



# Spiritual Care study group

January 2010

For professionals and trained volunteers in the  
caring professions

*Facilitators:*

Anne Sadie, Spiritual Care Educator, Rigpa Fellowship.  
Dr Sonya Frearson, Spiritual Care Facilitator,  
Rigpa Fellowship, & NHS Clinical Psychologist.

An Education and Training Project of Rigpa

## **Introduction:** Sunday the 17<sup>th</sup> of January 2010

*Thereafter the 3rd Sunday in each month  
10.00 am – 1.30 pm*

A new Spiritual Care Study Group will be starting at Rigpa, London, in January, 2010. The main purpose of this group is to support the work of professional caregivers and trained volunteers.

It is our aim to provide a place of safety and confidentiality where caregivers can deepen their understanding of the spiritual dimension of care-giving, discuss how they can apply this understanding in their work, and also support and inspire each other as they do so.

Although the study material is based on the Tibetan Buddhist teachings on caring for the dying and arousing compassion both for ourselves and others, they are also well suited for use by those following other faiths and traditions.

The material studied by the group is based on the Tibetan Buddhist teachings found in *The Tibetan Book of Living and Dying* by Sogyal Rinpoche and *Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying* by Christine Longaker. It is divided into modules and will cover, among other topics, identifying and addressing the needs of the dying and their families, methods for arousing and supporting compassion in ourselves, understanding and responding to suffering, healing relationships, spiritual preparation for death, understanding and preventing burnout, and caring for the bereaved.

Our first meeting will be an introduction to the modules and will take place on Sunday, 17 January, 2010, from 10.00 am to 1.30 pm at 330 Caledonian Road, London, N1 1BB. Thereafter the group will meet on the third Sunday of each month.

The cost is £12 per meeting (£7 concession)

\*Professional Caregivers are defined as professionally trained service providers in the fields of health and human services (e.g. nurses, doctors, therapists, chaplains, social workers, teachers etc.) or trained volunteers who are working in these areas

If you are interested in joining this group please contact:

Anne Sadie on 020 7609 7010 (answerphone line)

or by email: [uk@spcare.org](mailto:uk@spcare.org)



**Anne Sadie**

Trained and worked as a volunteer Home Visitor with the North London Hospice, and later with St Luke's Hospice in Harrow. She has been a student of Sogyal Rinpoche for 15 years and has been part of the Spiritual Care Education and Training Programme at the Rigpa Fellowship for 10 years.



**Sonya Frearson**

Works in an East London hospital as a Clinical Psychologist with people with long term physical health problems. She uses mindfulness-based therapeutic approaches in her work with patients and staff. She has been a student of Sogyal Rinpoche for 10 years and a member of the Spiritual Care Education and Training Programme for 6 years.

**Rigpa UK**

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