

- CONTINUING EDUCATION PACKET -

New York Open Center's

The Art of Dying

Conference 6

**Spiritual, Scientific, and Practical Approaches
to the Art of Living and Dying**

Attention Healthcare & Education Professionals

The Institute for Better Health (IBH) is pleased to offer continuing education credit to education and healthcare professionals for attending the Conference. Please refer to this packet for detailed continuing education information. Additional/updated information is available onsite as well as on the Institute website, www.ibh.com.



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CE/CME Credit Overview

Welcome to the 2017 NY Open Center's *The Art of Dying* conference! We're pleased to let you know that continuing education credit is available for physicians, nurses, social workers, marriage and family therapists, and clinical counselors. In addition, CEUs are available for professional educators. Credit may be purchased on the conference registration website or here at the conference prior to the end of the conference.

The exact number of credits you'll receive for attending the conference will depend on the specific break-out sessions you attend. This calculation will be made for you automatically when you complete the online evaluation form at the end of the conference, and will appear on your certificate of completion.

Please Note: Not all sessions have been approved for credit. A list of approved sessions begins on page 10.

NYOC's continuing education partner for the conference is The Institute for Better Health (IBH). IBH has helped plan and present sessions in a manner consistent with the requirements of its various accrediting bodies. A complete list of accreditations appears on page 7.

If you don't see your profession's organization on the list, please contact them or your licensing board, and ask whether they accept credits for courses approved by one of the listed agencies. If you still have questions, stop by the registration desk or the CE table (located near registration), or see page 9 for other ways to contact IBH.

General Instructions/Requirements for CE Participants

Please review the contents of this packet before the conference begins. It contains important information regarding your continuing education credit.

Again, if you have any question/concern about whether your board, district, or state agency will accept credit earned at this conference, please contact them for clarification before purchasing credit.

You will receive credit for the sessions you attend. You must attend an entire session in order to receive credit for that session.

Please sign in at the beginning of each day, before attending any sessions that day. With one exception*, professionals receiving CE credit need only sign in once per day. You do not have to sign into every session you attend, and do not have to sign out at the end of each day. You'll be asked to confirm your attendance at the conference when you complete your online evaluation form (see below).

***Exception:** Social workers are required to sign in and out of each session they attend for CE credit. Please use the Social Worker Attendance Form provided separately to sign in and out of all sessions attended. This form may be obtained at registration desk or CE tables. At the conclusion of the conference, be sure to turn this form into the staff at the registration desk. If we do not receive this form, you will not be eligible to earn CE credit.

How to Obtain Your CE/CME Certificate

For your convenience, an account has already been created for you with The Institute for Better Health. Through this portal you will be able to fill out your conference evaluation and download your certificate. Please read through all of the instructions below before proceeding.

1. In your internet browser, go to <http://ibh.ce21.com/Account/MyAccount>
2. In the field provided, enter the email address you used to register for the conference.
3. Enter the password “nyocaod6” (without the quotes) in the password field, and log in.
4. On your account page, locate “(Live Event) New York Open Center - Art of Dying Conference 6”.
5. Click on the "Certificate" button located below the title of the conference, that looks like this: ★ Certificate
6. A pop-up menu will appear with the next steps. You will need to complete these steps from top to bottom.
 - a. Click on “Customer Attendance Confirmation”. Select each session you attended during each time slot.
 - b. A list of evaluations will be generated based on the sessions you selected. Fill out the evaluation for each session and for the overall conference.

Note: You do not need to complete every evaluation at one time. Each evaluation you have submitted will be saved and your progress recorded in our system when you press “Submit”. You can return later to complete the remaining evaluations by logging into your account as instructed above.
 - c. Click that you have read and agree with the affidavit
7. Click “Download your Certificate”, or have your certificate emailed to you.

How to Change Your Name on the Certificate: The name shown at the top of your account page will be the name printed on your certificate. To change your name, click the "Update Info" button in the top section of the page, and enter the name you wish to appear on your certificate.

Information for Education Professionals

IBH is approved by the Washington State Professional Educator Standards Board (WSPESB) as a clock hour provider for educators. The WSPESB is a member of NASTEC (the National Association of State Directors of Teacher Education), as are approval boards from most other states. In our experience, clock hours earned through the successful completion of educational activities offered by a WSPESB-approved provider may be applied by educators in most states toward the fulfillment of their professional education requirement, re-licensure requirements, and/or other purposes for which clock hours are generally used.

However, we cannot guarantee that this will be true for all educators in all states. As you know, continuing education requirements are set by each individual state, and in some cases, by districts within states. So we urge you to verify with your state/district that you'll be able to use clock hours earned at this Symposium in the way(s) you'd like to use them

Finally, your state/district may require that clock hour verification be submitted on their own form, and/or that additional documentation be provided. Please contact IAHB directly for assistance with these forms.

Second Evaluation Form

Approximately three months after the Conference, you'll receive an email from NYOC and IBH containing a link to a second evaluation form. Please follow the link and take a few minutes to complete the form – it provides both organizations with additional information about the value learners may have gained from attending the conference that wasn't available when the first evaluation forms were completed.

Evaluations done immediately after a seminar help gather data on things like speaker knowledge, topic relevance, and the degree to which learning objectives were addressed. (They also sometimes reflect the seminar's "entertainment value", which can contaminate results.) But they have no way to assess the degree to which attendees retained and applied what they learned – that is, reduced the educational needs for which the seminar was offered in the first place.

That's where the second evaluation form – our "Outcome Evaluation" – comes in. This tool attempts to measure changes in learner qualities like competency, knowledge, and performance quality that occurred post-seminar, and for which experiences at the seminar may have been at least partly responsible.

The Outcome Evaluation form should take no more than 10 or 15 minutes to complete. Again, we respectfully request that you find the time to complete it – the information we learn will help us assess the impact of this conference, and will be of great value in helping us design more powerful, effective conferences, symposia and other professional learning experiences over the next few years.

Disclosure of Relevant Financial Relationships

IBH is responsible for the content, quality and scientific integrity of all educational activities offered for credit. In that regard, we require that anyone in a position to influence activity content disclose any “relevant financial relationships” they may have with individuals or companies who have a financial interest in activity content. Such interests may lead to conflicts of interest that must be resolved before such individuals may participate in the Symposium.

A complete list of disclosures is available below and included on IBH’s website and onsite at the conference. Please review this disclosure information before attending conference sessions. You will have an opportunity to let us know whether disclosures were made available to you and whether, in your opinion, conference sessions appeared commercially biased on the evaluation form.

We are also required to inform participants of the source, amount, and nature of any commercial contributions (cash or in-kind) used in the planning, development or implementation of the activity. NYOC received no commercial support for the conference.

Disclosures: None of the speakers/planners for this conference have disclosed any relevant financial relationships that create a possible conflict of interest. All speakers have agreed to give their presentations in an unbiased manner.

Disclosure updates can be found on IBH’s website.

National and State CE Approvals

Members of the following professions who have purchased the continuing education option will receive credit / clock hours for attending the conference. The wording used in the following 'accreditation statements' is precisely mandated by IBH's various accrediting bodies. Please also review the next section, CE Terminology, for further explanations of some of the language used below. If you have any questions or would like more information, please let us know. **Attendees may earn up to 15.25 CE/CME hours depending upon which sessions are attended.** The Institute for Better Health (IBH) has been approved to offer continuing education and continuing medical education (except where otherwise noted) by the following guilds:

COUNSELORS & MFTs: Institute for the Advancement of Human Behavior, Inc. (IAHB) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. IAHB is approved by the State of Illinois Department of Professional Regulation (License #168-000119). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154.

EDUCATORS: The Institute for the Advancement of Human Behavior has been approved by the Washington State Professional Educator Standards Board (WESPSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

NURSES: The Institute for Advancement of Human Behavior accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the California Board of Registered Nursing, (BRN Provider CEP#2672) for 1 CE hour per contact hour.

PHYSICIANS: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Institute for Better Health (IBH), and the NYOC. IBH is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. IBH designates this live activity for *a maximum of 1 AMA PRA Category 1 Credit(s)™ per hour attended.* Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: IBH is approved by the American Psychological Association to sponsor continuing education for psychologists. IAHB maintains responsibility for this program and its content.

SOCIAL WORKERS: Institute for the Advancement of Human Behavior, #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Institute for the Advancement of Human Behavior maintains responsibility for the program. ASWB Approval Period: 3/16/2017 – 3/16/2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. *Social workers participating in this course will receive 1 clinical continuing education clock hours per hour attended.* As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. Institute for the Advancement of Human Behavior SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. This course is approved for 1 CE hour per hour attended.

PLEASE NOTE: Some state accrediting bodies and/or licensing boards have reciprocal arrangements allowing them to accept offerings accredited by national or state organizations representing allied professions. If your profession or state is not listed above, please contact your state accrediting body or licensing board to determine whether they will allow you to claim continuing education credit for attendance at this Symposium. IAHB is aware of some, but not all, agency reciprocities, and may be able to help. Please stop by the CE table at the Symposium or contact in one of the ways suggested below.

This conference may include descriptions, videotapes, audiotapes, and/or reenactments of actual therapy sessions. Some of the case material may contain graphic descriptions of violence, sexual activity, or other content which could be disturbing, especially to participant who themselves have had similar experiences. The workshop is intended for healthy professionals and advanced students, who participate in at their own risk. If you find portions of the program upsetting, or if you need assistance for any other reason, please notify the instructor or program coordinator.

CE Terminology

Continuing education terminology varies from profession to profession and can be confusing. Generally speaking, “clock hours”, “contact hours”, and “continuing education credits” all refer to, or are calculated on the basis of, time actually spent in training sessions. IBH awards one continuing education credit for each 60 minutes of training received (most professions define a 60-minute hour as a minimum of 50 minutes instruction time). Luncheon and scheduled breaks 15 minutes or longer are not counted toward clock hours/credits awarded.

“Continuing Education Unit” (CEU) is a term most commonly used in conjunction with credit for professional educators. It refers to a block of 10 clock or contact hours of interaction between the learner and the teacher or workshop leader. Unfortunately, the acronym is frequently (and incorrectly) used in casual conversation to refer to individual contact hours, and can be a source of confusion.

IBH’s certificates of completion do not use the term CEU, as the American Psychological Association (among other bodies) does not allow use of the acronym for activities such as the Symposium. However, special completion certificates for professional educators, with credit designated in terms of CEUs, are available on request.

IBH Contact Information

Continuing Education for the *conference* is available through a collaboration between NYOC and IBH. IBH is a 501(c)(3) nonprofit educational organization with offices in Portola Valley and Santa Rosa, CA. Our technical support staff is located in Minnesota.

We're here to help with any CE-related problems. At the conference, stop by the Continuing Education table (located near registration). The table will be staffed during the heaviest registration times, and throughout the conference. If no one is at the CE table, someone at the registration desk may be able to answer your question. You are also more than welcome to contact Gerry Piaget by cell phone.

Website:	www.ibh.com
Main Phone Number:	(650) 851-8411
Technical Assistance:	(800) 258-8411
Email – forms, questions:	staff@ibh.com
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Jen Demes (Director of Operations):	jen@ibh.com (650) 851-8411 x102
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Joan Piaget, M.S. (Executive Director):	jpiaget99@gmail.com

An Overview of How Sessions Earn CE Credits

The *Art of Dying* conference is approved for *up to* 15.25 CE/CME hours. Here is an easy way to calculate how many hours you'll earn by attending the sessions of your choice.

1. All plenaries (sessions everyone attends) are approved for credit. Plenaries vary somewhat in length from session to session. Plenary sessions are grouped by time frame. **Remember, to receive credit for a plenary you must attend all plenaries in that session.**

- Session 1: Friday 7:30 PM – 9:30 PM (2 CE hours)
- Session 2: Saturday 8:30 AM – 10:10 AM (1.5 CE hours)
- Session 3: Saturday 1:45 PM – 4 PM (2.25 CE hours)
- Session 4: Sunday 8:30 AM – 10:45 AM (2.25 CE hours)
- Panels – Choose 1: Sunday 2:30 PM – 4:30 PM (2 CE hours)

2. Some breakout sessions (workshops, where you choose which session to attend) are approved and others are not. There are three sets of breakout sessions, two on Saturday and one on Sunday. ***The breakout sessions that ARE approved for credit are listed below.**

3. Both panel sessions on Sunday afternoon are approved for credit.

4. When you print out your Certificate of Attendance, the computer will automatically calculate how many CE credits you earned based on the breakout sessions you marked as having attended. However, if you'd like to know beforehand, here is an easy way to tell:

Number of Approved Breakout Sessions You Attended	Total CE/CME Credits You'll Earn for the Conference
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NO approved sessions	10 CE/CME hours
ONE approved session	11.75 CE/CME hours
TWO approved sessions	13.5 CE/CME hours
THREE approved sessions	15.25 CE/CME hours

*Approved Breakout Sessions (Listed by Speaker)

Saturday Morning: Thurman, Blackhall, Booth
Saturday Afternoon: Rushton, Cunningham, Bareham
Sunday Morning: Doka, Fenwick, Villaldo, Blackhall

Remember, the computer will calculate your earned hours automatically when you print your Certificate of Completion. This page is provided to help you make choices based on CE/CME hours while at the conference.

Conference Objectives

Below are the objectives for each course and plenary. These are skills, abilities, ways of thinking, modalities, etc. that you should be able to take away from this conference. Think of each one as completing the sentence, "By the end of this course, an attendee should be able to..." You will be asked to evaluate how well each objective was achieved when you obtain your certificate.

If a workshop is not listed below, it has not been approved for CE/CME credit.

Friday, October 13

Evening Plenary

Robert Thurman, David Kessler

- Explain why rigorous explanations of death are so rare.
- Describe how Tibetans made science, death, and the art of dying general knowledge.
- Explain the ways Tibetan Buddhism presents its findings as a hypotheses that can be studied and used as a guideline for our own experiences.
- Identify common needs of the dying and ways to meet those needs across many health care settings.
- Identify three techniques to help children cope when a loved one is dying.

Saturday, October 14

Morning Plenary

Megory Anderson, Stephen Jenkinson

- Identify key steps in reclaiming the sacred in relation to death.
- Apply the key components to the 'vigiling process' such as sitting to together, talking & listening; sharing in silence.
- Explain why "a good death" is everyone's right.
- Discuss the concept that Dying is the Fulfillment, not the end of life.
- Describe how to honor, teach, and live grief as a skill that is vital to our personal, community, and spiritual life.

Morning Workshops

The Tibetan Book of the Dead, Part 1

Robert Thurman

- Explain the meaning of the Tibetan Science of the Dead.
- Describe how the Tibetan Science of the Dead can assist us in developing a high level of skill and elegance in the "art of dying".
- Describe the Tibetan approach to death and how it relates to life.

Mapping the Journey: Re-envisioning Decisions about Care at the End of Life

Leslie Blackhall

- Describe the history of legal and ethical issues in withholding and withdrawing life support.
- Identify the ways this history frames and distorts our thinking about end-of-life care, and the trajectories of life-limiting illnesses.
- List three clinical decision-making protocols.
- Describe the implications of the illness-trajectory model for discussing choices at the end of life.

End of Life Coaching for Caregivers

Janet Booth

- List the elements of end of life coaching for caregivers.
- Identify the basics skills for goals of care conversations in serious illness and at the end-of-life.
- Discuss the similarities and differences between compassion fatigue, burnout, moral distress, compassion, satisfaction and resilience.

Afternoon Plenary

Henry Fersko-Weiss, Cynda Rushton, Peter Fenwick

- Describe how embracing the concept of impermanence can lead to staying present and living with purpose.
- Discuss ethical issues at end-of-life that may result in confusion and depletion.
- Discuss the key capacities that support moral resilience.
- Describe the phenomena surrounding death and the factors which are supportive of the grieving process.
- Identify the stages in the dying process that include such phenomena as premonitions and deathbed visions.

Afternoon Workshops

Creating the Conditions for Compassion and Resilience at the Bedside

Cynda Rushton

- List the key components to creating the conditions for compassion and resilience.
- Discuss the importance of self-awareness, mental and emotional stability, insight, inquiry and non-attachment.
- Identify the conditions and practices that can enable us to strengthen our resilience and boost our capacity for compassionate action.

The Inspired Funeral

Amy Cunningham

- Discuss what it means to plan for our own death.;
- Apply practices for both traditional and new end of life rituals.;
- Describe techniques for how to face our own mortality with courage and express our most deeply held values.;
- Describe the array of new trend adoptions in today's funeral experience, including how to plan a reasonably priced, back to basics funeral on a burial shroud.;
- Discuss the pros and cons of cremation.

Death Midwifery: An investigation into the Role of the Death Midwife in Today's Society

Olivia Bareham

- Identify 5 benefits to utilizing a death midwife at the end of life.
- Describe how to create the conditions for a good death.
- Identify ways to support a family after a sudden death in ICU or stillbirth.

Sunday, October 15

Morning Plenary

- Describe phenomena around death and dying including terminal lucidity, near death experiences and near death experiences.
- Assist clinicians in developing strategies to assist clients and families in adapting to these end-of-life phenomena.
- Describe various shamanic traditions view the journey beyond death and the concept of "Dying Consciously".
- Describe the history of research with psilocybin and related compounds.
- Describe findings and implications of psilocybin clinical trials in alleviating cancer and end of life associated distress.

Afternoon Workshops

Disenfranchised Grief in the 21st Century: New Problems, New Strategies

Kenneth Doka

- Define disenfranchised grief, discuss causes of disenfranchisement and describe 5 contexts of disenfranchised grief.
- Discuss the cultural context of disenfranchisement.
- Identify ways that disenfranchisement complicates the process of mourning.
- Review the body of research that has been generated by the concept of disenfranchised grief.

How Do We Want to Die?

Peter Fenwick

- Examine aspects of death that generate fear within us while sharing our respective stories about our end of life experiences.;
- Describe techniques for creating a space where individuals feel safe to bring their own stories.;
- Explain the importance bearing witness to others through their/our grief/end of life journeys.

Dying Consciously: Maintaining Consciousness in the Journey of Death and Beyond

Alberto Villoldo

- Describe what happens after we take our last breath

- Describe how various shamanic traditions view the journey beyond death..
- List techniques used for centuries by Shamanist navigate dream-like states.

Lazarus and the Mustard Seed: Miracles, Meaning and the Cycle of Life

Leslie Blackhall

- Discuss the spiritual, medical, and cultural meanings of mortality by comparing Tibetan Buddhism and Western biomechanics.
- Explain how the emphasis on scientific progress and medical “miracles” and the “war” on series diseases impact our care of patients.
- Discuss how Tibetan mindfulness practices and death-preparation meditations can contribute to helping us transform our relationship with death.

Afternoon Panel

The Future of End of Life Care

- Discuss what the future of end-of-life care may look like.
- Identify new directions end-of-life care needs to go.
- Discuss how we can bring greater sensitivity and awareness to the many crucial issues that we must all face around the dying.

Caring for Our Dead: Grief, Remembrance, and Sacred Ritual

- Identify methods for caring for our dead in a more compassionate manner.
- Define “compassionate care” for the dying.
- Describe the role of grief in creating a “good death”.
- Discuss the history and ancestral stories that shape our relationship to death and the journey of the soul.
- Describe how rituals help us support the dying and connect with the dead.