



Hilma af Klint

Practical and spiritual aspects of dying and death care - a holistic palliative care workshop.

This workshop considers death from a deeper aspect than is the norm today. The inner life of soul and spirit are explained in their role in this transition and in addition, the nursing care of the physical body is considered prior to and after death. We look also in a healthy way, at the possibility of accompanying the human being during this process while full consciousness is carried around the sacredness of this mysterious threshold. Our aim is to empower families and communities to take death care back into their own hands, highlighting the three-day, post-death care vigil in the home.

VENUE: Casuarina School for Rudolf Steiner Education, 4 Gentle St, Coffs Harbour NSW

Saturday 9am to Sunday 3pm - Oct 28th/29th, 2023

\$275-\$375 Flexible Full Price

For financial hardship or to sign up to our newsletter, please email anthropallcare@gmail.com or call Rosi on 0431135769.

Book here <https://events.humanitix.com/workshop-toormina-october>.

Saturday Program

9.00 am Acknowledgement to Country and Introduction to Dadirri, creating a deep listening space for the dying and community of carers including family and friends, presented by Beth Wrigley.

9.30 am History of the three day vigil presented by Charlotte Rogers.

9.45 am Preparing for end of Life - potential inner development presented by Lisa Harris.

10.30 am Morning tea

11 am Metamorphosis of the life forces from birth to death presented by Lisa Harris

12:00 pm Anthroposophical nursing care perspectives presented by Charlotte Rogers.

12.45 pm LUNCH

1:45 pm Facilitated family conversations and a guided visualisation, presented by Wendy Harfield.

2.30 pm Art pastel work led by Charlotte Rogers.

3.30 pm Afternoon tea

4 - 5 pm Circle reflection - creating a safe space and questions presented by Wendy and Beth.

Sunday Program

9 am Check in, questions & answers/conversation and introduction to sessions;

9.30 am Practical Demonstration - Laying out of the body: washing and anointing/oiling the body, clothing and shrouding and attendance to the body during the three-day vigil presented by Charlotte and Beth.

11.00 am Morning Tea

11.30 am Staying connected and end of life care planning presented by Lisa Harris.

12.15 am Sharing lived experiences of pre and post-death care led by Wendy and Beth.

1 pm LUNCH

1.30- 3 pm Questions & Answers/Conversations and Closing Ritual of honouring and reflection.

About the Presenters:

Dr Lisa Harris: Dr Lisa Harris is an integrative GP and GP Proceduralist in Palliative Care. Dr Lisa's GP practice and extra training in palliative care integrates her anthroposophical medical training. This integrative training combines physical medicine, functional and recuperative processes, emotional and sensory activities and spiritual and creative elements. Her palliative care work is in cooperation with the integrative team of practitioners and the Mid-North Coast palliative care service and is based in Coffs Harbour, NSW.

Charlotte Rogers: Registered Nurse, Anthroposophical nurse consultant, Anthroposophical massage and art therapist.

Beth Wrigley: Registered Nurse, Masters of Indigenous Studies (Trauma & Healing). Beth works facilitating groups in organisations, community and in undergraduate nursing & midwifery academic spaces using circle work and Indigenous pedagogy (healing and education) practices, with a focus on story, deep listening and creative and expressive processes. beth@ozemail.com.au

Wendy Harfield: Trauma therapist, Counsellor, Death Doula. Facilitator of Grief Tending Rituals. In Wendy's counselling practice she works very deeply with individuals using image-work, inner journey and sensorimotor psychotherapy, assisting people to find where trauma sits in their body, how it impacts their life and facilitating them towards self-awareness and change. wharfield@hotmail.com

ANTHROPOSOPHICAL INTEGRATIVE PALLIATIVE CARE

As an anthroposophical palliative care circle our mission is to deliver holistic palliative care that encompasses the body, soul and spiritual aspects of the human being. We are a collective of human beings who have our spiritual home in the path of Anthroposophy*, and who work in various professional modalities at the threshold of death. This circle forms a source from which we draw, and to which we contribute in order to support each other and our work, and deepen and refine our understanding of care of the threshold of death.

What We Do

Members of the Anthroposophical Palliative Care Circle work variously, as individuals and as part of initiatives, professionally and voluntarily in Australia. Currently this includes doctors, nurses, priests, counsellors, naturopaths, death doulas, art and massage therapists for home death care. We are working towards forming hospice facilities. What we have in common is an Anthroposophical* understanding of the threshold of death, and this is what informs how we work, though this work can be received by any human being, of any creed, that is, respectful and inclusive of all religions, spiritual beliefs or lack of.

What Is Anthroposophy?

Anthroposophy is a spiritual path that can lead us towards becoming more fully human. It is path of knowledge and shared inquiry through research, about becoming "consciousness of our humanity" at all levels: body, soul and spirit. It is not a belief system but rather an individual path of spiritual development that finds fulfilment in study and community, through social, creative and practical initiatives. Thus, Anthroposophy requires an open heart and an enquiring mind. Rudolf Steiner gave clear insights and guidance for all kinds of human activity, inspiring creative work in many fields including agriculture, medicine, education and the arts.