

Registration

To register by mail, please mail this form to Olmo Ling, 1101 Greenfield Ave, Pittsburgh PA 15217. Register online at olmoling.org. For questions or to register on the phone, please contact Martha at 412-904-1112 or bon@olmoling.org.

Program cost (does not include lunch):

Olmo Ling members*: \$100 without CE credits, \$115 with CE credits.

Non-members: \$115 without CE credits, \$130 with CE credits.

Name

Address

Phone

E-mail

CE credits: licensed clinical social worker
 licensed social worker licensed professional counselor licensed marriage & family therapist

Method of Payment

- Check (made out to Olmo Ling)
 Visa Master Discover

Credit Card No.

Expiration

Signature

Cancellations: \$10 processing fee for cancellations until 24 h before the workshop, no refunds thereafter.

*Memberships start at \$10/month. Join online at olmoling.org/memberships/new.

Olmo Ling Bon Center & Institute
1101 Greenfield Avenue
Pittsburgh, PA 15217

Contemplative Workshop to Support the Dying

with Tempa Dukte Lama
and
Amy DeGurian, MSW



March 20, 9am-5pm

117 Victoria Hall
University of Pittsburgh

Sponsors: Olmo Ling Tibetan Bon
Center & Institute, University of
Pittsburgh School of Social Work

Continuing education credits for
LSW, LCSW, LPC, LMFT

About the Workshop

Olmo Ling Tibetan Bon Center and Institute offers a series of workshops on contemplative practices to support the dying and prepare for a peaceful and conscious death. The series integrates clinical practice with teachings and practices from the Tibetan spiritual traditions.

This first workshop is a collaboration with University of Pittsburgh School of Social Work. Participants will learn how to help the dying person develop openness and trust toward the process of dying and let go of fear and attachments through the contemplative practice called *Ngo Trod* in Tibetan. Contemplations, lecture and discussion will be used to look more deeply into the meaning of mortality and impermanence and the shifts taking place during the dying process. This understanding can be used to guide the dying person as a compassionate and spiritual friend. Participants will explore ways to help the dying connect deeply with their own faith and draw strength and inner peace from their spiritual practice and spiritual teachers.

The afternoon session will provide participants with an opportunity to further understand the idea of providing *compassionate companionship* to those who are dying. Additional emphasis will be made around the grief process, focusing on the needs of those who are grieving their own impending death and those who are left to make sense of the “new normal” that arises in the wake of someone’s passing.

Continuing Education Credits

The University of Pittsburgh School of Social Work is accredited by the Council on Social Work Education and therefore a Pennsylvania pre-approved provider of continuing education for LSW, LCSW, LPC, LMFT. The School of Social Work in accordance with all applicable educational and professional standards

has approved this training for 7 hours of continuing education.

Faculty

Tempa Dukte Lama is an ordained Tibetan Bon lama. He is the founder and director of Olmo Ling Bon Center and author of five books. Tempa Lama studied at Menri Monastery, India, from a young age with H.H. 33rd Menri Trizin, the late world-wide spiritual head of Bon. He teaches internationally, helping people bring a practice of compassion, healing and happiness into their lives.



Amy DeGurian is a faculty member in the Graduate School of Social Work and has previous clinical experience in the areas of Health Care and Gerontology. She is currently the instructor of the Grief and Loss class and additionally provides seminars and in-services to outside agencies focusing on the areas of grief, trauma and loss. Ms. DeGurian received her MSW from the University of Pittsburgh in 1994.



Educational Objectives

At the conclusion of this workshop, participants will be able to:

- Articulate a program offering psychological and spiritual care for the dying.
- Use contemplative practices to help the dying person let go of fear and attachments, cultivate openness and trust, and draw strength from their own faith and spiritual practice.

- Introduce the dying person to the nature of the mind based on the threefold inner, outer and secret visions that the dying person experiences.
- Describe specific techniques to develop skillfulness and inner stability as a caregiver guided by wisdom and compassion.
- Provide insight into one’s own experiences with death and grief and review how those experiences influence one’s ability to provide care to the dying
- Understand a task-focused model for managing grief
- Gain additional appreciation around the need for “meaning making”
- Introduce ideas about how to have legacy-focused conversations with the dying—how they want to be remembered

Workshop Venue

University of Pittsburgh. 117 Victoria Hall (Nursing School), 4200 Fifth Ave, Pittsburgh, PA 15260. There is metered parking available on all four sides of the Cathedral of Learning. The nearest parking garage is the Soldiers and Sailors Garage, located at Fifth Avenue and Bigelow Boulevard.

Workshop Series

Workshop 1: Contemplative Practices to Support the Dying

Workshop 2: Being with Dying - the Bardo. This workshop focuses on the process of dying and the psychological, mental, and physical shifts that take place during the dying process.

Workshop 3: Being with Dying: Phowa Practice. *Phowa* is a contemplative practice for conscious dying and for helping the consciousness of the deceased or dying person liberate.