



Growth through Sharing

A one-day workshop for individuals working
in the field of grief and bereavement in the Ottawa region.

Date: June 1st, 2015

Time: 8 am – 4:15 pm

Location: Richelieu Vanier Community Centre: 300 Des Peres-Blancs, Ottawa

Purpose

The Grief Resources Ottawa Workshop (GROW) is an event for individuals in the Ottawa region who work in the field of grief, bereavement and mourning as professionals, students and volunteers. This workshop is designed to give participants an opportunity to come together to share knowledge, receive peer support/self-care, network and learn through presentations, conversations and experiential workshops. GROW is part of the larger vision of creating a compassionate community.

Schedule

8:15 – 8:45	Registration
8:45 – 9:00	Welcome, housekeeping
9:00- 10:00	Panel Presentation & Questions & Answers
10:00 – 10:15	Break
10:15 – 11:25	First block of Workshops
11:35 – 12:45	Second block of Workshops
12:45 – 1:30	Lunch (Provided)
1:30 – 1:50	Website launch
1:50 – 2:35	Networking activity
2:35 – 2:50	Break
2:50 – 4:00	Third Block of Workshops
4:00 – 4:15	Evaluations

Panel Presentation

By: Lynette Monteiro, Dr. Nazila Isgandarova & Helen Prince

Practising the art of losing: A Buddhist perspective of connections will describe Buddhist concepts that help us understand loss and bereavement through an overview of a Buddhist perspective of grief and the rituals that support life after loss. Using the approach of contemplative care, I will also describe the current approach to grief and resilience through post-trauma growth.

Lynette Monteiro is a psychologist and ordained Buddhist chaplain/spiritual care provider and a Zen practitioner. She is a trained teacher of mindfulness and mindful self-compassion and a published author in the areas of Buddhism, psychology and spirituality. She works in private practice in Ottawa.

An Islamic Approach to Spirituality and Grief will explore themes such as the definition of death, grief and spirituality in Islamic sources. In addition to exploring some examples of good practice, we will focus on themes such as needs that are most important in Islamic faith and culture and ways to support those who are grieving. We will also discuss and identify ways in the Islamic tradition that encourage the use of grief for the purpose of change and growth.

Dr. Nazila Isgandarova is Spiritual and Religious Care Coordinator at the Ontario Multifaith Council and a Spiritual Care Provider at the Centre for Addiction and Mental Health. She specializes in spiritual care and counselling. As an internationally published researcher and speaker, she focuses on Islamic thought, counselling, spiritual and religious care in a healthcare setting, counselling in a multi-faith context, and Muslim identity in the West. Because of her active and passionate focus on issues in Islamic spiritual care and multifaith counselling, she has been nominated for the 2014 CASC (Canadian Association for Spiritual Care) Research Award.

After-death communication is a common human experience, whereby the bereaved perceive direct and spontaneous contact with deceased persons. About 30 to 35 percent of the general population will experience ADC sometime during their lifetime. However, the stigma often attached to ADC experience denies exploration of their healing and comforting potential.

Helen Prince is a doctoral candidate in the Doctor of Ministry program at Saint Paul University, where she researches After-Death Communication. She holds degrees in theology, education and religious studies. For over 20 years, she was an adult educator and religious education specialist with the Ottawa-Carleton Catholic School Board, and currently volunteers as a facilitator with Bereaved Families of Ontario in Ottawa. Helen is an after-death communication experienter.

The panel presentations will be followed by a period of questions and answers.

First Block of Workshops

Workshop 1: Voice Movement Therapy by Chris MacLean

This workshop will be an introduction to the basic principles of Voice Movement Therapy through exploration of breath; moving and sounding into the energetic sphere; and simple collaborative exercises in song creation. Expect moderate movement and sound making. No previous experience or skill is required. Please bring a journal.

Chris MacLean is an award winning singer-songwriter with over 25 years of performing, recording and touring. At the heart of Chris's work is a desire to help others to sing, speak, and make lots of sound; to be comfortable in their bodies; to express that which words sometimes can not; and to experience and enjoy how liberating and empowering creative self-expression can be.

Workshop 2: The Labyrinth and Spirituality by Beverly Chen

The labyrinth, an ancient, spiral circle pattern, has crossed cultural and religious boundaries around the world. In our times, the labyrinth has become a path for walking meditation and embodied prayer that can lead to personal and spiritual healing and growth. This workshop will provide an opportunity to learn more about labyrinth walking, especially its use as a spiritual practice in the midst of grief. It will include a walk on a small floor labyrinth.

Beverly Chen, Veriditas™ Certified Labyrinth Facilitator, has been facilitating labyrinth walking as a spiritual practice since 2002. Her services include labyrinth presentations, walks, and workshops and integrating the labyrinth into retreats and conferences. She has introduced the labyrinth across Canada to many church congregations and healthcare communities (especially chaplains, patients, and family caregivers).

Workshop 3: Native Healing Circle by Morning Star

This workshop will be a teaching and sharing circle focused on care for your emotional, mental, physical and spiritual self. The circle will include prayer-songs, teachings from the Wisdom-Fires of Native spirituality, and a chance for each member to share what is in their hearts and minds. Healing circles help the individual to bring peace into their lives and to empower their inner world, bringing wellness on all levels of existence.

Morning Star was born on the Ft. McKay Cree First Nation Reserve in Alberta. She moved to Quebec in 1974, raised a family of four, and is now a Grandmother. Having lost her culture and Native identity through the Residential School Era, she came back to her Native teachings and spirituality in 1989. Through the wisdom of Native Elders, Morning Star offers spiritual guidance and self-care to all who seek wellness. The Aboriginal community appointed her Elder and cultural ambassador, also, a compassionate guide to many.

Workshop 4: The Poetry of Grief by Janice Falls

This workshop focuses on the value of poetry, especially when spoken, as a spiritual tool in working with grief. Poems can be transformative by using language that speaks the unspeakable, that gives comfort, that becomes a companion through difficult times. Specific poems will be shared along with discussion about how they can help someone go more deeply into their own experience and use these poems as medicine for their losses.

Janice Falls, M.Ed., is in private practice with a focus on grief and loss, as well as conscious living and dying. She has a longtime commitment to the practice of mindfulness (present moment awareness without judgment) and how we can bring this into our daily lives. She is also studying the transformative use of poetry as a way to deepen the connection with self and others, and its place in grieving.

Second Block of Workshops

Workshop 5: Voice Movement Therapy by Chris MacLean

This workshop will be an introduction to the basic principles of Voice Movement Therapy through exploration of breath; moving and sounding into the energetic sphere; and simple collaborative exercises in song creation. Expect moderate movement and sound making. No previous experience or skill is required. Please bring a journal.

Chris MacLean is an award winning singer-songwriter with over 25 years of performing, recording and touring. At the heart of Chris's work is a desire to help others to sing, speak, and make lots of sound; to be comfortable in their bodies; to express that which words sometimes can not; and to experience and enjoy how liberating and empowering creative self-expression can be.

Workshop 6: Woven Fine: Turning towards our sorrow with compassion by Lynette Monteiro

In this workshop on the process of grieving, we will begin with a practice of befriending ourselves and learning how to embrace our fractures and frailties so that healing can occur. We will learn how to turn towards our pain and meet it without self-criticism or diminishing it. Through exercises designed to soften our stance to ourselves and others, we will practice giving and receiving in ways that regenerate rather than deplete us.

Lynette Monteiro is a psychologist and ordained Buddhist chaplain/spiritual care provider and a Zen practitioner. She is a trained teacher of mindfulness and mindful self-compassion and a published author in the areas of Buddhism, psychology and spirituality. She works in private practice in Ottawa.

Workshop 7: Compassionate Gifts Workshop by Margaret Lorrie Beaton

Through a visualization exercise participants will be guided towards their sacred spiritual self. Artistic expression through guided visualization can provide an invitation inward to a more intuitive and spiritual space. This space can provide a vehicle for self-expression, a compassionate container to receive gifts, blessings, and provide a sense of peace. This workshop is meaningful for adults who are grieving, going through personal transformation, or those in hospice nearing the end of their life.

Margaret Lorrie Beaton, MA When my sister died, I used painting as a form of healing and self-expression. This process empowered me to express the emotions that surfaced. I became an Expressive Arts Practitioner, and gained my MA in Counselling Psychology. I provide individual grief support, facilitate grief groups, and offer arts integrated programming to clients of all ages. My workshops are dedicated to healing, self-expression, and expressive arts. They invite participants to explore their inner world through the arts.

Workshop 8: Mindfulness by Janice Falls

This workshop focuses on the value of mindfulness in grieving and the practicality of integrating body, mind and spirit at this time. Using experiential exercises, participants will learn the basics of what mindfulness is (present moment awareness without judgment) and how to practice this in our everyday lives. Grief includes but is not limited to sadness. It is also about remembering how we can build new relationships through telling stories of strength.

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Third Block of Workshops

Workshop 9: Self-created ritual for healing in a time of grief by Kathryn Howe and Linda Mayorga Miller

Rituals provide a meaningful way of affirming profound life events such as loss of a loved one. They support transformation through the use of mindful preparation, symbol and embodied action. There is spiritual benefit to engaging in the planning and preparation. Participants will learn key components of a self-generated ritual through the creation of their ritual with the guidance of a framework; have time for reflection and discussion; experience a ritual created by the presenters.

Kathryn Howe is a chaplain at the Ottawa Hospital; holds a M.A. and Lic. in theology; professor in theology, and spirituality at local Universities; presenter at national

and international conferences on spirituality, rituals, self and team transformation; member of the Association of Spiritual Care; Board Secretary for the Canadian Foundation for Spiritual Care.

Linda Mayorga Miller is a certified chaplain with a M.A. in Counselling and Spirituality. She is regional Chair for the Canadian Association for Spiritual Care. Linda has presented several workshops on the significant roles of prayer and ritual as sources of comfort and healing. Linda is a staff chaplain at The Ottawa Hospital.

Workshop 10: The Peaceful Power of Coming to Your Senses by Cindy Teevens

Learn to discern the difference between suffering and grief, and how to stop the stream of stressful thinking--awakening latent powers of love and joy in your life. Discover how to use five powers you were born with to feel good and access knowledge and wisdom. Experience the dramatic relief of detaching and letting go, a Two-Minute Technique to Inner Peace, and how to use the body, mind, and senses for inner peace and healing.

Cindy Teevens is an international inner peace and happiness facilitator, exceptional and unique in helping people shift their state and perspective, transforming their lives, from the inside out. Six years after the suicide of her father, in one moment, her own intense suffering was swapped for amazing love and joy, altering her life permanently. Understandings came about how she had been living backwards, and how she could return to truth, sanity, and peace.

Workshop 11: After-Death Communication by Helen Prince

This workshop will gather knowledge, speculations and beliefs about after-death communication occurring within cultural, religious and spiritual traditions, and within grief theories in psychology and psychiatry. There will be a guided meditation that promotes inner awareness and spiritual reflection. Participants will be invited to share their after-death communication stories and experiences. Be ready to be awed and inspired by the unbreakable bonds of loving relationships!

Helen Prince is a doctoral candidate in the Doctor of Ministry program at Saint Paul University, where she researches After-Death Communication. She holds degrees in theology, education and religious studies. For over 20 years, she was an adult educator and religious education specialist with the Ottawa-Carleton Catholic School Board, and currently volunteers as a facilitator with Bereaved Families of Ontario in Ottawa. Helen is an after-death communication experimenter.

Workshop 12: Islamic Rituals for Death and Grief by Dr. Nazila Isgandarova

This will be a discussion-based workshop focused on the needs that are most important in Islamic faith and culture, significant rituals related to death and grief, and ways to accommodate those rituals in LTCHs, hospitals, and/or hospices. We will answer questions such as "How does Islamic faith/culture view death and

dying?” “What are the implications of this for health care settings?” What is the role of faith leaders in terms of providing spiritual care to members of Muslim community in hospitals, LTCHs or hospices?” “What are the key challenges of health care practitioners with regard to serving their clientele?”

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Networking Activity

“It’s easier to GROW in a garden”

Participants will be divided into small groups to find out more about each other. During this 30-minute activity, you will each have 4 minutes to introduce yourself, your professional interests and expertise, and anything else you might want to share. Preparing for this activity is recommended.

Register online with Visa or Mastercard by May 20th, 2015