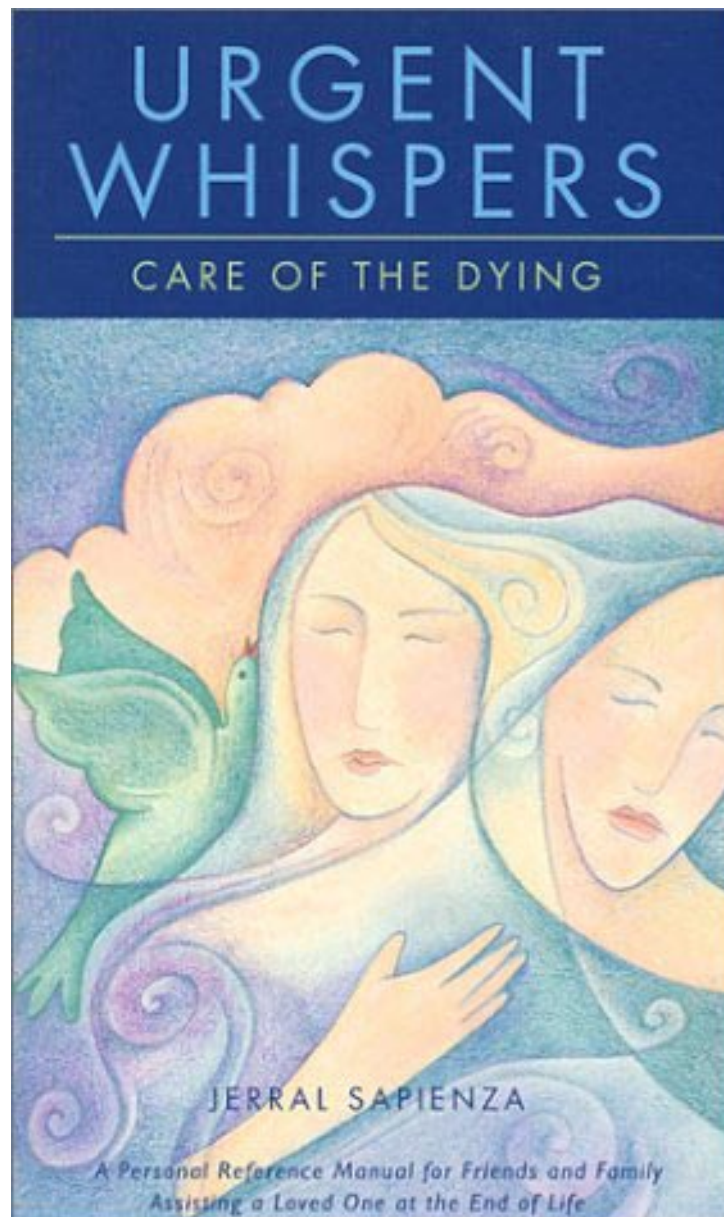


CAREGIVER TRAINING & DISCUSSION MANUAL

PARTICIPANT'S GUIDE

for use with

URGENT WHISPERS: CARE OF THE DYING from LLX PRESS



for use with

JERRAL SAPIENZA'S
**URGENT
WHISPERS**
CARE OF THE DYING

First Edition April, 2002

R93

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CAREGIVER TRAINING & DISCUSSION MANUAL

Additional copies of this booklet are available
from the LLX Press *Urgent Whispers* Training Web at:
<http://WWW.LLX.COM/UW/Train/>

Class One:
Urgent Whispers: Care of the Dying
Introduction of the Group, the Book, the Intention.

00:00 - 00:05 **Class Opening**

Text for Class: *Urgent Whispers: Care of the Dying* by Jerral Sapienza, LLX Press, \$14.95

Dedication Opening (Poem from page 5):

*For those whose lives have gone before,
they blazed their trails whispering
to those still here behind this door
in urgent hopes we're listening...*

00:05 - 00:10 **Facilitator overview: Confidentiality, Communion, Compassion.**

00:10 - 00:40 **Group sharing:** Each person's introduction (jot notes if you wish)

Some intro materials: Your name? Tell us a hobby or of a "secret skill" you have but may not be known for?
What is your favorite travel destination? What was your favorite pet in all your life?
Do you know any / many other people in this calls here yet?
Any interest or experience in Hospice? Ever accompanied a friend or loved one on a death vigil?
How do you hope to Learn, Grow and Share in/with the class?

00:40 - 00:50 B R E A K

Class One cont'd

Each Class splits across two-page spread like this, with plenty of room for notes.

00:50 - 01:40

From **Table of Contents** of *Urgent Whispers: Care of the Dying*, review each of 52 “*whispers*” discussing briefly. What does it seem to mean?

01:40 - 01:55

Q & A and discussion of anything presented thus far.

01:55 - 02:00

Class Closing

Urgent Whispers: Care of the Dying
Intro pages (17 - 32)
and *whispers* through page 43

00:00 - 00:05 **Class Opening**
Lighting the Candle - Breathing together - Settling in - Opening Dedication

00:05 - 00:50 Pages 17 - 32 Reading and discussion in class. .

- Page 17 Quality of Life / Quality of Death issues
- Page 18 The legacy of societal changes and why we don't reach out
- Page 22 The "Teacher Times of Trauma"; What gifts have they held for you?
- Page 23 The book as Travel Planner and Guidebook
- Page 24-25 Jewel in the Darkness: the kinds of gifts we receive in spending time with a loved one
- Page 26-27 Asking for Help along the way
- Page 29 The Whispers format
- Page 30-31 Vigil Notes and Exercises: what is their usefulness in the process?

00:50 - 01:05 B R E A K

Class Two -cont'd-

01:05 - 01:45 Review and discuss each section / whisper

32 - 33: **Vigil Record**

34 - 35: **Feeling Your Place**

36 - 37: **Being Comfortable**

38 - 39: **The Breath Budget**

40 - 41: **Priorities**

42 - 43: **The Gatekeeper**

The Robert Frost poem, *Mending Wall* is an interesting thing to mention... (lines 32-36 of the 46 line poem)

...
*Before I built a wall I'd ask to know
 What I was walling in or walling out,
 And to whom I was like to give offence.
 Something there is that doesn't love a wall,*
 ...

01:45 - 01:55 Q & A - Further Discussion

01:55 - 02:00 **Class Closing**

Class Three:

Pages 44 - 51

Urgent Whispers: Care of the Dying

Concepts of Caring

Truth / Dignity / Grief / Compassion

00:00 - 00:05

Class Opening

Lighting the Candle - Breathing together - Settling in - Opening Dedication

00:05 - 00:15

Recap and Discussion of Old Issues, Questions from Class Two, etc.

00:15 - 00:45

44 - 45: **Telling the Truth**

46 - 47: **Dignity in Care**

00:45 - 00:55

B R E A K

Class Three -cont'd-

00:55 - 01:45

48 - 49: **Grieve not yet...**

50 - 51: **Pity & Compassion**

01:45 - 01:55 Q & A - Further Discussion

01:55 - 02:00 **Class Closing**

Class Four:
Urgent Whispers: Care of the Dying
Pages 52 - 77
Environment - Emotions - Beliefs

00:00 - 00:05

Class Opening

Lighting the Candle - Breathing together - Settling in - Opening Dedication

00:05 - 00:50

52 - 53: **Taking**

54 - 55: **Denial**

56 - 57: **Getting By**

58 - 59: **Food**

60 - 61: **The Senses**

62 - 63: **Flowers & Perfumes**

00:50 - 01:00

B R E A K

Class Four -cont'd-

01:00 - 00:45

64 - 65: **We're all Equals**

66 - 67: **Sitting Vigil**

68 - 69: **Sadness**

70 - 71: **Respect**

72 - 73: **Relaxation**

74 - 77: **Beliefs**

01:45 - 01:55 Q & A - Further Discussion

01:55 - 02:00 **Class Closing**

Class Five:
Urgent Whispers: Care of the Dying
Pages 78 - 99
Tuning in / Old and New Bonds / Onward

00:00 - 00:05 **Class Opening**
Lighting the Candle - Breathing together - Settling in - Opening Dedication

00:05 - 00:50

78 - 79: **Friendship**

80 - 81: **Pleasantries**

82 - 83: **Grudges**

84 - 85: **Distractions**

86 - 87: **Tuning-In**

88 - 89: **Remembering**

00:50 - 01:00

B R E A K

Class Five: -cont'd-

01:00 - 00:45

90 - 91: **Honoring**

92 - 93: **Synchronicities**

94 - 95: **Dies with me**

96 - 97: **Writing**

98 - 99: **What time is it?**

01:45 - 01:55 Q & A - Further Discussion

01:55 - 02:00 **Class Closing**

Class Six:

Urgent Whispers: Care of the Dying

Pages 100 - 125

Touching the End / Hereafters / Thank You

00:00 - 00:05

Class Opening

Lighting the Candle - Breathing together - Settling in - Opening Dedication

00:05 - 00:50

100 - 101: **Touch**

102 - 103: **Guides**

104 - 105: **Last Requests**

106 - 107: **Cathedral**

108 - 109: **Schedule**

110 - 111: **Celebrate**

00:50 - 01:00

B R E A K

Class Six: -cont'd-

01:00 - 01:45

112 - 113: **Teacher**

114 - 115: **Humanity**

116 - 117: **GoodBye**

118 - 119: **Release**

120 - 121: **Eternity**

122 - 123: **Thank You**

124 - 125: **Understanding**

01:45 - 01:55

Q & A - Further Discussion

01:55 - 02:00

Class Closing

Class Seven:

Urgent Whispers: Care of the Dying

Pages 126 - 151 (end)

Final Process / Lessons / The Way Back

00:00 - 00:05

Class Opening

Lighting the Candle - Breathing together - Settling in - Opening Dedication

00:05 - 00:50

126 - 127: **Symptoms**

128 - 129: **Knowingness**

130 - 131: **Calm**

132 - 133: **Cocoon**

00:50 - 01:00

B R E A K

Class Seven -cont'd-

01:00 - 10:30

134 - 135: **Respite**

136 - 137: **Lessons**

138 - 139: **Afterword**

01:30 - 01:55

Q & A - Further Discussion on any of the topics of the class.

01:55 - 02:00

Class Closing

To send copies of course evaluations to LLX Press and help us improve this course and the educational experience, please place this page into a window envelope so that the address directs it to:

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PO Box 380
Eugene, OR 97440-0380 =USA=

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Please specify how many of each binding format you wish to order.

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	Order Total in US Funds	\$	_____

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Course Evaluation:

Please take a few minutes to answer the following questions. Your opinion is very valuable to help us continue to improve the quality of course and materials. Please indicate the best answer for each item and add comments in spaces provided.

Course Name URGENT WHISPERS: Care of the Dying Training & Discussion Date: _____ to _____

Location: _____ Facilitator: _____

N/A No! Perhaps Somewhat Mostly Yes Absolutely!

- | | | |
|---|-------------------------------------------------|-----------------------------------------------------------------------|
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | The course met or exceeded my expectations. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | My comfort level as a caregiver has improved. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | The Facilitator helped create a comfortable learning environment. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | Sharing the class with these students has been a pleasant experience. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | I find <i>Urgent Whispers: Care of the Dying</i> a useful book. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | The class discussions were interesting and thought provoking. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | I have come away learning more about Life as well as Death. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | Course pacing allowed adequate time for material to be covered. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | Class meetings were held in an appropriate and pleasant space. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | The Overall Course was interesting, memorable and useful. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | The Training Manual was well presented and useful. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | Overall, the Facilitator is an effective facilitator / instructor. |
| 0 | 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 | I will recommend this course to others. |
-

How could the overall Course be improved?

Other comments about the Course:

How could the Facilitator or Instructor's methods improve?

Other comments about Facilitator / Instructor:

Other general or specific comments:

