**This two day course offers fundamental concepts in palliative care and caring touch along with practical information about clinical considerations and bodywork adjustments necessary to work safely. Understanding the dying process, pain management and end of life symptoms with respective comfort measures is also a part of the curriculum. We practice positioning adjustments and caring touch techniques. Time is dedicated to deepening our mindful communication skills and developing our healing presence with the dying. We explore ways to work with those who have communication impairments. We examine our personal perceptions, identify methods of self-care, and explore boundaries and ethical issues in working with the dying.**

**This is an interactive course that includes a blend of lecture, case studies, small group discussion, presencing skill development, and hands on time. It will help the practitioner move beyond their concerns in working with this clientele, allowing us to open to sacred moments and presence deep peace with the dying.**

**People are drawn to this class for personal as well as professional reasons; they may have years of experience or may be just beginning to explore this emerging niche in massage. Because this is a highly interactive course, everyone walks away with something meaningful for them self and/or their clients. Often people find a sense of community with like-minded individuals; it is as personally enriching as it is professionally challenging.**

**Participants will…**

* Gain increased confidence in providing bodywork in end of life care.
* Practice touch techniques that offer comfort and compassionate care.
* Learn appropriate massage adjustments for the therapist and client safety & comfort.
* Increase attending, communication and presencing skills that advance the quality and continuity of care for the dying person.
* Gain greater personal clarity about death and dying, thereby supporting healthy boundaries and ethics.

**Additionally, participants will…**

* Learn about the spectrum of care for the dying person and their family.
* Be able to list common symptoms and clinical considerations in end of life and the dying process.
* Be able to explain how and why massage is a comfort measure at the end of life.
* Be able to make appropriate massage adjustments to safely meet the dying persons’ needs.
* Practice positioning for client safety and comfort while appropriately modifying their body mechanics.
* Explore their emotional relationship to end of life and the dying process.
* Problem solve scenarios that require clinical and critical thinking skills.

*Registration is taken by the hosting organization.*

*Questions about class may be directed to Meg @* [*meg.robsahm@gmail.com*](mailto:meg.robsahm@gmail.com)

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