

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 5605-232, "Soul Care for Health Care®: Uniting the Body & Soul in Patient Care" with Joan Borysenko and Gordon Dveirin on Oct. 17 – 22, 2010.

Please note that there is a special schedule for this course:

Schedule:	Monday	9:00 A.M. - 12:00 P.M.	Workshop
		2:30 P.M. - 5:00 P.M.	Workshop
		8:00 P.M. - 10:00 P.M.	Workshop
Tuesday	9:00 A.M. - 12:00 P.M.	Workshop	
	2:30 P.M. - 5:00 P.M.	Workshop	
Wednesday	9:00 A.M. - 12:00 P.M.	Workshop	
	8:00 P.M. - 10:00 P.M.	Workshop	
Thursday	9:00 A.M. - 12:00 P.M.	Workshop	
	2:30 P.M. - 5:00 P.M.	Workshop	
Friday	9:00 A.M. - 12:00 P.M.	Workshop	

The Children's Program will be available during the extended hours of this workshop. The above schedule is subject to change at the discretion of the faculty.

For your recommended reading over the course of the next seven months, faculty has forwarded the following note and list:

This is in no way an extensive reading list. It is start that we hope you will add your favorites to so that we can create a fine resource together.

1. *Minding the Body, Mending the Mind*, Joan Borysenko
2. *Care of the Soul in Medicine*, Thomas Moore
3. *Counterclockwise: Mindful Health and Power of Possibility*, Ellen Langer
4. *Your Soul's Compass: What is Spiritual Guidance?* Joan Borysenko and Gordon Dveirin
5. *Reclaiming the Soul in Healthcare: Practical Strategies for Revitalizing Providers of Care*, Linda Henry and James Henry
6. *Care of Mind/Care of Spirit: A Psychiatrist Explores Spiritual Direction*, Gerald May
7. *Holy Listening: The Art of Spiritual Direction*, Margaret Guenther and Alan Jones
8. *The Art of Extreme Self-Care*, Cheryl Richardson
9. *Cutting for Stone*, Abraham Verghese (if you are in the mood for an extraordinary novel by a remarkable physician whose theme has everything to do with soulcare)
10. *Full Catastrophe Living*: Jon Kabat-Zinn

We look forward to seeing you this summer!

Sincerely,

The Omega Staff

Awakening the Best in the Human Spirit