

**With Eyes Open: Training in Compassionate End of Life Care**

**led by Frank Ostaseski** Monday, Oct. 25-Tuesday, Oct. 26, 9.00am - 4.30pm

The eyes of a dying patient are clear mirrors. In their gaze there is simply no place to hide. Being face to face with dying requires a fierce compassion and self-awareness that is best supported through mindfulness, inquiry and fearless receptivity.

This program is designed to support healthcare providers and caregivers to develop pragmatic skills and essential competencies in the psycho-social aspects of dying, strengthen individual capacity for compassionate service, and enhance spiritual development. We will investigate our relationship to death and the qualities that best serve at the time of dying such as applied compassion, a calm and loving presence and non-attachment to outcome.

Frank will weave together moving stories, Buddhist meditations, and good common sense developed over 25 years at the bedside. He offers a fresh and integrated approach to the dying experience that goes well beyond the traditional medical models. This is a wonderful opportunity for both personal and professional development.

**You will Learn:**

- The Five Precepts of true service as a guide to developing a mutually-beneficial caregiving relationship
- A model of listening from three centres (head, heart and body) that cultivates clarity, empathy and presence
- The place of attunement in compassionate care
- Mindfulness practices to develop self awareness and equanimity and to heal the heart
- The difference between a covenant of service and the typical contract for service
- An overview of the stages of transformation that can occur near death
- Using contemplative approaches in traditional medical settings

**VENUE:** Koffler House/Multi-faith Centre (569 Spadina Avenue)

**Mention Gitche M'Qua and save an addition 5% off the rates below (use the code gitm5 when registering)**

Non-professional caregivers and hospice volunteers are eligible for a 25% discount off the current single registration rate. Please call 416.964.1133 to register as a non-professional/volunteer.

**Sign up before Sept. 9 and/or with a friend and save!**

Single registrations: \$305 (before Sept. 9), \$325 (reg. rate)

With a friend: \$289 (before Sept. 9), \$305 (reg. rate)

Use **gitm5** to receive 5% off when registering

Note HST not included

Frank Ostaseski is Co-Founder of the Zen Hospice Project, the first Buddhist hospice in America, and Founder of the Metta Institute's *End-of-Life Care Practitioner Program*. His groundbreaking work has been widely featured in the media, including the Bill Moyers television series *On Our Own Terms*, *The Oprah Winfrey Show*, and in numerous print publications. In 2001, he was honored by H.H. Dalai Lama for his years of compassionate service to the dying and their families. More info: [www.mettainstitute.org](http://www.mettainstitute.org)



**Sign me up for:**  With Eyes Wide Open

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**4 ways to register!**

**Online registration at:**  
[www.leadingedgeseminars.org](http://www.leadingedgeseminars.org)

**Phone** 416-964-1133

**Fax** 416-964-7172

**Mail** 88 Major St,  
Toronto ON M5S 2L1

I will be paying the course fee of \$\_\_\_\_\_ + \_\_\_\_\_ (13% HST) = \_\_\_\_\_ TOTAL by:

- VISA       Mastercard       AMEX       Cheque

Name on card (if different from above) \_\_\_\_\_

Card number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

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See [www.leadingedgeseminars.org](http://www.leadingedgeseminars.org) for more workshops