**Compassionate Care &**

**Integrative Therapies in Palliative Care**

*with* ***Rayne Johnson***

1 - 5pm on Saturday

October 25, 2014, November 22/14 or January 24/15

Riverdale, Edmonton, Alberta

**Cost $140.00**

For those working in health care, social or human services, or education, and have an interest in end-of-life care, this personalized course is offered through

‘**Rayne’s Care & Prepare**’.

Healthcare professionals will come away with simple and profound practices and techniques to support clients/residents through the end of life.

These include:

* Pain meditations (pain vs. suffering).
* Tibetan Buddhist contemplative practices on life and death, eg. Tonglen.
* John Calvi’s hands-on touch & aromatherapy for transitioning.

Learning these practices and techniques will help healthcare professionals to:

* Support overall well-being and strengthen resilience.
* Feel more confident about working with the dying process.
* Help to nourish the clinicians.

Research supports that compassionate, patient-centered care improves health outcomes, helps to control pain and anxiety and enhances physical and mental quality of life.

***Rayne Johnson*** is a graduate from Sutherland-Chan School of Massage and Toronto School of Aromatherapy. She has worked in Palliative/End of Life Care since 1995 and is an educator in life and death matters. She studied at Naropa University, Boulder, Colorado in their “Contemplative End of Life Care Program” and Grief Coach Academy in Los Angeles. Her studies and extensive experience allow her to weave her passion, compassion and an eclectic approach into her presentations and workshops.

[www.tearcups.com](http://www.tearcups.com) Register on eventbrite or call Rayne

Email: [lorainej@shaw.ca](mailto:lorainej@shaw.ca)

Phone: 780-642-8703

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