

The 2019 Afterlife Conference Continuing Education Track



CE Credits are available for the following conference presentations:

PRE-CONFERENCE WORKSHOPS, THURSDAY JUNE 6, 2019



Conscious Dying Part One: Preparing for Transition

Death doula Alua Arthur will instruct attendees in heartfelt practices and rituals for preparing for death. With experiential exercises, ceremonies and meditations, you will become familiar with:

- . Anticipatory grief
- . Deathbed enactment experience
- . End-of-Life planning
- . Family dynamics in impending death
- . Managing end-of-life for a sudden or unexpected death
- . Rituals for approaching death

Conscious Dying Part Two: Attending to the Moment of Death and Beyond



Join end-of-life educator Tarron Estes for an experiential workshop on being present for the sacred passage of death, and the emotional, spiritual and psychosocial responses that follow. Topics, processes and exercises include:

- . Designing the vigil process
- . Recognizing the retreat of the physical body
- . Emotional intelligence, spiritual awareness
- . Visits vs. quiet time
- . Midwifery for an acute or sudden death
- . Understanding grief responses
- . Deathbed rituals

FRIDAY JUNE 7 BREAKOUT SESSIONS



Conscious Dying in Clinical Settings

Terri Daniel, MA, CT, will facilitate this panel discussion on how to bring conscious dying practices into clinical settings such as emergency rooms, ICUs, nursing homes, in-patient hospices and other facilities where deaths occur. The discussion will also include case histories and an overview of multi-cultural, inter-spiritual practices that can be shared with patients from a variety of ethnic, religious and cultural backgrounds.



Grief, Gratitude, and Hope at the End-of-Life

In this 75-minute breakout session, Mitch Metzner, PhD will help attendees learn to view loss and grief from a different perspective... as an experience that can lead to wisdom and spiritual growth. Mitch will discuss the neuroscience behind our death-denying Western perspectives, and the gifts of mapping a life review and opportunities for meaning making at the end of life

SATURDAY JUNE 8 BREAKOUT SESSIONS



Grief and Loss as Spiritual Initiation

Sarah Kerr, PhD is a ritual healing practitioner and death doula who supports the living, the dying, and the dead. She will help attendees explore the foundational archetypal patterns that inform our experience of grief and loss, and how to use awareness of these archetypes to help clients -- and ourselves -- become stronger and more capable when working with the grief process.



African American Spiritualism

Rev. Floyd Thompkins, MDiv, award-winning educator, minister and social activist, will lead a fascinating exploration of *The Roots of African American Spiritualism*, which has its foundation in spiritualism, mysticism and communication with non-physical dimensions. Floyd will discuss the historical progression of African American spirituality, comparing Western and Eastern ideas on death and life, trauma, healing and ancestral inclusion.

SATURDAY IN-DEPTH WORKSHOP



Men and Grief: Making Peace with the Pain

In this 75-minute breakout session, Mitch Metzner, PhD will discuss how for men, the pain of grief can be complicated due to social mores that can cause men to isolate and avoid the work of attending to the suffering of loss. Men, known for fix-it solutions, can find themselves unprepared for grief if they try to meet this visceral human experience with a *doing solution* vs. a *being experience* that may also need to be expressed and shared with others. This workshop will include experiential exercises as Dr. Metzner shares more than three decades of personal and professional experience.

SATURDAY EVENING KEYNOTE



Psychedelic Science to Relieve Death Anxiety

Dr. Brian Richards will share his research on the use of Psilocybin for reducing death anxiety in cancer patients. Brian completed a postdoctoral fellowship at The Johns Hopkins Behavioral Pharmacology Research Center, which initiated the first psychedelic medicine treatment studies in decades. He will describe -- in lay terms -- the pharmacology and clinical applications of Psilocybin, the process of guiding patients through a Psilocybin experience, and its effectiveness in easing the symptoms of addiction, anxiety, depression, mental disorders and more.

ABOUT OUR CE CREDITS

CE credits for psychologists are provided by the Spiritual Competency Resource Center (SCRC) which is co-sponsoring this program. The Spiritual Competency Resource Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Spiritual Competency Resource Center maintains responsibility for this program and its content. SCRC is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California. The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association. For questions about receiving your Certificate of Attendance, contact The Afterlife Education Foundation at terri@danieldirect.net. For questions about CE, visit www.spiritualcompetency.com or contact David Lukoff, PhD at CE@spiritualcompetency.com

APA covers psychologists nationally and also:

Licensed Professional Counselors in: AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, IA, ID, IL, IN, KY, KS, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

Marriage & Family Therapists in: AK, AR, AZ, CA, CO, CT, DE, FL, IA, ID, IN, KS, ME, MO, NE, NC, NH, NJ, NM, NV, OK, OR, PA, SC, SD, TN, TX, UT, VA, WI, WY

Social Workers in: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

Addictions Professionals in: AK, AR, CO, CT, DE, GA, IA, IN, KS, LA, MO, MT,, NC, ND, NE, NJ, NM, NV, NY(out of state), OK, OR, SC, UT, WA, WI, WY

Our CE track provides you with 12 CE hours, which allows you the flexibility to attend some – but not all – of the CE-approved courses (there are 16.5 hours total). The cost is \$75. You will be able to purchase this package on our registration page, or onsite at the conference.