The Selwyn Centre for Ageing and Spirituality

Experiential Workshops on Spirituality & Ageing – 2012

☐ **Auckland**: **Module 1** Thu 8th March – **Module 2** Fri 9th March
The Hub, Selwyn Village, 43 Target Street. Pt Chevalier Auckland

☐ **Wellington**: **Module 1** Mon 12th March – **Module 2** Tue 13th March
Hardwick-Smith Lounge, Belmont Park, Norfolk St, Lower Hutt

☐ **New Plymouth**:
Module 1 Thu 15th March – **Module 2** Fri 16th March 2012
Chalmers Rest Home, 20 Octavius Place, New Plymouth

About the Course

Although we are called upon to give holistic care in the health service we sometimes forget or ignore the spiritual needs of our patients, through lack of time, or concerns about our own competence and whether we are stepping over boundaries. However, research shows that people whose spiritual needs are recognised and addressed recover faster from physical or mental illness.

Older people have spiritual needs, especially at times of illness, disability and approaching death. Most older people in New Zealand have some sort of religious or spiritual affiliation. Spirituality is broadly defined as that which gives meaning and purpose to life and helps people transcend their difficulties.

The Selwyn Centre for Ageing and Spirituality is offering two interactive seminars on ageing and spirituality. As participants we first identify our own spirituality, (however experienced e.g. through nature, arts, relationship, religion) and some of the day-to-day simple ways we experience it. Participants are helped to share these ways with others. Later we discuss the spiritual changes and challenges that come with age, and how we might be available to assist our patients or residents to meet their spiritual needs.

Coffee and Tea served on arrival at 9.30 am (lunch provided)

Module 1 **Spirituality - 10am - 2 pm**

- Understand what we mean by spirituality
- Become aware of how experience it
- Learn new ways to access the spiritual dimension in ourselves or others
- Understand the way in which our own state allows us to interact spiritually with others

Module 2 **Ageing –10am - 2 pm**

- Become aware of our attitudes to ageing
- Identify fears and resistance to our ageing
- Connect the value of accepting ageing and the potential for spiritual growth
- Explore ways to assist older people in our care to give expression to spiritual dimension to their lives

Cost **Fee includes resource folder and certificate**

- **$ 80.00 per module**
- **$150.00 for Module 1 & 2** (registration details below)

Some feedback from previous sessions:

- *Brilliant workshop, thank you*
- *Taking time to reflect on these issues for myself is essential not optional. What an inspiring and nourishing workshop*
- *Very uplifting…inspiring*
- *I was sceptical about the day and its possible contents. I have thoroughly enjoyed the day and the opportunities it has given me*
- *I consider I have been very fortunate to attend this workshop*
- *Would like to attend more of these workshops to strengthen myself that I may care for others more effectively*

Facilitator **Taruni Falconer BA, M Educ, DipTchg**

Taruni is an experienced educator and communication specialist. She has a life-long interest in the ways we express our spiritual nature in our moment to moment, day to day interactions. She is also known internationally for her work as an intercultural communication specialist empowering people to connect and collaborate in our diverse workplaces.

On a personal note, Taruni adds: "The essence of my life is simple. From my early adolescence I kept noticing that there was more to me than just my changing body, my personality, what I presented to the world. Within me there was another identity — witnessing, constant, spacious and fully present. My life has been about integrating that awareness into the moment to moment events that make up my life, my work. I facilitate what I too am learning and deepening."

Many of you have asked us to let you know about these next two interactive workshops created to support staff as you respond to foundational needs of those in your care. We look forward to sharing with you.

Chris and Taruni

Dr Chris Perkins, Director of The Selwyn Centre for Ageing and Spirituality
Taruni Falconer, Facilitator

The Selwyn Centre for Ageing and Spirituality
The Selwyn Foundation

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Mob: 021 104 4129
Email: chrisp@selwyncare.org.nz

The Selwyn Centre
for Ageing and Spirituality

REGISTRATION: *Please detach and send completed form with payment to*

The Selwyn Centre for Ageing and Spirituality
PO Box 44-106, Point Chevalier, Auckland
Fax: 09 845 0700 – Email: trisp@selwyncare.org.nz

Please select location:-

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Please Print Clearly:

Name: .....

Address: .....

Phone No: .....

Dietary or other Special needs: .....

Email _____

Organisation_____(optional)

Role _____(optional)

Please register me for:

- ☐ **Module I,** **$ 80.00**
- ☐ **Module II,** **$ 80.00**
- ☐ **Module I and Module II,** **$150.00**

PAYMENT METHODS

- Cheque enclosed for: $ _ _ _ _ _*(Please make cheque payable to The Selwyn Foundation)*
- Direct payment to our bank a/c 02 0184 0256608 02 The Selwyn Foundation.

Reference code:

Particulars	Code	Reference
Your name	Taruni	Workshop city

Signed: .....