

After the Last Breath

finding meaningful connection in the Postmortem Gap

COURSE DETAILS

The course is designed to inform and inspire you of the potential for meaningful connection in the period between someone's last breath and their burial or cremation – the time we call the Postmortem Gap.

No prior knowledge or experience is required.

The course is delivered in 3 parts, over 9 weeks. For each part of the course you will receive by email a recording of a teaching (approx. 1 hour), exercises and links to inspiring and informative articles and videos. There is also a live online Q&A/discussion session for each part (1.5 hours) *which is not recorded*.

In addition, you will receive reference materials by post - the Daisy After Death Care Manual, our Practical Body Care Booklet and our leaflets.

CPD Certificates can be provided. In order to receive a CPD certificate you need to attend the live Q&A/discussion sessions.

Cost

The course is offered on a sliding scale of £50-£120. All payments go towards the work of the charity. Please pay whatever your resources allow. If you have difficulty paying the minimum amount, then do get in touch with us – we want everyone who needs it to have access to this information.

Time Commitment

All course materials will be available to you long term and some, or all, of the course can be done in your own time if preferred without taking part in the live sessions.

We suggest that to get most value from the course in the short term you listen to the teaching (1 hour) and attend the live Q&A/discussion sessions (1.5 hours) for each part of the course. To fully immerse yourself in all the optional exercises and materials we suggest allowing at least 7 hours for each part of the course.

To be clear

We have been told by previous participants that the course has been helpful in processing difficult or unsatisfactory experiences around death however we do not offer emotional support directly for this. We recommend that you are prepared that it may affect you in unexpected ways and go gently with it.

The live sessions are focussed on the teaching materials. Sharing of participant's personal experience is welcomed to enrich this material and we do our best to create a safe space for this. However, our main focus is on an educational course and so the live sessions are not offered as a supportive space for sharing emotional vulnerability.

contact admin@pushingupthedaisies.org.uk for further information