

creating  
an era  
of  
dying and death  
embodiment

# Ten Thousand Doors

## End of Life Doula Care

### Certification Program

Our program is a comprehensive 1st year college level course, requiring time outside of class attendance to complete assignments for each module, along with a capstone project and a 40 hour practicum. There are 7 weekend modules across seven months (one weekend per month) with the remainder of the session year to complete assignments, projects and practice hours.

#### Learning Module Information

**(Scroll to the end for dates)**

##### **WEEKEND #1**

##### **Evolution of End of Life Care**

Humans know how to care for dying humans. Over the past century, as a major life transition or process in life, it has simply been forgotten.

During the first weekend training session we will review and discuss the cultural history of dying and death care practice so that participants can begin to embody death positive philosophy and find their place in the long lineage of death caregivers. A review of modern dying practices will challenge participants to reconsider their own assumptions about dying and death. We'll consider ways to un-learn traditional mindsets and current social conditioning. This, so we can forward the learning when we take on the role of end of life doula.

An introduction to contemplative care, through personal inquiry, will allow class participants to identify their own personal source of power and find ways to tap into that source while relating and connecting with clients in moments of truth. Self-reflection will be an invitation for participants to look closely at their own self-limiting behaviors, attitudes and beliefs. We will tap into the innate curiosity humans have about life and death and introspectively consider our personal values and beliefs.

## **Weekend #2**

### **Doula Role Overview**

A century or more ago, women generally sat bedside to assist with dying, while loved ones mourned together through direct care of their loved one's body and celebrated the human's "being", within an entire community.

Death care today requires navigation of medical and hospital care and then industrialization of funerals. It requires that we re-learn how to care for our loved ones, before and after they die, with integrity and honor and in a way that includes the opportunity to grieve wholly and completely.

In the second weekend session, we will look at the new and emerging role of the end-of-life doula; it's scope, ethical values, the potential for regulation of the role as a professional career and legal considerations. We'll review the knowledge and skill requirements for working within a multi-disciplinary team.

## **Weekend #3**

### **EOL Planning & Preparation**

To live fully throughout life into dying and death, to provide adequate care for our dying loved one and every person involved in his/her care, and to be able to die peacefully and with dignity – requires some planning and preparation.

During the third weekend training session we will review the overall considerations for dying and death planning including human rights in dying and death along with options for medically related decisions and how each person can make the best choices for themselves and their loved ones prior to, and during the dying process. We will also review the needs, desires, and realities of dying and death and what is required from a doula during the planning and preparation of the final stage of life.

## **Weekend #4**

### **Palliative Framework**

Public health administrators are focused on meeting the needs of dying people and the care of each person spans wider than public health facilities can accommodate. So that we can fully embody dying as a part of life, the involvement of whole communities is necessary to support all individuals involved in care. As doula care providers (and in order to grow the profession) it is incumbent upon us to develop strong and trusting relationships with other care providers and professionals. The public will benefit by having a clear understanding of the value of our role, while we guide, empower and support dying and death.

During the 4th weekend training session, we'll review the current Canadian framework and how each province is addressing palliative care needs and challenges faced by dying individuals and their families. We'll focus on the doula care role within a multi-disciplinary team.

## **Weekend #5**

## **Contemplative Care**

Contemplative care is at the core of the role of an end of life doula. It requires us to be mindful and to have a degree of self-awareness that allows us to sit with others during their contemplation, and to be with them while they become more fully aware in the moment. As doula care providers, we facilitate personal inquiry by asking questions and making room for the answers to come into place. We hold a certain space that is sacred in nature, one that allows individuals to process the knowing that comes.

During the 5th weekend training session, we'll discuss the needs of dying people and their families and the necessity for "being with" dying and death. We'll review techniques and modalities that offer comfort to people who are dying, including palliative massage.

### **Weekend #6**

#### **Rituals, Ceremonies/Celebrations**

Rituals and ceremonies bring people together for any reason or specific occasion at any point during a lifetime. They represent a rite of passage and often become a custom or tradition. It allows us to honor an individual or event for what it is.

During the dying process, following the death of a loved one and for the rest of time, rituals and ceremonies are beneficial for individuals, families and communities to feel connected and supported. They can mark the passage of time and assign meaning to events in life.

During the 6th weekend training session, we'll discuss the necessity of traditions, rituals and ceremonies as ways to celebrate life. We'll also explore what they offer us by way of connection, contribution, community, shared values while coping with loss of life.

### **Weekend #7**

The 7th and final weekend training session will focus on facing grief and bereavement and healing after loss.

We'll also consider the many opportunities where End of Life Doulas can move forward in a new and gather ideas for business development, marketing and educating those who may be unaware of the benefits of doula care.

Following these seven weekend training sessions, participants will have the remainder of the year to complete a final project and the required volunteer hours.

### **Course Dates:**

#### **Winter 2025**

January 11 & 12/25

February 15 & 16/25

#### **Summer Session 2025**

July 19 & 20

August 23 & 24

#### **Fall Session 2025**

September 27 & 28/25

October 25 & 26/25

March 8 & 9/25

April 12 & 13/25

May 17 & 18/25

June 14 & 15/25

July 12 & 12/25

September 20 & 21

October 18 & 19

November 22 & 23

January 10 & 11/26

February 21 & 22/26

November 29 & 30/26

January 3 & 4/26

February 7 & 8/26

March 7 & 8/26

April 4 & 5/26