

Anamcara Project. Healing Practices at the End of Life

REFUGE OF THE SENSES: THE 'MIRACLE' OF NONVERBAL SOMATIC LANGUAGE SKILLS ~ Syllabus

Ann Jacob + Stan Tomandl <annstan@comacommunication.com>

Pre Webinar Video and Power Point

Refuge of the Senses: The 'miracle' of nonverbal somatic language **

** **Video** is 1:40 - we recommend you view in two or three sittings.

+ **Power Point** to accompany Video

After Webinar: Video and Readings

* **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

* "On the death of the Beloved" by John O'Donohue (1956 - 2008)

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, 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 new 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 zero 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 while using extra awareness for channels and feedback.

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FURTHER RESOURCES. Optional study ~ You may have to copy and past the links listed below into a browser.

Ann Jacob & Stan Tomandl share experiences of working with aging and dementia.

<http://www.processwork.org/stan-and-ann-tomandl-on-aging-and-dementia/>

Amy and Arny Mindell

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

Andrews, Kieth; Murphy, Leslie; Munday, Ross; Littlewood, Clare. "Misdiagnosis of the Vegetative State: Retrospective Study in a Rehabilitation Unit", *British Medical Journal*, 07, 1996; 313: pp 13-16

<https://pubmed.ncbi.nlm.nih.gov/8664760/>

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

<https://www.medscape.org/viewarticle/551737>

Barclay, Laurie.Solan, Matthew, "New Details about Lonliness and Dementia Risk", *Harvard Men's Health Watch*, May 1, 2022. <https://www.health.harvard.edu/mind-and-mood/new-details-about-loneliness-and-dementia-risk>

Schiff, Nichalous D.; Fins, Joseph J. "Brain death and disorders of consciousness", *Pubmed*, July 11, 2016 <https://pubmed.ncbi.nlm.nih.gov/27404252/>