

## Home Hospice Association

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## Death Doula Certificate Program Overview

Our **Death Doula Certificate Program** equips you with the essential skills and knowledge to provide compassionate end-of-life care. Through a blend of independent study, group work, workshops, case studies, assignments, and weekend in-class sessions, you will gain practical experience and a deep understanding of the role. Lifelong access to resources and continuous support ensure you are prepared to deliver comprehensive care at any time, under any roof.

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### Program Structure & Content

#### Compassionate Companionship

Explore the fundamentals of caregiving with a focus on ethical practices, spiritual care, and creating a legacy. Each online training module includes a quiz to assess your understanding of the material and ensure comprehension of key concepts.

#### Independent Studies

Delve into your community's needs, develop leadership skills, and explore specific areas of interest, such as understanding MAiD or discussing death and grief with youth. Projects in this unit help address critical gaps in end-of-life care, foster meaningful conversations, and create impactful initiatives tailored to community needs.

#### Intensive Weekend Session (live-online)

Immerse yourself in a dynamic two-and-a-half-day session, engaging directly with experienced educators and fellow cohort members. This interactive weekend fosters collaboration through real-time discussions, hands-on activities, and shared experiences, focusing on the four domains of care.

#### Projects and Practical Experience

Engage in hands-on learning through case studies, role-playing, guest speaker events, community engagement, and practical applications of the four domains of care.

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### Learning Outcomes

By completing this program, you will:

- **Understand the Role:** Gain comprehensive knowledge about the role and responsibilities of a Death Doula in end-of-life care before, during, and after a death.
- **Recognize Signs of Dying:** Identify the stages of active dying and educate your client's loved ones on what to expect.

- **Master the Four Domains of Care:** Develop practical skills in Planning, Legacy, At the Bedside (Vigil), and Grief.
  - **Cultivate Compassionate Strategies:** Learn to support clients and their loved ones compassionately, with a focus on self-compassion and emotional resilience.
  - **Enhance Self-Awareness:** Reflect on how your personal experiences with death may influence your work to better manage your emotions and responses.
  - **Develop Medical Communication Skills:** Build your understanding of terminology to discuss end-of-life issues effectively with clients and medical professionals.
  - **Foster Cultural Competence:** Understand and respect diverse cultural traditions and practices surrounding death and dying.
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## Topics Covered

- **History of Deathcare**
  - **The Evolving Role of a Death Doula**
  - **Grief & Bereavement:** Understanding the complexity of grief and responding effectively to its expressions.
  - **Tending to Spiritual, Physical, & Emotional Needs**
  - **Compassionate and Empathetic Communication**
  - **Signs of Active Dying**
  - **When a Death Occurs**
  - **Contacting the Funeral Home**
  - **Honouring a Life:** Rituals, traditions, and cultural awareness.
  - **Reserving Judgment**
  - **Palliative Sedation and MAiD**
  - **Consultation and Vigil Practices**
  - **Self-Care, Triggers, and Debriefing**
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## Grading & Evaluation

The Death Doula Certificate Program uses a **pass/fail system** for assignments, with quizzes being graded. To receive your certification, you must successfully complete:

- All assignments.
  - Quizzes associated with each module.
  - The Death Doula Practical Application Experience.
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## Contact Us

For more information or questions, reach out at:

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