



VENERABLE TENPA BJANKE

MY STORY

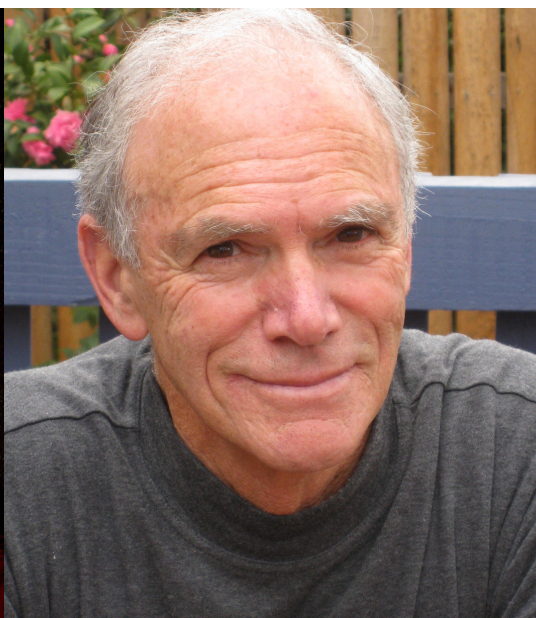
MONDAY 2PM SESSION
TUESDAY 2PM SESSION

Venerable Tenpa Bejanke spent three and a half years in a traditional Tibetan, silent, solitary retreat. As the months and years unfolded, she experienced a settling of her spirit through moments of not only great joy but also nearly overwhelming pain and despair.

The Buddhist meditative techniques she practiced developed and strengthened the growth of her inner self and spirituality. This proved vital for when Tenpa came out of retreat because within weeks she learnt of the sexual misconduct of the spiritual director.

She writes, "This year for the first time I heard the term moral injury and a piece fell into place for me. I have struggled to come to terms with the message of ahimsa (non-harm) and the conduct and cover-up of my community. By knowing and naming the depth of my hurt I am beginning to feel a change within me, and I am growing that change through the mindful practice of the Four Brahmaviharas: loving kindness; compassion; empathic joy; and equanimity."

This workshop is a window into how Buddhist practices aid healing and growth.



MICHAEL BABARTO

DEATH CAFE

MONDAY 2PM & 3:30PM SESSION
TUESDAY 2PM & 3:30PM SESSION

MAXIMUM 30 PARTICIPANTS
PER SESSION

"Most important, I found that those around me who were not busy running from their fears could be my closest and only effective friends as death came near." Robert Kavanaugh, Facing Death.

The words of Robert Kavanaugh are relevant to all who serve those at the edge of death. He reminds us that it is our inability to hear or cope with the emotions expressed by the dying and/or the emotions that arise within us that hinder our capacity to serve.

This Death Café Workshop provides a safe, informal, respectful space for individuals to share their experiences, fears and uncertainties concerning death and dying.

The Workshop commences with a brief history of the Death Café movement and its objectives.

This is followed by small group discussions and concludes with a large group sharing and reflection.



ALISON WARE

HARP IN HEALTH & SPIRITUAL CARE

MONDAY 3:30PM SESSION
TUESDAY 3:30PM SESSION

The harp is an ancient instrument associated with health, healing and care of the spirit. There is now a renaissance in using the harp in both healthcare and the community. This workshop will provide participants with an overview of how therapeutic harp can be used in health care settings, the training required and its many applications. As part of the workshop there will be the opportunity to "play the harp". This workshop will be informative, interactive and experiential. Harps and resources will be provided on the day.

NO EXPERIENCE NECESSARY

Alison Ware is a certified Therapeutic Harpist, Registered Counsellor and Creative Arts Therapist. She currently works at Canberra Hospital, Clare Holland house and as a private community practitioner. Alison is a graduate of: The International Healing Musicians program; the International Harp Therapy program; and the Clinical Musician's Certification program. These programs train people to use the Harp at the bedside providing comfort, care and support for patients experiencing physical, emotional and spiritual pain. Alison also has qualifications in nursing, art therapy, spiritual care, and is an ordained interfaith minister.



THE VERY REVEREND SUSANNA PAIN

WISDOM OF THE BODY

MONDAY 2PM & 3:30PM SESSION
TUESDAY 2PM & 3:30PM SESSION

Reconnecting Physicality and Spirituality

Have you ever imagined living life differently, playing more, having more fun, living a more embodied life?

We will use InterPlay forms and practices to create fun and personal fulfilment. We will celebrate the creativity in every one of us, reminding us to play and embrace life. We will help reconnect body, mind, heart and spirit giving a deeper knowledge of self and our own creative potential. In small incremental steps we will learn to create stories, dance and song that you didn't even know were inside you.

InterPlay practices help build communities and relationships that live and flourish in everyday life and at work.

Susanna is a passionate creative woman of spirit. She calls herself a midwife of transformation, awakening in people, spirituality, creativity and delight. She does this through her work as an interplay facilitator, spiritual director, professional supervisor, retreat leader, and leader of contemplative quiet days.

Susanna is the Dean of St Paul's Cathedral, Sale.



PÁDRAIG O'TUAMA

POETRY & SPIRITUALITY

TUESDAY 2PM SESSION

Pádraig is the leader of the Corrymeela Community.

Poet, theologian and group worker, Pádraig has worked with groups in Ireland, Britain, the US and Australia.

With interests in storytelling, group work, theology and conflict, Pádraig lectures, leads retreats and writes both poetry and prose.



REV DR STORM SWAIN

DISASTER SPIRITUAL CARE

MONDAY 3:30PM SESSION
TUESDAY 3:30PM SESSION

This workshop explores stories of disaster spiritual care, paying attention to 1) disaster operations, sites, and specifics, 2) mental and spiritual care issues, and 3) self-care, and strategies for resilience.

Disaster spiritual care in New York after the terrorist attacks on the World Trade Centre will be explored as an example, and participants will work through in small groups, stories from their own contexts, identifying what are specific supports and strategies for resilience in their personal and institutional contexts and the Australian cultural context.

Dr Swain's research interests include pastoral formation, trinitarian pastoral theology, disaster spiritual care, the contribution of Object Relations psychoanalytic theory to pastoral ministry, Kohut's transferences in pastoral ministry and pastoral psychotherapy for issues of trauma and complicated grief.