

Creating a Global Caring Community Together

Compassion and Hope in Aging, Illness and at Life's End
A Four day English Language Certificate Course for Professionals
Sponsored by Life's Door and The Jewish Federation of MetroWest New Jersey

- For Whom: Professionals and community leaders in the health care, spiritual support and social service fields
- What: Theory-based lectures, experiential activity study, interactive discussion, case analysis, spiritual practices, and site-visits.
- By Whom: Life's Door experts in bio-psycho-social- spiritual models of health and wellbeing
- Where: Jerusalem, Israel
- When: May 8^h – 11th, 2017

Developing Skills; Innovative Research; Self -Care

Participants will gain exposure to complex issues and new approaches to foster caring and hope within communities. The course will highlight:

- The Mind-Body-Spirit relationship
- Innovative programs for the patient and the family
- Self-care tools to prevent burnout and compassion fatigue
- State-of-the-art research in neuroscience of hope and behavioral models
- New measurement tools
- Sharing of community empowerment models

The **Caring Community initiative** is a **bi-national partnership between Israel and Diaspora communities that** provides supportive services, ongoing education, materials and resources and a forum to share best practices. This Life's Door Certificate Course includes experiential site visits and training in innovative tools to offer meaning and hope to people facing illness, aging and end of life and to those who serve them. The seminar will be taught in English.

4- Day Course includes lunches & site visits

Does not include: cost of flights, travel and lodging.

Optional participation in welcome & closing dinners –reservation required.

Course Fee: \$900

Early registration rate (by Feb 28th): \$825

Registration Fee: \$50

Welcome Dinner (Optional): \$50

Closing Dinner(Optional): \$50

Sunday, May 7, 2017

19:30 **Opening Dinner**

Day 1 – Monday, May 8, 2017

Caring for the Professional- Caring for Yourself

08:30-09:00 **Coffee/Tea/Refreshments**

09:00-10:00 **Introduction of program and people - What's Your Approach to Life?**

10:00-11:30 **Quality of Life- Whose Life?**

11:30 – 12:15 **Mindfulness and the Burning Bush: Chavruta Learning**

12:15-13:00 **Lunch**

13:00 - 18:00 **Jerusalem of the Soul: A Photographic Journey in the Old City**

Day 2 – Tuesday, May 9, 2017

"Daring" to Communicate Within Our Diversity

08:30-09:00 **Coffee/Tea/Refreshments**

09:00-10:00 **Words & Music- Surpassing Boundaries**

10:00-13:00 **Value Driven Decision Making : The Conversation Project**

13:00-13:45 **Lunch**

13:45-18:00 **Holocaust Survivors, Second and Third Generations – Closing the Circles**

Day 3 – Wednesday, May 10, 2017

Community: Creating Meaningful Connections

08:30 **Buses Depart Jerusalem**

10:00-11:30 **Models of Integrating Spiritual Care: *Dignity* Program (*Maalot*). Site Visit to integrated spiritual care program at Bet Hadar Geriatric Facility, Ashdod**

11:30-13:00 **Travel to Arad**

13:00-13:30 **Lunch**

13:30-15:15 **Volunteer Community Empowerment – The Arad Experience**

15:15-17:00 **Travel to Jerusalem**

Day 4 – Thursday, May 11, 2017

Moving from the old paradigm of Hope = Cure

08:30-09:00 **Coffee/Tea/Refreshments**

09:00-12:30 **Hope Enhancement Workshop**

12:30-13:15 **Lunch**

13:15-14:45 **Using the Toolkit: Case Discussions**

14:45-15:30 **Sharing, insights and new understandings**

19:30-21:00 **Closing Dinner (optional)**

Please refer to the registration form on the next page

Registration Form

Please fill in all fields below

First Name: _____ Last Name _____

Title: _____

Address: _____

Phone #: _____ Cell # _____

Email: _____

Profession: _____

Place of work: _____

Position: _____

How did you hear about the course: _____

Comments _____

● **Course fee**

Early registration (Until February 28th, 2017) \$825 x _____ persons

Regular registration (From February 29th, 2017) \$900 x _____ persons

● **Registration fee:**

\$50 x _____ persons

● **Dinners:**

I would like to attend the welcome dinner NO YES \$50 x _____ persons

I would like to attend the closing dinner NO YES \$50 x _____ persons

Total payment: _____