

### **A Circle of Care embraces Integral end of life care**

Garberville, CA— The Tan Seva Project, Heart of the Redwoods Hospice and Omicron Omega Sigma Theta Tau have collaborated to bring renowned lecturer, author and UCSF professor Dr. Charles Garfield back to Humboldt County on July 17 and July 18, 2008 for the second workshop of his new series “The Integral Caregiver in the End of Life Relationship—Part II: The Sacred Encounter within the Circle of Care.”

The event is open to the community and will take place at the Presbyterian Church in Garberville, 437 Maple Lane. It begins with a free community address on Thursday, July 17 at 7:30pm. Participants may also elect to attend the workshop that will be held on Friday, July 18 from 10:00am-4:30pm at “Beginnings” 5 Cemetary Road in Briceland, CA for a sliding scale tuition of \$20.00 to \$60.00. No one will be turned away for lack of funds. Seven contact hours for RN continuing education are available.

Heart of the Redwoods Hospice and Omicron Omega Sigma Theta Tau are pleased to support the Tan Seva Project in bringing Dr. Garfield to Humboldt County. Cynthia Packard RN, Director of Nursing for Heart of the Redwoods Hospice states: “Dr. Garfield’s work resonates with the vision of Heart of the Redwoods Hospice and we look forward to sharing his teachings with caregivers in the community of Southern Humboldt. Dr. Garfield creates a sacred circle in which he guides us in remembering what is truly important and supports our deepening commitment to honor our service to the dying and in our relationships with those who provide the circle of care.”

Virginia Subia Belton of the Tan Seva Project agreed. “Dr. Garfield is a leader in nourishing the transformative and healing capacities of licensed and unlicensed caregivers in service to the end of life care relationship. This workshop is an opportunity for all caregivers, as well as anyone tending to their loved ones during this process, to renew, recharge and recommit to their very important role in the most sacred of encounters: attending to the needs of those who are dying. Participants may discover that in nourishing themselves, they also nourish the circle of care”

Further information and registration forms can be obtained by calling the Tan Seva Project at 707-826-9696. Registration information is also available at [www.tansevaproject.org](http://www.tansevaproject.org) and Heart of the Redwoods Hospice 707-923-7276

Dr. Charles Garfield serves as Clinical Professor of Psychology at the Dept. of Psychiatry UCSF Medical School; founder of Shanti and Shanti International Training Institute; founding core faculty member of The Metta Institute End of Life Practitioner Program; and was a Mathematician for the Apollo Eleven Space Mission. He is also the acclaimed author of: “Sometimes My Heart Goes Numb: Love and Caring in a Time of AIDS,” “Stress and Survival: The Emotional Realities of Life Threatening Illness” and “Psychosocial Care of the Dying Patient.” This July workshop will launch Part II of the second series of End of Life caregiver workshops in Humboldt County and is presented by the Tan Seva Project in collaboration with Heart of the Redwoods Hospice, Omicron Omega Sigma Theta Tau.

####End of public service announcement