

free end of life doula training

Free End of Life Doula Training: Compassionate Care Without Cost

free end of life doula training is an incredible opportunity for individuals who feel called to support those nearing the end of their lives but may not have the financial means to enroll in paid certification programs. With the growing awareness of holistic and compassionate care during the dying process, the demand for end of life doulas has increased significantly. This has led to the emergence of free or low-cost training options, making this rewarding path accessible to more people.

If you're curious about what an end of life doula does, how free training programs work, and where to find them, this article will guide you through the essentials. Whether you want to volunteer, support loved ones, or start a professional journey in this field, understanding free end of life doula training can open doors to meaningful experiences.

What Is an End of Life Doula?

An end of life doula, sometimes called a death doula or death midwife, provides non-medical support to individuals and families during the dying process. Unlike hospice nurses or doctors who focus on physical care, end of life doulas offer emotional, spiritual, and practical assistance. They may help with legacy projects, facilitate conversations about death, provide companionship, and create a peaceful environment for the dying person.

This role requires empathy, patience, and a willingness to face death openly. Because it's relatively new and not regulated like nursing, many doulas seek formal training to prepare themselves emotionally and practically for the work. That's where doula training programs come in.

Understanding Free End of Life Doula Training

Why Choose Free Training?

The cost of professional end of life doula training can range from several hundred to a few thousand dollars, which may be a barrier for many passionate individuals. Free end of life doula training offers an alternative route to gaining foundational knowledge and skills without financial strain. It's especially beneficial for volunteers, caregivers, and community members who want to contribute without committing to a paid, intensive certification.

Free training programs often provide:

- Basic education on the dying process
- Communication techniques for supporting patients and families
- Guidance on emotional and spiritual care
- Resources for grief and bereavement support
- Information on legal and ethical issues surrounding death

While these programs might not always provide full certification, they can be an excellent stepping stone or supplement to paid courses.

How Free End of Life Doula Training Works

Free training can take many forms, including online courses, webinars, community workshops, or volunteer-based apprenticeships. Many organizations, nonprofits, or experienced doulas offer these programs to increase awareness and accessibility. Some may require a commitment to volunteer work in exchange for training, while others are completely open-access.

Typically, free programs focus on foundational topics such as:

- The stages of dying and common symptoms
- How to provide emotional presence and active listening
- Supporting family members and caregivers
- Self-care techniques for doulas
- Practical tasks like creating comfort measures

Participants may receive certificates of completion which can enhance resumes or personal development portfolios, even if they don't carry the weight of formal certification.

Where to Find Free End of Life Doula Training

Finding reputable free training can take some research, but several avenues

are worth exploring:

Nonprofit Organizations and Hospice Programs

Many hospices and nonprofits dedicated to palliative care offer free or donation-based training sessions. These organizations understand the value of community involvement and often seek to empower volunteers with knowledge and skills. Checking local hospice organizations' websites or contacting them directly can uncover upcoming workshops or training opportunities.

Online Platforms and Webinars

The digital age has brought numerous free resources to anyone with internet access. Websites like Coursera, Udemy, or specialized platforms may occasionally offer free courses on end of life care, grief counseling, or related topics. Additionally, experienced doulas sometimes host free webinars or live streams to share their expertise.

Community Centers and Support Groups

Community centers, libraries, and support groups sometimes host free educational sessions on death awareness, caregiving, and doula training. These sessions often encourage open dialogue and can be a great way to meet like-minded people interested in end of life care.

Volunteering Opportunities with Training Included

Some organizations provide free training as part of their volunteer orientation. By committing to volunteer hours, you can receive hands-on training alongside practical experience. This model benefits both the organization and the trainee, ensuring real-world learning.

Skills and Topics Covered in Free End of Life Doula Training

Understanding the scope of what free training covers helps to set realistic expectations. While free programs may not be as comprehensive as paid certifications, many cover essential skills such as:

Communication and Emotional Support

One of the most valuable skills doulas develop is how to hold space for dying individuals and their families. Training often includes active listening, validating emotions, and facilitating meaningful conversations about fears, hopes, and legacies.

Physical Comfort and Practical Care

Though doulas do not perform medical tasks, they learn ways to promote comfort through non-invasive measures like positioning, touch, and creating a calming atmosphere.

Spiritual and Cultural Sensitivity

Acknowledging the diverse ways people experience death is crucial. Training often introduces doulas to various cultural and spiritual practices, encouraging respect and adaptability.

Grief and Bereavement Support

Doulas also support families after death by providing resources and counseling suggestions to help navigate grief.

Self-Care for Doulas

End of life work can be emotionally taxing. Free training programs typically emphasize the importance of self-care, boundaries, and seeking supervision or mentorship.

Making the Most of Free End of Life Doula Training

To truly benefit from free training opportunities, consider these tips:

- **Engage Actively:** Participate in discussions, ask questions, and take notes to deepen your understanding.
- **Supplement Your Learning:** Read books, listen to podcasts, or watch

documentaries on death care to broaden your perspective.

- **Seek Mentorship:** Connect with experienced doulas who can offer guidance beyond the training.
- **Practice Skills:** Volunteer in hospice, nursing homes, or community programs to apply what you learn.
- **Reflect Often:** Journaling your experiences and feelings helps process the emotional nature of this work.

Is Free End of Life Doula Training Enough to Start Practicing?

While free training equips you with foundational knowledge and an introduction to the role, many doulas choose to pursue paid certification for comprehensive education, credibility, and networking opportunities. Certification programs often include extensive coursework, supervised practical experience, and standardized assessments.

However, free training is invaluable for those exploring the field, volunteering, or seeking personal growth related to death awareness. It can also serve as a prerequisite or complement to more advanced studies.

The Growing Importance of End of Life Doulas

As society becomes more comfortable discussing death and prioritizing quality of life, the role of end of life doulas is gaining recognition. They help fill the gaps left by medical staff who may be overburdened or focused on clinical care. Doulas provide a human touch, ensuring that dying individuals feel heard, valued, and cared for on multiple levels.

Free end of life doula training contributes to this movement by democratizing access to essential skills, enabling more people to contribute compassionately to their communities.

Exploring free resources is a meaningful first step if you feel drawn to supporting others through one of life's most profound transitions. Whether as a volunteer or a stepping stone to certification, free end of life doula training offers a pathway to make a difference with heart and respect.

Frequently Asked Questions

What is free end of life doula training?

Free end of life doula training refers to educational programs or workshops offered at no cost that prepare individuals to support terminally ill patients and their families through the dying process.

Where can I find free end of life doula training programs?

Free end of life doula training programs can often be found through nonprofit organizations, community health centers, hospice organizations, or online platforms that offer scholarships or free introductory courses.

What topics are covered in free end of life doula training?

These trainings typically cover topics such as emotional support, communication skills, pain and symptom management basics, cultural sensitivity, ethical considerations, and practical caregiving techniques.

Are free end of life doula training programs recognized or certified?

While many free programs provide valuable knowledge, not all offer official certification. It is important to verify if the training includes a recognized certification or if further paid coursework is needed for professional credentials.

How can free end of life doula training benefit my career or personal growth?

Free training can provide foundational skills to support those facing end of life, enhance empathy and communication abilities, and may serve as a stepping stone toward a career in hospice care, counseling, or healthcare.

Additional Resources

Free End of Life Doula Training: Exploring Opportunities and Implications

Free end of life doula training has emerged as a significant resource for those seeking to support individuals and families during the final stages of life without incurring financial barriers. As awareness around end-of-life care deepens, more people are turning to the role of doulas—trained companions providing emotional, spiritual, and practical support—to improve

the quality of dying experiences. This article investigates the landscape of free training options for aspiring end of life doulas, evaluating their accessibility, content, and potential impact on the broader palliative care ecosystem.

Understanding the Role of an End of Life Doula

Before delving into the training opportunities, it is important to contextualize what an end of life doula does. Unlike medical professionals, doulas offer non-clinical support, addressing emotional and existential needs, assisting with advance care planning, and facilitating communication among patients, families, and healthcare teams. This holistic approach prioritizes dignity and comfort, elements often underrepresented in traditional healthcare settings.

Given the sensitive and complex nature of this work, comprehensive training is essential. It equips doulas with the skills to navigate grief, recognize cultural and spiritual diversity, and provide practical assistance such as symptom management strategies and legacy projects. Yet, formal certification programs can be costly, prompting interest in free or low-cost alternatives.

Exploring Free End of Life Doula Training Programs

The availability of free end of life doula training varies widely, influenced by geographic location, organizational funding, and the modality of delivery—online versus in-person. Several nonprofits, hospice organizations, and community initiatives have stepped forward to offer accessible education, recognizing the growing demand for compassionate care providers.

Online Platforms and Open-Access Courses

Digital platforms have democratized access to doula education, with some offering free modules or introductory courses. These often cover foundational topics such as the philosophy of end-of-life care, communication techniques, and self-care for caregivers. While they may lack the depth and mentorship of paid programs, their flexibility and zero cost make them attractive entry points.

Examples include:

- Introductory webinars hosted by community hospice organizations

- Free video series on end-of-life support skills available on educational websites
- Open-access reading materials and discussion forums facilitated by experienced doulas

However, prospective trainees should carefully assess the credibility of these sources and whether the training aligns with recognized best practices.

Community-Based Workshops and Volunteer Training

In some regions, local hospices and nonprofit groups conduct free workshops aimed at recruiting volunteers for end-of-life support roles. These sessions provide practical training on topics such as grief counseling, cultural competency, and ethical considerations. The hands-on nature of these workshops often enhances readiness to serve, though availability may be limited by geographic constraints and scheduling.

Evaluating the Pros and Cons of Free Training Options

Free end of life doula training presents clear advantages, notably lowering the entry barrier for individuals passionate about providing care but constrained by financial resources. It fosters community involvement and can quickly expand the workforce supporting palliative care.

On the other hand, limitations exist:

- **Depth and comprehensiveness:** Free programs may not offer in-depth clinical or psychosocial education required for complex cases.
- **Certification and recognition:** Without formal accreditation, trainees might face challenges gaining employment or volunteer positions that require recognized credentials.
- **Mentorship and supervision:** The absence of structured mentorship can affect skill development and confidence.
- **Consistency and standards:** Variability in curriculum quality may lead to inconsistent service delivery.

Therefore, while free training is a valuable starting point, many doulas

pursue additional paid certifications to enhance competency and professional standing.

Comparing Free and Paid End of Life Doula Training

Paid training programs typically offer:

- Comprehensive curricula covering medical, legal, and emotional aspects
- Hands-on practicum or supervised field experience
- Certification recognized by industry bodies
- Access to professional networks and continuing education

In contrast, free training serves as an introduction or supplement, often focusing on awareness and basic skills rather than in-depth preparation.

Integrating Free Training into a Broader Learning Pathway

For individuals committed to becoming effective end of life doulas, free training can be a strategic first step. Engaging with free courses or community workshops provides foundational knowledge and helps determine personal fit with the role. Following this, one might consider investing in accredited programs or specialized certifications that offer greater rigor and career opportunities.

Furthermore, free resources can support ongoing education for practicing doulas, especially those who volunteer or work in resource-limited settings. Access to continuous, no-cost learning materials helps maintain skills and stay informed about emerging best practices.

Leveraging Technology and Community Networks

The rise of virtual learning communities and social media groups dedicated to end of life care has enriched the landscape of free training. These platforms facilitate peer support, knowledge exchange, and mentorship opportunities beyond formal coursework. Trainees can connect with experienced doulas worldwide, share case studies, and participate in discussions on ethical dilemmas and cultural considerations.

The Broader Impact of Expanding Free End of Life Doula Training

Increasing access to free end of life doula training has implications beyond individual education. It contributes to diversifying the workforce, promoting equity in caregiving, and enhancing community-based support systems. As healthcare systems face growing demands from aging populations, doulas trained through accessible pathways can alleviate pressure on medical staff and enrich patient experiences.

Moreover, free training initiatives often embody principles of social justice, emphasizing inclusivity and outreach to underserved populations. By lowering financial and informational barriers, these programs can empower marginalized communities to participate actively in end-of-life care conversations and services.

The expansion of such training also invites further research and policy discussion about standardizing competencies and integrating doulas into formal care teams. Balancing accessibility with quality assurance remains a critical challenge.

Free end of life doula training represents a vital avenue for fostering compassionate care providers who can accompany individuals and families through one of life's most profound transitions. While not a substitute for comprehensive certification, free educational offerings serve as a gateway—inviting broader participation and helping to demystify the role. As this field continues to evolve, the synergy between free and paid training resources will likely shape the future landscape of end-of-life support.

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free end of life doula training: Palliative Touch: Massage for People at the End of Life Cynthia Spence, 2022-12-16 With the support of palliative care and hospice a growing number of people are choosing the kinds of experiences they want at the end of life. Massage can offer moments of comfort, wellbeing, and beauty at a challenging time for patients and their loved ones, yet most of us are not prepared with the right skills or knowledge to offer this help. Palliative Touch: Massage for People at the End of Life is written for healthcare providers and complementary therapists who wish to provide safe, comforting touch for people with life-limiting illness, as well as anyone who might wish to support a dying client or loved one to live life to the fullest, right up until the end. Based on more than two decades of field and inpatient hospice experience, this book addresses topics from common end-of-life symptoms and the stages of dying to cultural issues and how these can impact

end-of-life care. Readers are guided to engage with the material at whatever level might be appropriate for their needs, with practical tips in every chapter. Beautiful color photographs, actual case studies, and stories from therapists, caregivers, and patients bring this information to life.

free end of life doula training: *The Good Death* Suzanne B. O'Brien, 2025-03-18 Practical wisdom and holistic planning to ease life's most difficult transition, from an acclaimed hospice nurse, death doula, and end-of-life educator Many of us have to show up for someone we love at the end of life. Knowing how to do that changes everything. With over twenty years of experience as a hospice nurse, palliative care professional, and founder of the DoulaGivers Institute, Suzanne B. O'Brien, RN has trained more than 350,000 people in what can be done to help the dying person, caregiver and other loved ones so they may move through each stage with as much comfort and ease as possible. In *The Good Death*, O'Brien provides a comprehensive plan and the empowering knowledge to make a beautiful, sacred, and profound experience for everyone involved. Through practical advice, emotional support, and expert insights, O'Brien gently holds your hand through every aspect of the process, including: · Learning how fear of death makes end of life harder, and how we can begin to quell it · Care instructions to ensure your loved one's comfort · Support system strategies to avoid burnout as a caregiver To further empower you in facilitating a good death, the second half of the book is presented workbook-style. The Peace of Mind Planner features prompts to initiate important conversations with your loved one about their physical, mental, emotional, financial, and spiritual preferences, and space to record this important information. The planner allows you to be fully present in these last precious moments, and come away with a thorough plan for your loved one's end-of-life wishes. With empathy and a careful approach, *The Good Death* is not only a comprehensive, compassionate, and in-depth resource, it is a beacon of hope and support.

free end of life doula training: *The Medicalization of Birth and Death* Lauren K. Hall, 2019-12-17 Improving how individuals give birth and die in the United States requires reforming the regulatory, reimbursement, and legal structures that centralize care in hospitals and prevent the growth of community-based alternatives. In 1900, most Americans gave birth and died at home, with minimal medical intervention. By contrast, most Americans today begin and end their lives in hospitals. The medicalization we now see is due in large part to federal and state policies that draw patients away from community-based providers, such as birth centers and hospice care, and toward the most intensive and costliest kinds of care. But the evidence suggests that birthing and dying people receive too much—even harmful—medical intervention. In *The Medicalization of Birth and Death*, political scientist Lauren K. Hall describes how and why birth and death became medicalized events. While hospitalization provides certain benefits, she acknowledges, it also creates harms, limiting patient autonomy, driving up costs, and causing a cascade of interventions, many with serious side effects. Tracing the regulatory, legal, and financial policies that centralize care during birth and death, Hall argues that medicalization reduces competition, stifles innovation, and prevents individuals from accessing the most appropriate care during their most vulnerable moments. She also examines the profound implications of policy-enforced medicalization on informed consent and shows how medicalization challenges the healthcare community's most foundational ethical commitments. Drawing on interviews with medical and nonmedical healthcare providers, as well as surveys of patients and their families, Hall provides a broad overview of the costs, benefits, and origins of medicalized birth and death. *The Medicalization of Birth and Death* is required reading for academics, patients, providers, policymakers, and anyone else interested in how policy shapes healthcare options and limits patients and providers during life's most profound moments.

free end of life doula training: *Healthcare Beauticians Training Manual* Patricia Pingitore, 2022-12-01 Welcome to this indispensable resource guide professionally recommended as a mandatory supplement to proper Healthcare Beautician training. Not only is this book an essential tool for success, but it also seeks to revolutionize the way the Healthcare Beautician is recognized & accredited. The FIRST of its kind... this groundbreaking guide is for anyone who wishes to begin this courageous career or anyone who wishes to brush up & level up. This publication is an extremely

helpful companion infused with practical experience gained over decades & the underlying research that supports it. A beautiful, wise, and user-friendly handbook, it integrates vital aspects of the healthcare industry with the important role of the Healthcare Beautician. Personal grooming neglect is an epidemic in our healthcare system & this book spotlights the urgent need for our culture to acknowledge this & prioritize accordingly. While its focus is on long-term care & acute care settings, it is possible for anyone to apply the principles in this guide and adjust them appropriately for the home client, population or venue. Recognizing the critical importance of the safety & welfare of all involved, this guide addresses every last safeguard & precaution necessary to thrive like a pro in this unique field. *Free downloadable templates included *A wellspring of creative & resourceful ideas, tips & tricks *Relatable stories & testimonies *A comprehensive guide to terminology, chemicals, diseases, hazards & regulations And so much more! An informed beautician is a natural leader & makes the best choices for all involved. Being an ambassador for the overall safety & well-being of an institution's staff & residents makes you a valuable, essential employee & non-expendable asset. This secures a long-lasting, stable career with a solid reputation built on integrity & grace. On-the-job mastery is yours for the taking. Performing skillfully at the highest level, in the safest & most efficient manner is your prerogative. Grow your knowledge & wisdom of this tender trade, tighten your skillset & become the profound professional you were destined to be! Learn More: www.healthcarebeauticians.com BookonFire Press ~ In Love We Trust ~ Circa 21st century ~ www.rockyourworldbooks.com

free end of life doula training: The Soul Midwives' Handbook (Revised Edition) Felicity Warner, 2025-08-26 Revised and updated with new material, The Soul Midwives' Handbook offers a compassionate approach to accompanying the dying on their final journey, ensuring a transition filled with love, dignity, and peace. Felicity Warner's Soul Midwives movement has revolutionized the face of modern palliative care all over the world. Soul Midwives are trained to honor the unique needs of each individual at every stage of the dying process, offering spiritual, emotional, and holistic support and companionship in various settings—whether at home, in hospices, or care homes. This essential handbook blends ancient wisdom and forgotten traditions with contemporary holistic practices to redefine end-of-life care and ease the passage of the dying. You'll discover practical advice for creating an end-of-life plan, helpful prompts for initiating difficult conversations, and inspiration for legacy projects, such as recipe books, photo albums, and audio recordings. You'll also explore spiritual end-of-life care, including techniques for soothing soul wounds; guided visualizations for easing pain; energy healing instruments, ceremonies, and rituals; and advice for holding vigils for people of different faiths. Ultimately, you'll learn how to create sacred, peaceful spaces to help the dying feel safe and comfortable on their final journey. Whether you're a caregiver, healthcare professional, or someone looking to bring comfort to a loved one, The Soul Midwives' Handbook equips you with the tools and wisdom to approach death with grace, compassion, and profound tranquillity. 'In this moving book, Felicity has encapsulated the wisdom of the ages into practical examples of how to BE with the dying; how to honor and hold that sacred space for everyone as they prepare to make the journey that we all must take.' – Anita Moorjani, author of Dying to Be Me 'A guide to help people prepare for death just as they might for a birth – and achieve a peaceful end to their lives.' – YOU Magazine

free end of life doula training: Birthing Liberation Sabia Wade, 2023-03-07 Birthing Liberation presents reproductive justice as the pathway to equity and the birthplace of liberation. Sabia C. Wade, renowned radical doula and educator, speaks to the intersections of systemic issues—such as access to health care, house transportation, and nutrition—and personal trauma work that, if healed, have the power to lead us to collective liberation in all facets of life. Collective liberation rests on the idea that in order for us all to have equity in this world—from the safety of childbirth, to the ability to bring a baby home to a safe community, to having access to resources, safety, and opportunities over the long term—we must all become liberated individuals. Birthing Liberation creates a path to social and systemic change, starting within the birthing world and expanding far beyond.

free end of life doula training: *The Next Thing You Know* Jessica Strawser, 2022-03-22 A musician facing the untimely end of his career. An end-of-life doula with everything, and nothing, to lose. A Star Is Born meets Me Before You in this powerful novel by the author of A Million Reasons Why. Grab the tissues. - People Magazine As an end-of-life doula, Nova Huston's job—her calling, her purpose, her life—is to help terminally ill people make peace with their impending death. Unlike her business partner, who swears by her system of checklists, free-spirited Nova doesn't shy away from difficult clients: the ones who are heartbreakingly young, or prickly, or desperate for a caregiver or companion. When Mason Shaylor shows up at her door, Nova doesn't recognize him as the indie-favorite singer-songwriter who recently vanished from the public eye. She knows only what he's told her: That life as he knows it is over. His deteriorating condition makes playing his guitar physically impossible—as far as Mason is concerned, he might as well be dead already. Except he doesn't know how to say goodbye. Helping him is Nova's biggest challenge yet. She knows she should keep clients at arm's length. But she and Mason have more in common than anyone could guess... and meeting him might turn out to be the hardest, best thing that's ever happened to them both. Jessica Strawser's *The Next Thing You Know* is an emotional, resonant story about the power of human connection, love when you least expect it, hope against the odds, and what it really takes to live life with no regrets.

free end of life doula training: *The Best American Magazine Writing 2019* Sid Holt, 2019-12-10 The Best American Magazine Writing 2019 presents articles honored by this year's National Magazine Awards, showcasing outstanding writing that addresses urgent topics such as justice, gender, power, and violence, both at home and abroad. The anthology features remarkable reporting, including the story of a teenager who tried to get out of MS-13, only to face deportation (ProPublica); an account of the genocide against the Rohingya in Myanmar (Politico); and a sweeping California Sunday Magazine profile of an agribusiness empire. Other journalists explore the indications of environmental catastrophe, from invasive lionfish (Smithsonian) to the omnipresence of plastic (National Geographic). Personal pieces consider the toll of mass incarceration, including Reginald Dwayne Betts's "Getting Out" (New York Times Magazine); "This Place Is Crazy," by John J. Lennon (Esquire); and Robert Wright's "Getting Out of Prison Meant Leaving Dear Friends Behind" (Marshall Project with Vice). From the pages of the Atlantic and the New Yorker, writers and critics discuss prominent political figures: Franklin Foer's "American Hustler" explores Paul Manafort's career of corruption; Jill Lepore recounts the emergence of Ruth Bader Ginsburg; and Caitlin Flanagan and Doreen St. Félix reflect on the Kavanaugh hearings and #MeToo. Leslie Jamison crafts a portrait of the Museum of Broken Relationships (Virginia Quarterly Review), and Kasey Cordell and Lindsey B. Koehler ponder "The Art of Dying Well" (5280). A pair of never-before-published conversations illuminates the state of the American magazine: New Yorker writer Ben Taub speaks to Eric Sullivan of Esquire about pursuing a career as a reporter, alongside Taub's piece investigating how the Iraqi state is fueling a resurgence of ISIS. And Karolina Waclawiak of BuzzFeed News interviews McSweeney's editor Claire Boyle about challenges and opportunities for fiction at small magazines. That conversation is inspired by McSweeney's winning the ASME Award for Fiction, which is celebrated here with a story by Lesley Nneka Arimah, a magical-realist tale charged with feminist allegory.

free end of life doula training: *Challenging Cases in Palliative Care* Felicity Dewhurst, Polly Edmonds, Suzie Gillon, Amy Hawkins, Mary Miller, Sarah Yardley, 2024-07-19 Palliative care has evolved rapidly in recent years. Not only is the field dealing with an increasingly elderly and multi-morbid population, it is also addressing a wider variety of complex diagnoses such as heart failure, renal failure, advanced lung disease, frailty, and dementia. *Challenging Cases in Palliative Care* is unique, as it uses examples of real-world cases from palliative care practices. It also includes expert commentary to support modern clinicians in managing the 'messiness' of clinical care, as well as the increasingly complex needs of patients today. As part of our Challenging Cases series, the cases in this book not only cover a range of physical and psychosocial problems seen in palliative care, they also reflect the core curriculum for UK speciality trainees. Each case brings together

expert interpretation of the available evidence, management strategies, guidelines and best practice, while discussing complexities in clinical decision-making and controversies in approach.

free end of life doula training: How to Survive Losing a Loved One Karen Jackson Taylor, Christine Pearson, 2021-02-11 A practical, empowering guide to navigating your partner's diagnosis of a terminal or life-limiting illness, or death. Receiving the news that your partner has a terminal or life-limiting illness, or has died unexpectedly, is among the worst experiences in life. At a time when you are least able to cope, you are faced with a multitude of difficult decisions, some of which must be made quickly. What you need is a friend who has experienced everything you are about to face, who can support you as you navigate some tough, important choices. This book is that friend. There is plenty of information out there but where to start looking? What information is needed and how can it be accessed? What decisions are essential in the immediate term and what can be left until later? Throughout the book, the emphasis is on protecting and supporting those left behind by presenting almost every choice you may need to make and the possible implications of each decision. You will learn: - The importance of creating a will, arranging power of attorney, organising advanced decisions of treatment, and even getting married or entering a civil partnership - What you are entitled to from the state, the NHS and your employer - How to stabilise your finances and prepare to run a household alone - Where your partner ought to be during treatment and/or palliative care, and how to go about achieving this - Which decisions need to be made after death, from planning the funeral to accessing your partner's estate - How to navigate the grieving process and take control of a happy future No matter where you are in the process, *How to Survive Losing a Loved One* is a comprehensive, practical and empowering guide to coping with your partner's terminal illness and death, and building the next chapter in your life.

free end of life doula training: Death Nesting Anne-Marie Keppel, 2023-08-15 A practical and compassionate guide to physically, emotionally, and spiritually caring for the dying • 2024 Coalition of Visionary Resources Gold Award • Shares practices for emotional soothing, breathing techniques to reduce anxiety and pain, ways to reduce stress during the active dying process, and techniques to physically care for the dying, including methods to assist bedridden individuals • Explores ceremony and energetic boundary guidelines, Reiki and ancestral support techniques, and herbal care for nourishing and healing on a spirit level • Presents self-care methods for moving with grief, ideas for “things to do” when there is nothing to do, mindfulness practices for contemplating your own mortality, as well as guidance for talking with children about death and dying • Winner of a 2020 Independent Publisher “IPPY” award Just as we might prepare a nest for one about to give birth, so can we lovingly prepare a nest for one who is dying. In this practical and compassionate guide, death doula educator Anne-Marie Keppel incorporates ancient and modern techniques, mindfulness practices, and herbal support to show how anyone can care for the dying, whether at home, in hospice, or even in the ICU. She demystifies the dying process by explaining what the body goes through during end of life and presents practices for emotional soothing and other ways to reduce stress and anxiety during the active dying process. The author provides techniques to physically care for the dying, including methods to assist bedridden individuals. She shares ceremony and energetic boundary guidelines, Reiki and ancestral support techniques, and herbal care for nourishing and healing on a spirit level. Providing support for caregivers and loved ones as well, Anne-Marie explores self-care methods for moving with grief, ideas for “things to do” when there is nothing to do, and mindfulness practices for contemplating your own mortality. She also offers visualizations and techniques for talking with children about death and dying. Sharing glimpses into the world of spirit to reveal the poignancy of the dying process, the author shows that death is a sacred rite of passage we all experience.

free end of life doula training: Milestone Celebrations in the Age of Social Media Carly Gieseler, 2022-09-29 In the decade spanning 2010–2020, social media showcased growing celebrations of lifetime milestones across multiple platforms. Utilizing theoretical and methodological approaches based in cultural studies, *Milestone Celebrations in the Age of Social Media* analyzes social media phenomena including gender-reveal parties; promposals; publicized

marriage proposals; divorce celebrations; and the rites of the Death Positive Movement. Carly Gieseler illustrates how the public sharing of major life events on social media platforms reshapes the way we communicate about topics including courtship, birth, marriage, divorce, and death. While each trend represents a unique occasion, these celebrations share themes inherent to our human experience in the digital age. Culminating in the wake of the pandemic and its impact on each communal celebration, this book illustrates one of our most vital human drives—connection.

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