and integration of services nationally and internationally.

**Rosamund Oliver**

Rosamund Oliver has worked as a registered psychotherapist, supervisor and trainer. She gives professional trainings for people working in the caring professions in Ireland, the UK, France, Germany, and other countries

as well as holding series of Buddhist psychotherapy seminars in South Africa.

She worked in a psychiatric hospital with the elderly bereaved, taught nurses at St Joseph's Hospice, London for several years and facilitated a prison meditation project. She has been a student of Sogyal Rinpoche since 1981, and has regularly been invited to give trainings, talks and workshops on behalf of the Rigpa's Spiritual Care Education Programme.

**Sinead O'Toole**

Sinead O'Toole is a lecturer at the School of Nursing, Midwifery and Health Systems at University College Dublin. She has a background in nursing and psychology and teaches health psychology across a range of programmes at the university. She has a particular interest in palliative care and is engaged in research in narratives of people dying with Motor Neurone Disease.

**Andrew Warr**

Andrew has over 20 years' experience in leading workshops internationally. He is a Senior Rigpa Instructor who specialises in presenting the Loving Kindness Meditation to a diverse audience. He is regularly invited to give public talks and to participate in interfaith dialogue. Andrew was resident at Dzogchen Beara Retreat Centre in West Cork from 1991 to 2006 and took a primary role in developing and guiding the programme of seminars and retreats at the centre.

In recent years he has worked extensively on developing a curriculum of study and practice attuned to the needs of the modern world. Andrew has been a student of Buddhism since 1984.

**Christine Whiteside**

Christine Whiteside has been a student of Buddhism for thirty years and is a founder member of Dzogchen Beara Retreat Centre in West Cork. She is a skilled workshop leader and presenter, offering retreats and seminars on meditation, compassion and spiritual care of the dying. She is regularly invited to lead workshops at various colleges and hospices around Ireland.

She leads the team that offers spiritual support and friendship to people who come to Dzogchen Beara facing terminal illness or bereavement. She also works as a PA for the Irish Wheelchair Association. Christine is currently participating in a Clinical Pastoral Care training at Cork University Hospital.

How to register?

Online registration is now open at www.spiritualcareconference.com

Online registration is now open. The full fee for the conference is €350.00. A charity discount is available to those working with a registered charity. The discounted fee is €300.00.

The registration fee includes: attendance for two full days of the conference & workshops, daily morning and afternoon refreshments and lunch, access to all exhibitions and poster presentations, conference materials including conference programme and brochure.

There are four easy ways to register

1 Online Go to www.spiritualcareconference.com and follow the registration link.

2 By mail Cut out the application form below and send the completed form to: International Spiritual Care Conference, Dzogchen Beara Retreat Centre, Garranes, Allihies, West Cork, Ireland.

3 By fax Send the completed form by fax for the attn. of International Spiritual Care Conference at +353 (0) 27 73177.

4 By phone Please call Muireann Harrington at +353 (0) 27 73403 to register.

Please ensure that you have your credit card details to hand when registering by phone.

Deadline Registration will be open until 10th April 2009

Cancellation policy A refund of 50% is available up to 15th April 2009. To apply for a refund write to conference09@rigpa.ie no later than 15th April 2009.



Registration form

Please fill out this form in capital letters with a black ball point pen. Only one delegate per form. Please provide full name, no initials.

Title _____ First Name _____ Surname _____

Address _____

Occupation _____

Phone (office) _____ Phone (home) _____ Email _____

Dietary requirements yes no If yes, please outline special requirements: _____

Accessibility needs yes no If yes, please outline special requirements: _____

Choose your workshop

Workshops are allocated on a first come first served basis. Please list the workshop you wish to attend in order of preference from 1 to 5 – 1 being your first choice of workshop, 2 your second choice etc. Please do this for both days of the conference. If your first preference has been filled on either day, places will be allocated according to the preference you have outlined.

Day One

- 1 Contemplative in Action, Sr Stanislaus Kennedy
- 2 Saying the Four Things That Matter Most, Dr Ira Byock
- 3 Extending our Capacity to Care, Chris Whiteside
- 4 Deep Listening – An Introduction, Rosamund Oliver
- 5 Stress and Compassion Fatigue, Sinead O'Toole

Day Two

- 1 The Healing Power of Presence, Christine Longaker
- 2 Mindfulness and Changing Paradigms in Mental Health, Dr Tony Bates
- 3 Haptonomie or the "Science of Affections", Marie de Hennezel
- 4 Compassionate Self Care, Dr Susan Delaney
- 5 Loving Kindness for Caregivers, Andrew Warr

Optional extras Attend conference dinner – €50 Attend public talk by Sogyal Rinpoche on Sunday, 26 April 2009 – €25

Payment options Cheque Visa / Mastercard Laser card **Payment total**

Please insert number of credit / debit card

Expiry date Credit Card Security Code (three digits at back of card)

A receipt will be sent to you by post once the payment has been processed.

We would like to communicate with you in future regarding the conference and other courses which may be of interest to you.

Please tick this box if you do not wish us to communicate with you via email.

Venue Information

Venue & Accommodation

The Europe Hotel, Fossa, Killarney, Co. Kerry *****

The Europe Hotel is situated in Fossa, overlooking the Lakes of Killarney, and framed by the McGillycuddy Reeks mountain range.

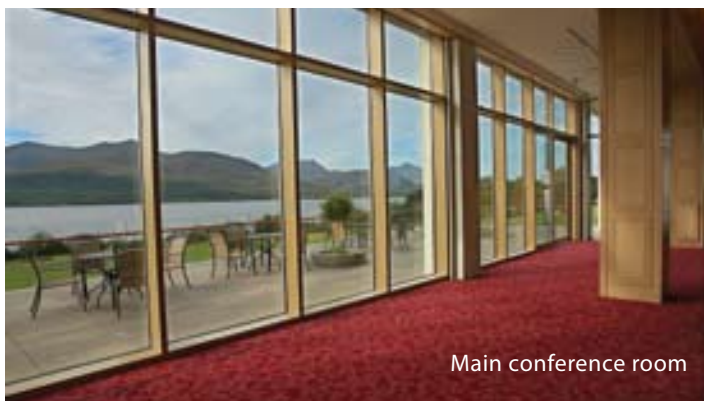
A special conference accommodation rate at the Europe Hotel is available for attendees. This is a significant reduction on the standard rate for staying at this Five Star venue.

The conference rate includes bed and breakfast

Lake Side Room – €260 per room per night (€230 single occupancy)

Golf View Room – €180 per room per night (€160 single occupancy)

Guests have full use of the Espa leisure area and relaxation space.
Please see www.theeurope.com or call +353 (0) 64 71300



Main conference room

Call for posters

The International Spiritual Care Conference will provide an opportunity for health care professionals and spiritual care providers to present a poster to a range of professionals who work in diverse clinical, academic and community settings.

Posters will be displayed in the conference lobby for the duration of the conference.

Successful applicants are requested to be available during the morning break to respond to inquiries about their work.

Poster presentations are invited on research and clinical initiatives, in compassion, mindfulness and spiritual care from all disciplines. Individuals who have not previously presented their research are also encouraged to participate.

Please refer to the conference website

www.spiritualcareconference.com

for further information on the abstract submission guidelines or contact conference09@rigpa.ie for any other enquiries.

Contact details

For further information please see www.spiritualcareconference.com or contact:

Muireann Harrington

Email Conference09@rigpa.ie

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