

# **ALIVE IN DEATH**

**Death, Dying, Grief and Self-Care Training for  
Healthcare Providers**

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# MODULE 2

## OUR CULTURE'S APPROACH TO DEATH

ALIVE IN DEATH

# **DEATH AND DYING BRAINSTORMING**

**The topic of dying and death has many facets and aspects that need consideration. The territory requires an exploration to help you recognize and learn to take a witness position around the many issues that arise. A brainstorming map can help gain insight and expand your perspective.**

# **WHAT TO KNOW ABOUT THE WITNESS POSITION**

**The witness position is the capacity to observe without judgment, from a larger perspective without certain conditions.**

**It is inclusive of whatever arises and not attached to a certain perspective.**

**The witness position is present moment awareness beyond certain beliefs, comprehending the larger map.**



# Steps

- 1. Create your own death and dying brainstorming map.**
- 2. Find a central idea and then create various topics and ideas around it. Each topic can have a sub topic with different concepts.**
- 3. Use it to gain an overview of death and dying and to create a witness position.**
- 4. When you are complete notice what is most important for you around the topic.**

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THIS MATERIAL IS PART OF THE ONLINE TRAINING PROGRAM ALIVE IN DEATH. FOR THE FULL PROGRAM VISIT [HTTP://ALIVEINDEATH.CA](http://ALIVEINDEATH.CA).