



School of Accompanying the Dying

*Know 'What It Takes' to Be the Best End of Life Advocate
& Companion through Heart-Centered Service*

Welcome to your new doula home base at Quality of Life Care! If you are receiving this brochure, you have requested more details before you make decisions about your future training. Thank you for including us in your search!

Our program was the first of its kind; we have been working with doulas to achieve their dreams since 2010. Below explains our unique process.

The School

Our core curriculum is our online signature course, "The Accompanying the Dying: A Practical Guide and Awareness Training." In this course, we cover the essentials of what it takes to accompany another person and their family through dying and death, and afterwards. We cover all time periods and all settings of where a person may be. Deanna has integrated all her hospice RN experience since 2000, as well as her years as a private end of life doula in private practice since 2005, to create this very practical and comprehensive program for you. She has been mentoring pioneers from around the world to create innovative practices for all these years as well!

This is no ordinary course where you may feel bored with the typical information you can learn yourself in an afternoon online. Instead, we are discussing the 'doula way.' This is something that takes time to become confident in and feel grounded with the parts of 'being' and knowing. We thoroughly teach to the end of life issues and practices you must know, as well as the art of the practice. There is also a very special component of guiding you through your own personal journey

examining your own history. This is crucial to the development of the awareness you need to offer your best self to the one you are companioning.

We also have a bonus section for those of you who are also seeking to add some form of private practice for pay. We give you everything from all Deanna's years of experience as a private practitioner, saving you years of headaches and thousands of dollars.

We are right here with you every step of the way. You are not investing in a process that simply regurgitates end of life facts, medications, funeral laws, forms, etc.; you are enlisting our support to fully guide you as you gain confidence in integrating your unique gifts with your ideas of how you may want to serve others through dying and death.

The training is stellar. You will not find a more complete program anywhere. We support you to explore this material at your pace and for your own purposes. This training does include our Certificate Package, so if you would like to receive this acknowledgement, you will complete the requirements we provide for you which are 4 Assessments, accompanying surveys, and a Final Essay.

You Will Receive

- Our signature course, "Accompanying the Dying: A Practical Guide and Awareness Training"
- A whole Section of BONUS material (Section 8) on "How to Build your End of Life Doula Practice."
- High quality videos further describing and offering deeper teachings.
- Unique user experience inside our Online Portal.
- Self-pace, independent study.
- Guidance from Deanna via Answers Hub. Opportunity to ask Deanna one question per week, answered personally (if not already asked) in the Answers Hub. If your question is a multi-layered question, each piece will be broken down and answered weekly.
- Guidance from Deanna and QLC Education Partners in our private discussion group on Facebook. Private discussion group for School Members only, our 'School Room' for 1 year.
- Fast-Track Option (FREE): 16-week guided email series to support your completion of the program. This is the least amount of time required to receive your Certification.
- 1-year access to the School and Online Portal.
- Certificate Package: (4 assessments, 4 Surveys, Final Essay, Course Evaluation). Once successfully completed, you may use the designation, Certified End of Life Doula (CEOLD), from Quality of Life Care.

The School also has opportunities for mentoring with Deanna through our Mentoring Program. This includes 10 months of group learning calls with Deanna and our students in the Mentoring Program, once a month, for a 2-hour session on the 3rd Wednesday of each month. We call this our Anam Cara Circle. You must be enrolled in the School to apply. Additional investment. You will also be given the following opportunities:

- Opportunity for Private Hourly Sessions with Deanna. Only present students and alumni may apply for private hourly sessions. Based on availability. Additional Investment.
- Opportunity for private sessions with School Faculty at special discounted rate for your first 6 months in the program. Additional investment.
- First offer on all our events, workshops, and retreats.

Tuition

- School Tuition: \$997 for 1-year access, Certificate Package included. Completed in one payment of \$997 or 4 payments of \$274.
- Mentoring Program Add-on: \$997, additional investment. Must be enrolled in the School. Please note that you do receive a savings if you register for the Mentoring Program and pay in full at the time of enrollment (\$300 savings).

Student Testimonials

"Your class gave me the tools and the confidence I needed. Working with you has been a pure joy! It has truly changed my life. Thank you."

♥ Burneace D., QLC Alumni and Doula

"Working with Deanna feels like following a pathfinder into territory she knows well and will lead me safely through. "

♥ Susan R., QLC Alumni and Shaman

"I cannot thank you enough. Coming into the program I was very clear on what I believed my direction with End of Life work was. However, very shortly into the program with your guidance, intuition and foresight I was able to clarify and focus my true hearts calling. This program not only gave me the opportunity to communicate and connect with others of like mind, but to expand on the tools needed to clarify my calling."

♥ Cynthia B., QLC Alumni and Education Partner

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Personal, LIVE, Mentoring with Deanna: Anam Cara Circle

Our School offers a very special mentoring opportunity once a month and that is our Anam Cara Circle, a LIVE small group mentoring session with Deanna and the other students in our Mentoring Program. Anam Cara is a Celtic phrase meaning “soul friends,” and that is exactly what we are in this journey of serving the dying—us with our clients, and us with each other. You will have direct mentoring with Deanna LIVE, receiving support and guidance on course related and industry related topics. You will be building relationships with doulas from all over the world.

If you choose to participate in the Mentoring Sessions, you will receive a much deeper experience and also be included in our private online group of doulas from around the world, along with the School group. You will receive lifetime access to our private Facebook community, the Anam Cara Circle, without any additional fees ever.

Through the mentoring process, you will have a very close connection and access to Deanna and others who are exploring and creating a doula practice. You will receive expert support to explore your calling, ask specific questions and get answers immediately about the ways of an end of life doula, become aware of any personal obstacles that could be a barrier to your connecting to your families, learn all the issues at the end of life, explore the practical ways to support a person and their family at the end of life, understand how to bring your services to your community (if you wish to do so, and much more!:

- Monthly Session: 3rd Wednesday of each month from 2 - 4pm CST (or until we are complete) for 12 months. These will take place very month for a year, except for July and December which are taken off.
- Sessions are via video conferencing, you may call in by phone or participate through video using your computer or smart device.
- All calls are recorded, and you have access to them for 12 months.
- Private Anam Cara Circle Facebook group devoted only to mentoring students. “The Anam Cara Circle” is our working and sharing group. This is a very active online community of amazing doulas from all over the world who are either past or present students who have worked with me personally. You are in this group for life—no extra membership fees ever.
- The Anam Cara Circle is home base for you for life.
- The Mentoring Program is an additional investment to your School registration

Fast-Track Process

As part of the School, you have an option to receive 16-weeks of guided weekly emails to help you complete your course certification within 4 months. This process is complimentary and is for those of you who are looking to complete your certification more quickly than the full year you available

to you. If you would prefer this option, please choose it when you are sent your welcome materials. This is the soonest you are able to complete our program and receive certification.

Certification

Certification is included in your registration and you have up to one year of enrollment to complete your Certificate Package, if you wish to do so. You will have one year of access to the material and the online learning portal. If you wish to receive a Certificate for your study, please write Danielle, our Program Director and she will let you know what our current requirements are. If you must take more time than 1 year, you are able to stay in the School at the rate of \$45/month or \$397/year to complete your studies or to have another year's access.

Course Material

There are 7 sections of material in the course, including several lessons within each section and the bonus material, Section 8, regarding building a practice. It takes most students anywhere from 5 to 10 hours+ per week to process the material. It all depends on how deeply you dive into the material. It is a 3-part journey:

- 1) Comprehensive end of life information and education.
- 2) Personal journey regarding your own death and dying experiences, your beliefs, and how they may affect your work.
- 3) How you wish to use the knowledge.

*******If you pay in full for your program, you will immediately have access to Section 1 of the course. **The remaining sections will be unlocked after 10 days.**

*******If you chose the payment plan process for your program, your full course material will be unlocked in the following order in alignment with your 4-month payment plan:

- **Sections 1 & 2:** Available Immediately
- **Section 3:** After 30 days
- **Sections 4 & 5:** After 60 days
- **Sections 6 & 7:** After 90 Days

Section 1: We discuss establishing rapport and peace, creating a beautiful and soothing space, self-awareness, introduction into the End of Life Practice Development tool, and course resources. You begin reading Dr. Ira Byock's book, "Peace and Possibilities." You will also begin reading Sogyal Rinpoche's book, "The Tibetan Book of Living and Dying."

Section 2: We explore types and settings of EOL Doula work including hospice care, palliative care (at any time), palliative care before hospice, encouraging hospice, different medical settings where you may begin engagement and how to do that, the hospital setting, and other living arrangements. You will begin reading Stephen Jenkinson's book, "Die Wise."

Section 3: This is all about providing emotional support including who you will serve, self-preparation, communication, us being 'witnesses', anticipatory grief, deep listening, family anxiety, caregiver burnout, and honesty in dying.

Section 4: In Section 4 we cover spiritual issues, how we are making a difference, rituals, supporting spiritual beliefs and others' spiritual search, closure, and spiritual needs of the dying.

Section 5: There are a variety of ways we can serve practical needs. In this section we discuss last wishes, end of life paperwork, advance directives, ethical will, legacy, organizing help, pre and post death vigil planning, home funerals, funeral plan.

Section 6: Here you will read all about providing support through the end days of dying including material on: the dying body, the decline of body systems, last weeks, cognitive changes, nearing death awareness, special topics related to stages of death (several), last days, your first visit (as a practitioner),

Section 7: We cover everything about caring at the bedside: deathbed care of the dying, vigil support for the family, death and post death vigil, bereavement, closure with family (yours) and after death communication.

Bonus Section 8: This section is all about your private practice and how you see yourself doing your doula service. We discuss services, things to consider before building a practice, leveraging your skills and talents, being paid for the work, liability issues, community awareness, marketing, developing your craft, etc.

What Students are Saying

"I continue to be impressed not only with the material that you have put together but also with the systematic way that you have done so. I browsed through the whole 16 weeks and I can see how you are literally building a foundation from deep in the ground and then up. Thank you for your dedication. It really shows."

♥ Franklin H. QLC Student and ED of a Dominican Republic Nonprofit

*"There was never any need nor occasion for you to try to "show off" your expertise ... you simply exude it. That honestly was one of the most compelling, enjoyable aspects of the course. I **knew** I was receiving exemplary education as the course was never about you, always about where I was and what I needed. You are secure in who you are and where you are on your doula path. You always present a Beginner's Mind, and in doing that, reinforce your expertise."*

♥ Gaer F. QLC Alumni, Psychic and Transition Doula

Additional Learning Opportunities

The following are special continuing education opportunities available to students in our School once you have completed the program. Pre-requisites are listed where appropriate:

- 1) Personal Mentoring with Deanna, \$997/10-month term.
- 2) Opportunity for Private hourly Sessions with Deanna. Only present students and alumni may apply for private hourly sessions. Based on availability. These sessions are significantly reduced. \$200/session. (Non-students must access Deanna's private sessions via ½ day or full-day Private Intensives only.)
- 3) Opportunity for private sessions with School Faculty at special discounted rate for your first 6 months in the program - \$75/hour. After your first 6 months, market rates will apply for that School Faculty member.
- 4) Half-Day Private Session - \$1497. Present students and alumni receive 20% savings.
- 5) Full-Day Private Session - \$2997. Present students and alumni receive 20% savings.

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We do a lot together! Not only are you learning to serve people and families well, but you will also have what you need to structure a heart-centered practice. You will receive all our hard-won advice and suggestions from Deanna's many years as a hospice RN and as an end of life doula in private practice herself. She shares with you all the benefits she's received from spending a lot of time and money in trainings, coaching, and her own mentoring. You are also introduced to the software, tools, and things she uses in her practice, a personal end of life plan template, a practicum for people new in end of life, surprise guests, extra group sessions, webinars, and so much more.

Join us in our School of Accompanying the Dying. You will have a powerful tool to thoroughly investigate your interest in the art of companioning others through death, and a priceless resource for life.

Blessings to you on this journey. ♥

QLC team