



Geriatric Spiritual Care

2012 Certificate Program

Spiritual Care is crucial for frail elders. The issues that focus on life and death, meaning and purpose, loneliness and loss are often magnified when the individual is placed in a long-term care facility. This certificate program will teach you how to attend to their spiritual needs. The four modules and networking community class will involve a team approach and are taught over four weekends, once a month from January to April in Germantown, NY. It also includes 55 hours of clinical time.

PROGRAM OUTLINE *See reverse for descriptions.*

Module One (15 hours) **Dynamics of Spiritual Care**

1. Live Review/Assessment
2. Spirituality
3. Prayer/Ritual/Sacrament

Module Two (15 hours) **Theology of Suffering**

1. Theological Reflection/ Care Partnering
2. Dynamics of Grief, Loss & Separation
3. Ministry to the Dying

Community Networking (5 hours)

Module Three (15 hours) **Active Listening**

1. Listening Skills
2. Communication to Residents w/ Dementia
3. Understanding Dynamics w/Family & Staff

Module Four (15 hours) **Moral Ethics**

1. Practical Ethics/ Moral Theology
2. Comparative Religions
3. Review of Case Studies/ Practical Ministerial Details

Clinical (55 hours)

DATES & LOCATION

CLASSES (65 hours)

Classes are held one weekend per month from January – April in Germantown, NY.

- Weekend 1 January 13 - 15, 2012
- Weekend 2 February 10 - 12, 2012
- Weekend 3 March 9 - 11, 2012
- Weekend 4 April 13-15, 2012

CLINICAL (55 hours)

Monday, May 7 to Sunday, May 13, 2012 in Albany, NY.

TUITION

Tuition costs \$2500.00. It includes meals, overnight accommodations, materials, and 65 hours of class time and 55 hours of clinical time.

Scholarships and an optional payment plan are available. Please contact the Avila Institute for more information.

APPLICATION PROCEDURE

For more information or to request an application please call 518.537.5000 or email erinp@avilainstitute.org. Applications are due December 7, 2011. Spaces are limited and applying early is recommended.

CRITERIA FOR COMPLETION

To receive a certificate the following criteria must be met: attendance to all 65 hours of class time; fulfillment of all assignments; and commitment to at least 55 hours of clinical time.

MODULES

Module One

Dynamics of Spiritual Care

Participants will explore the journey they have taken through a personal life review. This experience will help participants to better understand the spiritual journey of our elders. We need to keep in mind that their spirituality has grown out of their own individual and unique life experiences. Spiritual activities will be offered that would be appropriate for the elderly in any setting. The most basic activity is that of prayer and its relationship to the needs and expectations of the elderly. Ritual will also be discussed, with emphasis placed on what is liturgically appropriate. The Magesterium and the Sacramental life of the Christian will be explored as it relates to the role and activities of the spiritual care giver.

- To develop the technique of life review as a source for rendering geriatric spiritual care.
- To recognize the individuality of spirituality.
- To acquire an understanding of prayer, ritual, and sacraments in the life of the elderly.

Module Two

Theology of Suffering

Almost all individuals experience some form of suffering during their lives, this is especially true for the elderly. While suffering is material in nature, it also has a spiritual dimension which the geriatric spiritual care giver needs to become familiar.

Participants will research this perspective of suffering in both the Old and New Testaments. Here the emphasis will be on the spiritual value of the Paschal Mystery as personified by Christ and Theological reflections will be the tool. The impact of loss and separation will be explored, efforts will be made to recognize that grief is a natural process throughout our life cycle. The participant's ability to deal with death precedes their ability to help individuals deal with loss and bereavement. The presenter will explore skills that can be utilized in dealing with death and dying.

- To identify Old and New Testament verses as a means of better understanding a theology of suffering.
- To emphasize the Spiritual Value of the Paschal Mystery.
- To come to terms with the reality of death and the dying process.
- To comprehend the dynamics of grief and appropriate responses.

Module Three

Active Listening

This module involves three inter-related components, namely, the dynamics of active listening, the use and response to silence, and a distinction between symptom and problem. The emphasis is on non-verbal communication, which involves body language. It promotes an understanding of the need of the elderly to verbalize and the absence of a need to be preached at. The presentation will attempt to help the participants explore the technique and significance of active listening. Active listening also involves the ability to recognize different types of behavior in people with dementia.

Observation, discussion and response mechanisms will be addressed. The distinction between symptom and problem will be made. Signs and symbols will be discussed as a communication tool to elicit response to their Faith Tradition. Efforts in communication skills with family and staff will be explored. Role playing will be utilized as a means of demonstrating this point.

- To better understand the technique and the significance of active listening in the interactive process with the elderly.
- To become more comfortable in dealing with silence.
- To recognize behavior as manifested by people with dementia.
- To better understand the distinction between symptom and problem.
- To understand the dynamics with family and staff.

Module Four

Moral Ethics

We live in a very complex society and confusion tends to rise over what constitutes appropriate ethical behavior. This module contains three components, namely, practical ethics, comparative religion, and case studies as a source for decision making.

First, in covering practical ethics we will attempt to address the question: Why is there confusion over ethics? The presenter will explore the sources of values, ethics, religious ethics, law and etiquette. The distinction between ethics and moral theology will be addressed through a basic presentation of Major Religions. The emphasis will be on the origins and similarities in the major religions. Case studies on ethical issues will be reviewed for use in class. The ethical theories and principles will be used as a support system in providing quality of life. The importance of confidentiality will be stressed. The practices and procedures for ministry will be detailed.

- To enhance the participants' understanding of the theories and principles of ethics as a source for a decision making process.
- To broaden an understanding of the major religions of the world and their influences in creating values within society.
- To establish a methodology for discovering right and wrong.
- To utilize case studies as a source of understanding the decision making process.

Community Networking

Community Networking will identify the importance of forming a Spiritual Care Network. It will also discuss different parish programs that are designed specifically for the elderly.

- To identify components of a Spiritual Care Network
- To understand parish ministry to the elderly.

For more information about this program or the application process please call us at 518.537.5000.