



## Residential Retreat 2017

*With Deanna Cochran and Rigpa Spiritual Care Program Faculty*

Accompanying the Dying: a Practical Guide and Awareness Training and Rigpa Spiritual Care Program have agreed to collaborate for a 5-Day Immersion in March 2017: Tuesday, March 7 – March 12, 2017 - specifically for our program.

Deanna, Kirsten DeLeo, and Dr. Anne Allegre are residential faculty for the Residential Immersion component of the Accompanying the Dying certificate program. This program is comprised of 16-weeks to 6 months of mentoring and exploring your relationship with death, dying, and developing an end of life practice. The 5-Day Immersion with faculty of the Spiritual Care Program is being offered for students to gain the invaluable spiritual tools for compassionate care of themselves and the people they will be serving; the tools you learn here will add to the sustainability of your EOL practice.

Rigpa Spiritual Care Program is known around the world as a stellar, non-denominational educational program that offers training for care in living and in dying. They have been teaching end of life healthcare professionals for over 20 years with time tested and empirically supported contemplative methods presented in a secular and authentic way. Their approach comes from “...understandings drawn from the Buddhist tradition, particularly from *The Tibetan Book of Living and Dying* by Sogyal Rinpoche, an acclaimed book that explores practical ways to benefit those facing difficulties, illness and death. This support is not religious and it completely supports each person to draw from their own inner resources...”

Deanna has been mentoring pioneers from around the world since 2010, drawing from her extensive experience as a hospice RN, certified in Hospice and Palliative Care, as well as her 10 years of experience in private practice as an End of Life Doula. She is a fierce advocate for people at the end of life living their last days as they choose and not in the misery of out of control symptoms and fear. Her generosity in mentoring others in creating their programs is known well by her students.

People who accompany others through the end of life, in order to be effective, must be grounded and caring of themselves first: “Presence is the main component of an end of life practice”, according to Deanna, “everything else is secondary. Sustainability in doing the work and effectiveness as one who accompanies another is the primary concern of the people I choose to work with. Rigpa Spiritual Care Program are Masters in the skills necessary to ensure this. I have personally experienced the wellspring of support and I want everyone I work

with to have this resource.” says Deanna.

As part of the Accompanying the Dying Certificate Program, not only will a person receive expert guidance in developing unique programs for their community, they will now be in the presence of leaders in compassionate care, learning practical tools upon which to build their lifelong practice and being even more entrenched in an international community serving the dying. Visit [HERE](#) for a bio of Kirsten and Dr. Ann Allegre.

## Retreat Details

March 7 – 12, 2017

Location: Margaret Austin Center

Chappel Hill, Texas

Website: <http://macenter.org/>

### Airport to fly into:

George Bush International Airport (Houston)

### Roundtrip shuttle bus:

\$55 – Maximum 15 people

Departure for retreat March 7<sup>th</sup> from George Bush International Airport in Houston. Bus leaves the airport at **2:45pmCST**. Please schedule your flight to arrive before then to be ready to load and depart on time.

Departure for the airport March 12<sup>th</sup>. Bus leaves the retreat center at **12pmCST**. Please schedule your departing flight for after **3pmCST**. The drive from the retreat center to the airport is around 1.5 hours.

### Food and Lodging:

Included. Meals will be vegetarian with a meat option. Let me know if you have special needs and we will try and accommodate you. Each bed is a twin. There are sheets, towels, a pillow, and blankets provided. Bring your toiletries.

If you are driving, please bring whatever you you'd like to have for time outside: folding chairs, your own extra blankets, floor mats, etc. Consider bringing extra to share, if you'd like. The grounds are large and beautiful.

We will have the Margaret Austin Center to ourselves for the week.

**Investment:** \$1,500

**\$250 will secure your spot with a non-refundable deposit.**