Section Descriptions & Objectives

1. Setting the Stage
(30 minutes)

Learning Objectives
Participants will:
- Learn more about the faith leaders in the room.
- Become familiar with the resource manual.

CONTENT OUTLINE
I. Welcome and Introductions (convene in small groups)
   a. Recognition of sponsors
   b. Introduction of faculty and participants
   c. Housekeeping details
   d. Participant self-introductions
   e. Review of Seminar Agenda and Resource Manual

2. Opening Reflection
(30 minutes)

Learning Objectives
Participants will be able to:
- Begin to prepare for the day’s work and learning.
- Reflect on a specific experience they have had with death that affected them deeply.
- Find support for the feelings that arise when accompanying people at the end

CONTENT OUTLINE
I. Reflection and Preparation
   a. Opening reading
   b. Music

II. Guided Meditation
   a. Meditation, with facilitated discussions in small groups
   b. Small group facilitators prepared in advance

III. Emotional Support
   a. Offered as needed by “chaplain for the day”
3. End-of-Life Care: Reconcilable Differences
(75 minutes)

Learning Objectives
Participants will:
- Understand the current state of dying in America
- Be exposed to information that helps them identify new paths for caring for seriously ill and dying individuals, and their families.

CONTENT OUTLINE
I. Current State of Dying in America
   a. Societal shift in focus from caring, comfort to science, technology
   b. Illness trajectories: how and where people die
   c. Summary of the box we’re in and why: the mismatch between reality and what people want at the end of life
   d. Pain and suffering – prevalence, concerns and myths

II. Information/Discussion:
   a. Circumstances in which people die
   b. Their burden of suffering in the process
   c. Goals of care and corresponding tensions; opportunities and challenges for addressing them

4. Advance Care Planning: Choices for Living and Dying
(75 minutes)

Learning Objectives
Participants will be able to:
- Communicate the reasons and importance of an Advance Care Planning (ACP) process that reflects life goals and values and includes rich conversations with individuals and their families.
- Describe the ACP process.
- Be familiar with ACP documents and their basic legal requirements.

CONTENT OUTLINE
I. Anna’s Story
   a. A case study
   b. Promotes understanding of learning objectives through a specific case.

II. It starts with a conversation:
   a. Reflection about life goals and values
   b. Selecting an agent
   c. Have conversation and document preferences
5. Being with the Dying
(120 minutes)

Learning Objectives
Participants will be able to:

- Better understand the choices experienced by dying individuals.
- Consider how the progression of disease affects those choices.
- Better understand how a spiritual care provider might introduce the varied choices that members of their faith community may face as they approach the end of life.
- Be better equipped to provide spiritual care to faith community members.

CONTENT OUTLINE
I. Loss Exercise
   a. Participants will have their completed Activities List (sent in advance of the seminar).
   b. Participants are seated in small circles with a prepared facilitator.
   c. Introduction to process.
   d. Guided Meditation, with pauses for facilitated discussion.
   e. Re-grounding by faculty member.

II. Role Play
   a. Faculty will model fairly typical encounter between a spiritual care provider and member of his/her faith community who has just learned that his/her death is nearing.
   b. Participants sit in a large circle around the players who sit opposite each other, each with a microphone (preferably a lapel mic).
   c. Debriefing of the role play and Q&A discussion to elucidate the process participants have just witnessed.
6. Last Hours of Living
(30 minutes)

Learning Objectives
Participants will be able to:
- Understand basic physiologic changes during the dying process.
- Identify and cogently discuss the commonly-held myths about dying.
- Prepare and support the dying individual, and his/her family members and caregivers.

CONTENT OUTLINE
I. Basic physiologic changes during dying process
   a. Unpredictable time course
   b. Withdrawal, weakness, decreasing appetite, delirium, altered breathing
   c. Talking to the unseen
   d. Signs that death has occurred
II. Misconceptions about dying
   a. Food/fluid: what helps, what hurts
   b. Medication: rethinking the role of medication at the end of life.

7. Next Steps
(30 minutes)

Learning Objectives
Participants will be able to:
- Identify specific ways to take today’s experience and lessons into their ministry.
- Select one activity to work on during the next week (e.g., activity from the Next Steps checklist).

CONTENT OUTLINE
I. Discussion
   a. Full group discussion led by faculty from Section 5: Being with the Dying.
   b. Ask several questions, e.g.:
      i. What surprised you today?
      ii. What do you see yourself doing with what you experienced/learned today?
   c. Participants share ideas with the group at large, as comfortable
   d. Use Next Steps checklist, as needed.
II. Closing
   a. Final Reading