

Syllabus

Sacred Transitions: DEATH DOULA End-of-Life Support Training

COURSE DESCRIPTION:

Death doulas and end-of-life planners play a unique role in today's society as we embrace dying consciously through energetic awareness. Using cultural, shamanic, philosophical, and esoteric perspectives, students will explore conscious dying as a vehicle for holistic healing while critically examining their own narratives on death and dying. The curriculum provides a deep dive into the energetic awareness of how we die & what exactly happens in the death process along with techniques to best support people in transition as we care for our own energetic well-being and physical health.

"In most shamanic traditions, the initiations around birth and death are considered to be the most important. One of the focal points of these initiations is to create conditions so the spirit of the initiate can learn to move at will between the world of the seen and the world of the unseen. In order to do this, initiates must engage in practices that heal and integrate the body, mind, and spirit during life. When this task is accomplished, the spirit can shift more easily into the world of the unseen at the time of death. Shamans learn to do this – and they learn to help others do this as well. This is the essence of the shamanic path." -Isa Gucciardi, Ph.D

PREREQUISITES:

1. Completion of one of Evangeline's online courses: **Expanding Sacred** or **Next Level Healer** energy healing training programs.
2. A basic understanding of energy healing techniques, energetic anatomy and meditation techniques.
3. Physical, mental, energetic, emotional and spiritual health through self-awareness. This course is designed for those who have the capacity to hold space for others using clearing techniques, grounded presence and the ability to enhance any situation with their own loving frequency and embodied presence.

OBJECTIVES

1. To equip caregivers and holistic healing professionals with modern and ancient tools to assist clients with end-of-life preparation, crossover experience and funeral celebration planning. Each student will leave this course with a thorough understanding of how to intake a client (and their family members) to determine the best treatment plan for support and end-of-life care.
2. Provide an End-of-Life Emotional Directive and energy-based shamanic care leading up to and during crossover.
3. Utilize skills and techniques to assist the client's family after crossover.
4. Obtain a solid skill set in self-care to avoid burnout and establish a healthy network of caregivers and support for referrals and ongoing replenishment.

MATERIALS NEEDED

1. Laptop or phone to access course materials on Teachable
2. Handouts provided
3. Journal for taking notes
4. Access to Telegram app for private community discussions and postings

VERIFICATION

Steps to check for student understanding

1. End-of-course quiz on Teachable site to receive certificate of completion
2. Externship hours to submit after training
3. Practice session forms completed from externship hours logged

ACTIVITY

Students will participate in a research/community outreach project to familiarize themselves with the energetic climate of an individual and family in transition.

The Death Doula training offered through Evangeline Hemrick Ministries is like no other because the course work comes from Evangeline's twenty-eight years of direct experience as an energy healer, minister and shamanic practitioner. Many Death Doula courses offer training through different lenses and perspectives. It is recommended that you explore other training programs to enhance your unique offerings and skill sets.

In this course, training is segmented into three sections:

#1: We deal with our own death FIRST. We explore and address our own beliefs, fears and conditioning around the death process. Students will construct their own rituals to assist with coming to terms with their own death (shamanic journeying, energy work, meditation, etc.) Students first learn how to be the "hollow bone" to clearly hold space and stay healthy. This requires a great amount of self-care and self-preservation.

#2: Students practice intake and consulting for clients and families who are preparing for transition. Death Doula practitioners assist their clients in preparing emotionally, spiritually, physically and energetically to create rituals, ceremonies and emotional trusts along with end-of-life directives and alternative funeral plans.

#3: Students practice holding space for clients and their families as they experience the transition/death process.

Implementation: Students practice implementing desired rituals and end-of-life directives that were established during intake and consulting sessions, providing Death Doula services for clients with proficiency, confidence and care.