

# #1 Best Selling Author and Creator of Doulagivers Offers Free End of Life Doula Training in Seattle, WA.

*Live Doulagivers End of Life Doula Training for Family Caregivers and Community Volunteers in Seattle, WA April 20th 6pm-9pm.*

SEATTLE, WASHINGTON, UNITED STATES, March 6, 2018  
/EINPresswire.com/ -- MARCH 6TH 2018  
/EINPresswire.com/ -- Hospice nurse and End of Life advocate Suzanne B. O'Brien RN creates End of Life Doula Program to help support patients and families to take care or their dying loved ones at home.

The National Hospice Organization did a Gallup Pole and found that 9/10 people who were terminally ill wanted to die at home yet half were dying in the hospital. The same poll found that the number 1 fear of the dying patient was that they did not want to be a burden to their family.



End of Life Doula Training

Experienced Hospice and Oncology nurse Suzanne B. O'Brien RN found that it was almost impossible to teach families how to fully care for their dying loved one due to our society's overwhelming fear of death (death is the 2nd leading fear in the United States) and the short amount of time that people were actually at home. 7/10 families said they felt that they were referred to Hospice too late.

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*Suzanne B. O'Brien RN*

It was while on a Hospice Volunteer trip to Zimbabwe Africa in September 2012 that O'Brien got the idea for [End of Life Doulas](#). “I was working with the Hospice there and they had very little resources. The economy is terrible and people have

next to nothing, but what the Hospice workers were doing was taking a neighbor and teaching them how to take care of the dying neighbor and their family for the duration of that last phase of life. 'Like a Doula,' I thought. What a wonderful concept. We need to do that here. Doula is a Greek word meaning non-medical person trained to care for someone physically, emotionally, and spiritually. It is usually associated with the birth of a baby. I have always made the analogy of a new life coming into this world with a life leaving this world. Both require special love and preparation," said O'Brien.

O'Brien is now training End of Life Doulas also known as [death doulas](#) throughout the country. "I hope that eventually we will have an End of Life Doula resource in every county. We need to get back to community taking care of community. Having worked with so many people from all different cultures and backgrounds, I can honestly say that we are more similar than different and that we all will need the same End of Life support when our time comes. Death is inevitable. With the right kindness, compassion and support, we can help one another through this natural part of our life journey."

Doulagivers Level 1 End of Life Community Training: The Level 1 End of Life Community training was created so that anyone and everyone can have a basic knowledge of End of Life Care. This training is offered for free or a \$40 suggested donation and is available on the Doulagivers website if you cannot attend the live training so that family caregivers are better prepared when taking care of a loved one. By having this knowledge, you will be of service to someone who needs your support at one of the most important times of their life.

This is what a recent participant just said about the Doulagivers Level 1 Family Caregiver Training:

"I had no idea how useful our little training last month would become. I just drove 600 miles with my 7 year old daughter to visit my sick grandmother over spring break.

In the 48 hours I was there, I helped her fill out a living will and health proxy. I helped arrange a transfer for her from the hospital to hospice, I helped her friend and caretaker understand that "it's ok" because it's what she wants in her end of life journey and that is ok to be sad. I was true to my grandmother and her wishes as family circumstances got dicey. I brought incredible joy to my grandmother by being there, honoring her wishes and giving her time with her great grand daughter. I gave my daughter the gift of understanding and honoring the end of life as a noble process.

And, I was able to, myself, be at peace, say goodbye and have no regrets.

The gift you have given me is absolutely priceless. I couldn't have done all that a month ago.

I am very tired, but will sleep very well tonight knowing that I am honoring my grandmother in her very



The International Doulagivers Foundation



Suzanne B. O'Brien RN

important process to the end of her life here on earth.

thank you so very much.” Nancy W.

This is what a group just said about the Level 1 workshop:

“Suzanne was informative and a lovely human, sharing/facilitating important conversations.”

“Well organized”

“Lovely facility”

“Enlightened, non-judgmental, encouraging.”

“Much more than I expected – it flew by!”

“So much practical information given in one day.”

“Wonderful! Most meaningful!”

“Dynamic, purposeful and fun.”

“Suzanne was exceptional, engaging and helpful.”

“Thank you! This is an important conversation!”

“Excellent training. Certainly makes me interested in further End of Life Doula Training.”

“Great program, much needed.”

Tickets are FREE and can be obtained by registering @ [www.INDGF.org](http://www.INDGF.org) or [www.doulagivers.com](http://www.doulagivers.com)

#### Venue

The Doulagivers Level 1 Training will be held on April 20th from 6pm-9pm at  
Erickson Theatre  
1524 Harvard,  
Seattle, WA 98122 United States

Suzanne B. O'Brien

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email us here: [doulagivers@gmail.com](mailto:doulagivers@gmail.com)

About Suzanne B. O'Brien RN: Suzanne B. O'Brien RN is the proud Founder and Creator of the award-winning program Doulagivers: End of Life Doula Training. She is a founding member of The National Hospice and Palliative Care Organizations ( NHPCO ) End of Life Doula Council. She is also a founding member of NEDA ( The National End of Life Doula Alliance ) O'Brien founded The International Doulagivers Foundation in October 2017 to help bring education, resources and doula services to underprivileged families and communities worldwide. The INDGF has donated free trainings and services in Thailand, Philippines, Belize, Zimbabwe, Australia, and the US. Together, we can make end of life better for everyone.

This event is sponsored by: Institute of Hypnotherapy and Ladybug House

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International Doulagivers Foundation

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