# Anamcara Project. Healing Practices at the End of Life. Syllabus

### REFUGE OF THE SENSES: THE 'MIRACLE' OF NONVERBAL SOMATIC LANGUAGE SKILLS

### **Pre Webinar Video**

Refuge of the Senses: The 'miracle' of nonverbal somatic language + PPT {This video is an 1:40 - we recommend you view in two to three sittings}

Post Webinar: Video and Reading

\* **Video**: Sacred Art of Living & Dying Unit 3 Coma Communication. Ann & Stan interviewed by Richard Groves -- including demonstrations.

\* Coma: A Healing Journey: A Guide for Family, Friends, and Helpers by Amy Mindell p. 72 – 83

### **Blessed Practices for the Month**

- 1. Observe, as you go through your days, at times, which channel(s) people are occupying and when they switch. Colleagues, family members, people on the street, or in cafes, etc.
- 2. Again as you go through your days, at times, notice which channels you are in and which channels you are most comfortable with. And which channels you receive the most <u>new</u> information in. Visual, auditory, body sensation, movement, relationship, world.
- 3. Tracking positive, negative and mixed feedback: notice in ordinary conversation, and with clients in altered consciousness, when you get a definite positive response to your conversation, when you get no response = negative feedback, and when feedback is mixed, yea and nay.

**Reflection Paper** -- write a paragraph or two on what you learned and observed this month using extra awareness for channels and feedback.

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## **Further Resources. Optional study**

**Stan Tomandl** and **Ann Jacob** share experiences of working with aging and dementia. http://www.processwork.org/stan-and-ann-tomandl-on-aging-and-dementia/

**Process Work Institute Archive** section for the items listed below for Download: http://www.processwork.org/media/media-archive/

An Alzheimers Surprise Party: Research Symposium presentation with Stan Tomandl, MA, Ann Jacob, BEd, & Tom Richards, MA

Madness Radio: Elders and Forgetfulness Stan Tomandl

Coma and Brain Injury Research Symposium presentation by Pierre Morin, MD

What is Process Work and Working With Extreme States Part 1, Part 2 Interview with Jean-Claude & Arlene Audergon Produced by Will Hall

Andrews, Kieth; Murphy, Leslie; Munday, Ross; Littlewood, Clare. "Misdiagnosis of the Vegetative State: Retrospective Study in a Rehabilitation Unit", British Medical Journal, July 6, 1996; 313: pp 13-16.

Barclay, Laurie. "Loneliness increases risk for AD-Like Dementia", Medscape. Feb. 6, 2007.

Kaufman, Marc. "Mental acuity: Meditation can 'soothe' your soul and 'rev up' your brain", Los Angeles Times-Washington Post News Service. February 8, 2005.

Schiff, Nichalous D.; Fins, Joseph J. "Hope for 'Comatose' Patients", Cerebrum: The Dana Forum on Brain Science, V. 5 No. 4, Fall 2003, pp 7-24.

### **Coma Work Websites**

### **Ann Jacob & Stan Tomandl**

Coma Communication & Process Oriented Facilitation

www.comacommunication.com

## **Amy and Arny Mindell**

http://www.aamindell.net/coma-and-near-death/?rq=coma