

THE JOURNEY OF SELF-AWARENESS

CSU The California State University

Institute for Palliative Care



In this course you will explore your relationship to dying and to living. You will be encouraged to view death as part of the cycle of life, to practice self-care regularly, to face mortality with grace and compassion, and to employ these to better serve your patients and your loved ones.

How do we care for ourselves and our patients facing the finality of life?

The Journey of Self-Awareness is an online program that teaches professionals self-awareness in the midst of challenging and stressful careers. Weaving in unique and compelling stories from real people, the course helps health care professionals gain a deeper understanding of what it means to serve people at the end of life, to reflect on their caregiving approach, and to identify ways to balance that with their own self-care.

Through this self-paced course, professional caregivers will gain increased understanding and ability to assist with all aspects of care of those with serious illness and those who are at the end of life. **The Journey of Self-Awareness** encourages reflection on our views of mortality, the concept of impermanence, and emphasizes that death is a spiritual experience, not a medical event or emergency. Through personal reflection and practice, care givers and patients alike can be empowered to live each moment more fully and wisely.

Course Author: Redwing Keyssar, RN is a Palliative Care Director, author, educator, national presenter, and frequent contributor to the public debate about palliative care. In this course she reveals that our work in healthcare is about relationships and connection, and shares the challenges and rewards that face the dying, their loved ones, and the professionals who care for them.



Program Highlights

- Easily accessible for busy professionals
- Self-paced, available 24/7
- Addresses fears about death and dying, encourages understanding, compassion and acceptance
- Empowers with tools for self-reflection

Who Should Take This Course

- Health care staff at all levels
- Physicians and advanced practice providers
- Community health providers
- Trainers and teachers
- Students in health professions

COST: \$99 • Learn more at csupalliativecare.org/journey

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