

## March 2012 - Experiential Workshops on Spirituality & Ageing

### 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.

**Time** 10 am to 2.00 pm – Coffee and Tea at 9.30 am (lunch provided)

**Location** Chalmers Rest Home, 20 Octavius Place, New Plymouth  
(Notices will be placed in Reception giving venue details)

### Module 1 Spirituality - Thursday 15 March 2012, 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 - Friday 16 March 2012, 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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**REGISTRATION:** *Please detach and send completed form with payment to*  
The Selwyn Centre for Ageing and Spirituality  
Point Chevalier  
Auckland 1246.

**NEW PLYMOUTH: MARCH 15-16, 2012**

*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 002 The Selwyn Foundation.

Reference code:

Particulars	Code	Reference
Your name	Taruni	Workshop city

Signed: .....