

QUIETUDE® PRACTITIONER TRAINING

**Spiritual Care for those on
the journey of death and dying**

Participant Handbook 2022 – 2023

A part-time training and development course for people wishing to become 'Quietude Practitioners' offering spiritual companionship to those crossing the threshold of death.

with
Annie Blampied-Radojcin
and guest teachers

www.emerson.org.uk/quietude

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Your Participant's Handbook provides important information to help you integrate into the Quietude community, develop your skills and achieve your goals. It is a valuable resource for your journey through the learning experience.

For a complete list of all our Policies and Procedures see the Emerson College web site at http://www.emerson.org.uk/images/Admin/Policies_Procedures.pdf

Welcome

A warm welcome to all those wishing to join the Quietude Practitioner community through participating in this training course at Emerson College. This handbook contains practical information about the programme and may serve as a reference throughout your training. You will find information on learning outcomes, resources, administrative procedures, and programme requirements. If any procedures or regulations change, you will be notified and provided with written, updated information. For your benefit, we recommend that you familiarise yourself with all that is given here. Your course leader and other staff are available to help answer any questions you might have about the training.

About the Training

Quietude is a path of development for people of all faiths and doubts, who are open to the idea of the continuity of life beyond the gateway we call death, and who wish to be a companion or to offer spiritual support to those with life limiting illnesses, or frailty and are in need of end of life care.

This course is designed to train and empower people in being true soul companions on the threshold of death. It will give you the skills, knowledge and understanding in how to accompany people in what can often be a time of crisis, vulnerability and questioning, when a new opportunity arises for love to transcend our fears.

The spiritual philosophy behind the course will be based mainly on the work of Rudolf Steiner, and Tibetan Buddhist philosophy and practice.

What will you learn?

- What can happen in the stages of dying, at death and after death
- The types of support needed by those losing a loved one, and those who are bereaved
- How to give comfort and relief through the art of gentle therapeutic touch : 'M' Technique
- The practical tasks around death (eg writing a will, planning a funeral, helping someone think how and where they would like to die)
- To deepen your own sense of Presence needed for the art of accompanying
- To support someone in talking about and reflecting upon their life (biography work)
- How to come to a place of peace in your personal journey with grief and loss, and your own feelings about death and dying
- To develop a practice of spiritual presence through meditation, mindfulness, quiet contemplation and listening
- To become confident in offering blessings or prayers for someone who is dying, and/or their family
- To become familiar with the ways we can support those who have already died and moved into the realms of the Spirit.



Who is it for?

Quietude is for those who wish to offer emotional and spiritual support to people who are in need of end of life care. You may already be in the caring or medical professions, or work in a voluntary role, and would like to deepen your approach. You may be a family member who wants to enhance your skills in caring for a loved one, as well as receiving support to offer this care. Perhaps you are already a chaplain, or a minister, and would like further training. It may be that you are looking for a change in direction or career and want to deepen your service in the world. It could also be the truth that you are simply interested in the theme and would like to study it further.

Whatever your faith or doubts, you are welcome; however, an openness to the idea of the continuity of life after death would be helpful.

This course is a path of inner development and will deepen your ability to accompany people in what can often be a time of crisis, vulnerability and questioning. However, the journey of dying can also be seen as an opportunity for renewal. In taking this course, you may also discover a renewal of meaning and in the choices you wish for the rest of your own life.

Options after the Course

Having fulfilled all the requirements of the course, you may wish to work as a self employed Quietude Practitioner. It is our intention to create a Quietude Practitioner organization/charity to be able to offer spiritual support to those on the journey of death and dying. Such an organisation will also offer supervision and community to its members.

With a perhaps new found confidence and developed skills to equip you in the voluntary sector, (hospitals, hospices, and nursing homes) as well as at home, or with family, friends and neighbours, you will be a spiritual companion and support to others.

If you are already a qualified health practitioner, eg. Nurse, GP or Occupational Therapist, the skills you have learnt on the Quietude training will enhance the work you already do and enable you to offer a more holistic approach.

If you are already a chaplain or a minister, the Quietude training will give you deeper skills in listening and offering spiritual companionship and presence to others.



Course Structure and Elements of the Course

The course is delivered through a combination of presentations, talks, demonstrations and practice ~ both practical and spiritual, with large and small group activities, as well as independent study and a practicum, for example volunteering in a hospice, hospital or nursing home.

It will take place over seven weekends, from Friday evening to Sunday lunch time, including Saturday evenings, with participants expected to undertake individual study and practical assignments between modules. The seven weekend modules will cover a period of ten months. The duration of the programme is designed to allow the participants time to practice and develop the skills they are learning, and complete their assignments.

There will be two 1-1 tutorials with Annie over the course of the training. You will be asked to develop a personal spiritual practice and will be gently guided and supported to be able to do this.

Course Dates and Themes

1	Understanding - The stages in the dying process	14-16 Oct 2022
2	Preparing - Practical steps, & 'M-Technique' Hand & Foot Course	18-20 Nov 2022
3	Accompanying - Building connection & bridging worlds	13-15 Jan 2023
4	Supporting - Tibetan Buddhist Practice to support death & dying	10-12 March 2023
5	Dying - Standing on the Threshold	14-16 April 2023
6	Journeying - What happens after we die?	12-14 May 2023
7	Honouring - Honouring those who have died and our own achievements	14-16 July 2023

Example Schedule

Each module begins at 19.30 on Friday evening and finishes at 12.30 on Sunday lunchtime.

Friday	Saturday	Sunday
	9.00 Singing (outside) 9.30 Stages in dying	9.00 Check in. 9.30 Feelings about dying ~ for others
	10.30 COFFEE	10.30 COFFEE
	11.00 Listening skills	11.00 Feelings about dying ~ for ourselves 12.15 Conclusion and looking forward.
	12.45 LUNCH	12.45 LUNCH
	14.30 Personal journey with loss	
	16.00 TEABREAK	
	16.30 Heart healing	
	18.15 SUPPER	
19.30 - 21.30 Welcome! Ground rules Introductions and setting intentions	19.30 Grave talk	

Course Faculty

Course Leader and Founder



Annie Blampied - Radocjin: After over 20 years working in Steiner Waldorf education, Annie was ordained as a OneSpirit Interfaith Minister in 2004. She conducts ceremonies, including weddings, baby blessings and funerals, and is a spiritual counsellor. Annie began Chaplaincy work as a volunteer in the ICU for premature babies in the Brighton and Sussex University hospital. She later volunteered regularly in a nursing home, before working as a chaplain in Hospice in the Weald. She trained with Felicity Warner in Soul Midwifery, and is a graduate of Authentic Presence, contemplative end-of-life care training inspired by Tibetan Buddhism. A long term student of the work of Rudolf Steiner, Annie recognises the urgent need for us to awaken to the continuity of consciousness beyond the gates of death, and the possibility of giving and receiving support and love, to and from those across the Threshold.

Guest Teachers



Fiona Sim: Fiona is a registered Nurse, Anthroposophic Nurse Specialist, Rhythmical Einreibung Teacher & Practitioner. After working with children with special needs, she worked at Park Attwood Clinic for 21 years as an Anthroposophic Nurse, where her roles included caring for in-patients and out-patients, five years of nursing management and teaching. Fiona is a staff nurse at a Marie Curie hospice and teaches a special form of touch called M-technique on Quietude as well as a class on pain management in end of life care.



Kirsten DeLeo: author of “Present Through The End. A Caring Companion’s Guide for Accompanying the Dying”. Kirsten is lead faculty of “Authentic Presence”, a professional certificate in contemplative end-of-life care that was launched at Naropa University, Boulder/CO and now runs as an independent training (authentic-presence.org). Kirsten has been teaching in the field of contemplative care for more than twenty-five years, and has served dying patients and their families in various healthcare settings. Kirsten has been immersed in Tibetan Buddhist practice for over twenty years.



Naamah Pinkerfeld: Naamah has been singing with our students and leading the Singing Forest Choir at Emerson College since 2008. She has led the Heart of the City Community Choir in London since 2010. She has taught singing to many groups and led choirs in inspiring venues including St Paul’s Cathedral, the British Museum, London Zoo, and Chartres Cathedral in France.



Diana Fischer: studied Philosophy and Linguistics at the Sorbonne in Paris. Her lifelong interest in language and movement then led to an eurythmy training in Dornach, Switzerland under Elena Zuccoli. She spent three years doing post-graduate artistic eurythmy with Dorothea Mier in Spring Valley, New York. Diana has many years’ experience in teaching both children and adults and is at present working as a freelance teacher, performer and movement therapist in the UK.

Emerson College Student Support

Chiara Carones: Education Manager and Registrar

Tel: 01342 827 771

Email: registrar@emerson.org.uk

Yvette Dellsperger: Acting Director of Education and Student Mentor

Email: yvette.dellsperger@emerson.org.uk

Ellie Kidson: Communications Manager

Email: publicity@emerson.org.uk

Expectations of Participants

In order to meet the requirements for completion of the programme, participants will be expected to:

- Attend at least 90% of all sessions in person (face-to-face). This is required to receive the course completion certification at the end of the course. This includes absence due to illness, bereavement or emergency. We will endeavour to offer, but cannot guarantee, the provision of recorded modules in these circumstances
- Submit assignments by deadlines and resubmissions within 4 weeks
- Submit at least 1 treatment report of your own practice for M Technique
- Submit three case studies based on voluntary experience in caring for the vulnerable or those with life limiting illnesses. A case study on past experiences is also welcome
- Join in a minimum of two 1-1 sessions or tutorials with Annie, one hour each, in person, or via zoom, or Skype
- Be willing to participate in all activities
- Read from recommended book/article list
- Demonstrate that you have met all learning objectives

Qualifications and Professional Advancement

Quietude is a rich and rewarding course, which provides an excellent CPD (Continuing Professional Development) training for people in the caring and medical professions as well as for volunteers, chaplains or Interfaith ministers looking to deepen their service to others.

- A Certificate of Attendance will be given to every student who attends at least 90% of the course
- 'M-technique' Certificates will be given to all students who complete that aspect of the training
- 'Quietude Practitioner' Certificates will be given at the end of the training course to students who fulfill all the assignments of the course, practical and written, to the satisfaction of the course leader. She will decide whether a basic or practitioner level of competency has been achieved

All assignments should be completed by the end of the course. Extensions can be given in exceptional circumstances, and at the discretion of the course leader.

Evaluation Criteria

All evaluation will be on the basis of pass or refer. Re-submissions will be accepted at the discretion of the course tutors within the specified time frame. Criteria includes:

1. Attendance

Attendance will be monitored throughout the training and used in the overall assessment at the end of the year. An attendance level below 90% is considered insufficient to meet the programme requirements. The tutors will take into account extenuating circumstances provided that the learner submit an 'Extenuating Circumstances' email to the Course Leader. A doctor's note should be included.

Extenuating circumstances that may be considered are:

- long-term illness or chronic conditions
- severe mental or emotional problems during the training
- bereavement or sudden change of family circumstances

It is our intention to support the progress of each individual student on the training programme.

2. Practical Assignments and Written Work

- Practical assignments will be meditation or reflective practices, M technique, Case Studies, volunteer and biography work
- Written work will include project work, self-enquiry, case studies and biography work
- Between module 2 and 3 you will be practicing M technique
- Between module 3 and 4, you will continue practicing M technique, and working with someone on their biography
- Between module 4 and 6, you will be invited to work on a project, to be handed in by July 1st 2023 and presented or shared with fellow students during the last module

3. Work Experience

You will need to find some work experience as a volunteer Quietude Practitioner. This could be either in a nursing home, a hospice, a hospital or privately.

It would be good to start looking and applying in early December, 2022, because you will need a DBS (Disclosure and Barring) check. Usually the place taking you on would do this, but you may have to pay for it. Alternatively, this agency will do it for you with a fee <https://astarequivalency.co.uk/dbs/>
Contact Tracy at 07902341716.

Three case studies will need to be handed in and guidelines for this will be given at the end of Module 3.

Evaluation Method

Methods of evaluation on this programme may include:

- Professional discussion
- Reflective practice
- Peer Learning
- Written assignments with written evaluations in response
- Individual and group oral presentations
- A final evaluative letter from the Course Leader

For the M technique:

- Tutor observation of practical demonstration of M technique
- Peer learning
- Treatment report

Support and Guidance

The support system for participants on the training is a combination of peer and tutor support. The sense of community that will build in the group of students will give a deep support and sense of safety.

Individual tutorials will be take place twice during the training. Annie will be available between modules by phone and email. The Education department at Emerson College can be contacted also for support or to answer questions.

Venue

Emerson College sits within a 22 acre Botanic Garden with beautiful ponds, lawns and flower beds, a vegetable garden, an apple orchard and a wood full of blue bells in spring. The experience that greets people is deeply connected to the earth, to the College's roots in anthroposophy and to the contributions of many people over the years.

Our college estate is a living system that is embedded in many larger systems – ecological, social and spiritual. It has many rare trees and over 100 medicinal plants. We use using methods of cultivation designed to bring vitality and nourishment to the earth, supporting and celebrating the nature's processes. All our land is managed biodynamically without the use of pesticides and is fully Demeter Certified. Almost everyone who comes to study or visit recognises the special quality which this care and attention brings to the learning environment. This creates a very relaxed environment for all our course participants. In this way we see the place itself as one of our teachers.

Our vegetable garden provides fresh vegetables to our kitchen providing soil to table nourishment for our guests as well as bouquets of flowers to decorate classrooms. What we can't grow ourselves we source locally and organically to create our vegetarian meals. We also offer vegan and gluten free options. For those with special diets we provide self catering facilities. Visit <https://emerson.org.uk/stay-at-emerson> to discover more.



Resources

Onsite

The programme will be delivered on site at Emerson College. The classroom has ample seating capacity and space for artistic activities and practical workshops. Further meeting rooms are available for small group work if necessary. The classroom has access to blackboards, flipcharts and projection equipment. The course will provide all equipment. Our campus is host to a wealth of initiatives; at any time you will find artists in residence working in our studios, regular storytelling performances and many other events and activities to enjoy.

Online

Participants will be invited to join our Emerson College World Community which is our online student portal for the course. Our student portal is a closed (invitation only) network (provided by Mighty Networks) available for Emerson Students and other community members to join (i.e. our Emerson College and School of Storytelling Alumni). It is through our student portal that participants can meet, chat and stay in touch with one another outside of class time.

Entry Requirements

No prior experience is required.

The entry requirements for students are that they:

- Are 'competent users' of the English language
- Are willing to participate in artistic activities, group activities, discussions and inner personal and professional development, as well as complete tasks in between modules
- Part of the entry requirement is a 1-1 interview with Annie
- If you have a life limiting illness yourself, and are considering doing this training course, we advise you to talk to Annie about it (before applying)

How To Apply

To apply, please visit <https://emerson.org.uk/quietude> and click 'Apply Now'. Fill out the online application form and upload the documents listed in the 'Supporting Documents' section. To complete your application, you will need to prepare the following documents:

- A copy or a scan of the information page of your passport (the one with your picture on it)
- A concise personal statement to include information on your background and motivation to take part in the programme
- A completed health statement available to download here: [Health Statement](#)

If you have any questions, please contact Chiara Carones – registrar@emerson.org.uk

Payment of learner Fees

A non-refundable deposit of £245 is required on accepting a place on the course and is deducted from full course fee of £1635. The remainder of the fees is payable prior to the start of the training unless an individual written payment plan has been agreed with the registrar prior to commencement. Missed modules cannot be refunded. A limited number of bursaries are available.

Refund and Cancellation

A) If you cancel the course booking within 14 calendar days of receiving your acceptance confirmation, any payment made will be refunded in full, up until two months prior to the start of the course; thereafter there are no refunds. Special consideration will be given in cases of illness confirmed by medical evidence. See point B if you apply within 14 days of course start. Cancellations received after the 14-day cancellation period and earlier than two months before the start date of the course will receive a refund of any fees paid minus the Deposit. Thereafter there are no refunds. There are no refunds for missed days or modules. You must make your cancellation in writing.

B) If you apply within 14 days of course start, any cancellation within 14 days of acceptance confirmation (provided that there has been no attendance or access to resources) will be entitled to a full refund, in line with Consumer Protection Legislation.

C) If you have had a payment plan agreed by the course registrar, the above cancellation policy applies. Should you leave prior to the end of the course, you agree to pay the balance of the full fees immediately.

If you cancel within 14 days of application submission any payment made will be refunded in full. If the course has started within this 14-day notice period, you may be liable for those days attended. You must make your cancellation in writing. For a copy of our Cancellation Form, please see our web site at <http://www.emerson.org.uk/student-resources>.

Obligations

Course Obligations

The Faculty of the Quietude Practitioner Training will provide you with the tuition and learning support associated with your programme, subject to these conditions, with reasonable care and skill. The Faculty will make all reasonable efforts to deliver your programme as described in the brochure. However, the Faculty must manage its resources efficiently and shall be entitled:

- to alter the timetable, location, number of classes and method of delivery of your programme, provided such alterations are reasonable;
- to make reasonable variations to the content and syllabus of your programme;
- to discontinue or postpone your programme (for example, because a key member of the faculty is unwell, suffers bereavement or has to leave the programme due to unforeseen circumstances).
- not to provide your programme, or to combine it with others if the faculty reasonably considers this to be necessary (for example, because too few students apply to join the programme for it to be viable).

In the unlikely event that the Quietude Practitioner Training Faculty discontinues, postpones, or does not provide your programme or changes it significantly before it begins:

- the Quietude Practitioner Training Faculty will tell you at the earliest possible opportunity;
- you will be entitled to withdraw your application by telling the Education Manager, Chiara Carones, in writing;
- Emerson College will make an appropriate refund of tuition fees and deposits you have paid.

Assessment Policy*

Emerson College aims to ensure that:

- The assessment methodology is valid, reliable and does not disadvantage or advantage any group of students or individuals.
- The assessment procedure is open, fair and free from bias and adheres to national standards.
- There is accurate and detailed recording of assessment decisions. To achieve this, the College will:
- ensure that learners are provided with assignments that are fit for purpose, to enable them to produce appropriate evidence for assessment.
- assess learner's evidence using only the published assessment criteria.
- ensure that assessment decisions are impartial, valid and reliable.
- not limit or 'cap' learner achievement if work is submitted late.
- develop assessment procedures that will minimise the opportunity for malpractice.
- maintain accurate and detailed records of assessment decisions.
- maintain a robust and rigorous internal verification procedure.
- monitor standards verifier reports and undertake any remedial action required.
- provide resources to ensure that assessment can be performed accurately and appropriately.

*This policy will be reviewed every year by Emerson College.

Participants's Obligations

You must comply with your obligations under these conditions and, in accordance with any reasonable instructions issued to you from time to time by or on behalf of the Quietude Practitioner Training Faculty. Learners are required to:

- attend all seminars which include experiential studies, inner path small group work, artistic work, eurhythmy, lectures, tutorials, assessments and other activities subject to absence for medical or other agreed reasons;
- submit by required deadlines essays and other assignments required for your programme, subject to exceptional circumstances such as illness;
- reach the level of Quietude Practitioner Training attainment required for your programme;
- behave appropriately while on the premises;
- be adequately prepared for any activity which you are required to undertake as part of your programme outside the Quietude Practitioner Training Faculty, at all times conducting yourself in a proper manner;
- comply with any professional standards applicable to your programme;
- abide by any special conditions relating to your programme set out in the brochure, or otherwise notified to you by the Quietude Practitioner Training Faculty.
- provide the Quietude Practitioner Training Faculty with an emergency contact name and notify your tutors of any changes to the information that you have submitted on application or enrolment; for example, if you change your address.

Emerson College's Liabilities

Emerson College cannot accept responsibility, and expressly excludes liability, for:

- any loss or damage to your property, including damage to any motor vehicle or cycle, while on premises, unless caused by the negligence of the staff;
- any personal injury, or fatality, suffered by you, unless caused by the negligence of the staff.

Due to the unexpected COVID restrictions, it has been necessary to include zoom and hybrid ways of working together. However, this facility is far from ideal, and will only be used if COVID restrictions are re-instated.

- Emerson College reserves the right to change the format of the course in response to unforeseen circumstances brought about by COVID or dangerous weather episodes.

Annex 1.

Reading List

Emerson College has a book shop which will be stocking some of these books:

- Life Beyond Death ~ Rudolf Steiner
- Staying Connected ~ Rudolf Steiner
- Death as a Metamorphosis of Life ~ Rudolf Steiner
- Approaching Death ~ Renee Zeylamans (published by Floris books)
- Bridges between life and death ~ Iris Paxino (Floris books)
- Present Through the End ~ Kirsten de Leo (she is a guest teacher after Christmas)

- Testimony of Light ~ Helen Greaves
- Return from Tomorrow ~ George Ritchie
- My life after dying ~ George Ritchie
- Being Mortal ~ Atul Gawande
- God's Hotel ~ Victoria Sweet

- The Five Invitations ~ Frank Ostaseski
- On Death and Dying ~ Elizabeth Kubler Ross
- With the End in Mind ~ Kathryn Mannix
- Spirituality in Hospice Care ~ edited by Andrew Goodhead and Nigel Hartley
- Crossing the Threshold ~ Nicholas Wijnberg and Philip Martin
- Awake at the Bedside ~ edited by Koshin Paley Ellison and Matt Weingast
- The Soul Midwives Handbook ~ Felicity Warner
- Facing Death and Finding Hope ~ Christine Longaker
- The Miracle of Mindfulness ~ Thich Nhat Hanh
- Awake at the Bedside ~ edited by Koshin Paley Ellison and Matt Weingast
- To Bless the Space Between Us ~ John O'Donahue
- My Father's Wake ~ Kevin Toolis
- The Tibetan Book of the Dead ~ Translated by Gyurme Dorje and introduced by His Holiness the Dalai Lama
- The Tibetan Book of Living and Dying ~ Sogyal Rinpoche
- Before Birth and Beyond Death ~ Karl Konig

(booklist updated 7.9.21)