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contemplative end of life care

- patientenzentrierte Patientenbegleitung in Hospiz und Palliativversorgung
- Achtsamkeit - Bewusstsein und kontemplative Spiritualität
- Psychosoziale sorgfältige Zuwendung
- Multikulturelle Sichtweisen auf das Sterben und den Tod
- Burnout Prophylaxe
- Kontemplative besinnliche beschauliche Praktiken des Selbstversorgens

Authentic Presence
A Certificate In Contemplative End-Of-Life Care
Offered through The Spiritual Care Education Program

This certifies that
Dr. Mathias Lindstedt

has completed online instruction courses Cultivating Compassionate Presence (8 CE), Cultivating Mindfulness and Awareness in End of Life Care (8 CE) & Authentic Presence Immersion – Retreat and Integration in End-of-Life Care (8 day retreat 44.5 CE & 10 week online integration instruction 20 CE) in **Contemplative Approaches to End-of-Life Care** including:

- Theory and practice of patient-centered hospice and palliative care
- Mindfulness-awareness mediation and the contemplative-spirituality
- Psychosocial care
- Universal approaches to providing spiritual care
- Multicultural views of death and dying
- Preventing and healing burnout, contemplative practices for self-care

This program has been approved for 80.5 Continuing Education Contact Hours by the California Board of Registered Nursing, Provider Number 15607 and by Professional Chaplains and by the California Board of Registered Nursing, Provider Number 15607. The Association for Death Education and Counseling® has deemed this program as counting toward the continuing education requirements for the ADEC CT and FT program. (This certificate must be retained by nurse licensee for a period of 4 years following completion of the course.)

Signature of Program Manager Ann Allegre MD Date November 15th, 2019
Ann Allegre, MD