

CARE FOR THE CAREGIVER WEBINAR (ZOOM) PROGRAM



COURSE CURRICULUM

Forgotten Yourself While Taking care of Another?

Attending our Care for the Caregiver six-week, twelve-hour course, you will gain awareness, consolation, encouragement, in addition to nourishment, restoration, enrichment, and insight.

This course includes prayer, scripture, interactive group exercises, faith sharing and handouts that will inspire questions to ponder while growing in perspective each week.

Matthew 25:40 "Amen, I say to you, whatever you did for one of these least brothers and sisters of Mine, you did for Me."

SESSION 1 – Resistance/Acceptance – Some of us become caretakers by choice, some by default. Exploring our feelings of possible guilt, unease and resentment, resounding will be validation that God will love me regardless of my reluctance. Valuable to Acceptance is providing ourselves with self-compassion.

SESSION 2 – Illness Issues – Effects of illness and healthy habits introduced, plus consideration of specific illnesses, i.e. Dementia, Alzheimer's, Diabetes, Cancer, autoimmune diseases, etc. Discussion will include facets of aging and addiction.

SESSION 3 – Communication with Awareness – Words matter and all about us speaks. To listen effectively is an art and requires conscious attention to our awareness and focus. We will expound on different levels of listening depending on the situation or personality – Non-listening, Marginal, Judgmental or Empathic/Active listening. Including discussion of the layers of anger.

SESSION 4 – Caretaking w/Spirituality – Remaining a dedicated caretaker will take nourishing your spirit with prayer, Scripture, meditation and more. Are my expectations and perfectionism unrealistic and out of balance, causing me to become disappointed? Being down on ourselves, only takes us deeper into chaos. We are called to trust in God's love to carry us.

SESSION 5 – Suffering & Grief – Two heavy topics, without any satisfying answers. Much of our lives are lived in darkness, uncertainty, estrangement, illness, pain and more. Our hope comes from God's steadfast love and seeking His continual presence. Persistence is the antidote to powerlessness. We will look at what has brought us to where we are now and trust we can see the guiding hand of a loving God. It is about being present to our loved ones, not trying to fix the situation.

SESSION 6 – Caring for the Caregiver – Are we convinced on the need for self-care? If we are not, we may be looking at compassion fatigue. Good self-care and support, connection with one's spiritual self and effective stress management are vital and necessary, for one cannot give from an empty place. Finding the healthy balance between self-care and caring for others will be focus.

FOR ADDITIONAL INFORMATION E-MAIL ccembrcare@gmail.com 516 795-1200

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