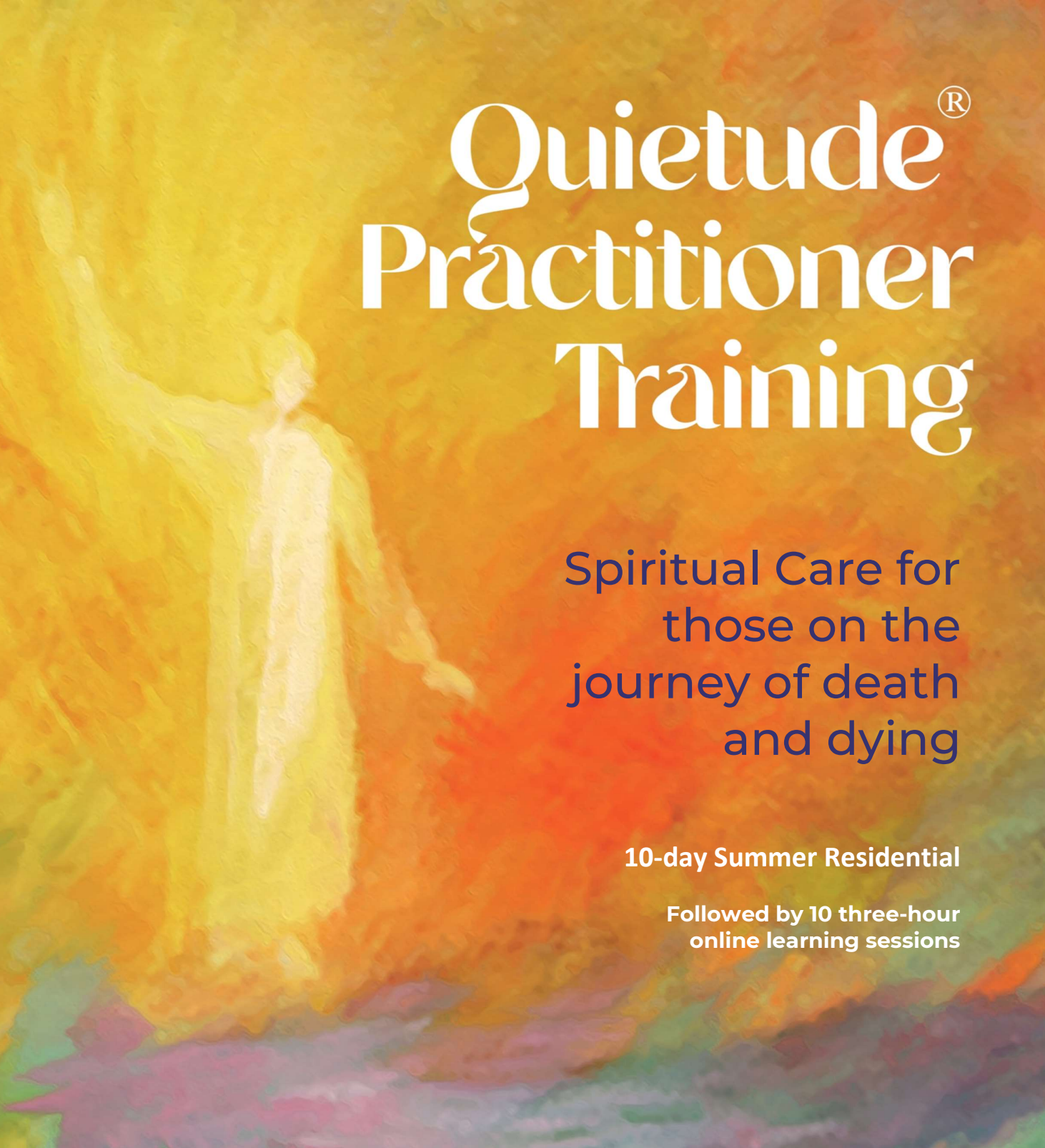




Quietude[®] Practitioner Training

Spiritual Care for
those on the
journey of death
and dying

10-day Summer Residential

**Followed by 10 three-hour
online learning sessions**

Course Information Pack / 2025-26

A training and development course for people wishing to become 'Quietude[®] Practitioners' offering spiritual companionship to those crossing the threshold of death.

with **Annie Blampied-Radojčin** and guest teachers

www.emerson.org.uk/quietude



Emerson
College | Campus | Community

Emerson College Trust Ltd
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Welcome

A warm welcome to all those wishing to join the Quietude® Practitioner community through participating in this Emerson College training course.

This booklet contains practical information about the programme, which begins with a residential week at Emerson, followed by approximately ten online sessions over a period of six months (all online sessions will be video recorded and available for participants to access). You will find information on learning outcomes, resources, administrative procedures, and programme requirements. If any procedures or regulations change, you will be notified and provided with written, updated information. For your benefit, we recommend that you familiarise yourself with all that is given here.

Please contact Chiara Carones, head of education. If you have any questions you might have about the training.

Emerson College Student Support

Chiara Carones: Head of Education, Registrar.

Tel: 01342 827 771 **Email:** registrar@emerson.org.uk

About the Training

Quietude® is a path of development for people of all faiths and doubts, who are open to the idea of the continuity of life beyond the gateway we call death, and who wish to be a companion or to offer spiritual support to those with life limiting illnesses, or frailty and who may need end-of-life care.

This course is designed to train and empower people in being true soul companions on the threshold of death. It will give you skills, knowledge and understanding in how to accompany people in what can often be a time of crisis, vulnerability, and questioning, when a new opportunity arises for love to transcend our fears.

The course creates a safe space in which to open the language and deepen the conversation around death and dying in a conscious, compassionate way. In taking this course you may discover fresh meaning in your own life and the choices you wish to make.

The spiritual philosophy behind the course will be based mainly on the work of Rudolf Steiner, and Tibetan Buddhist philosophy and practice.

Who is it for?

Quietude® is for those who wish to offer emotional and spiritual support to people who are receiving end-of-life care.

You may already be in the caring or medical professions, or work in a voluntary role, and would like to deepen your approach. You may be a family member who wants to enhance your skills in caring for a loved one, as well as receiving support in how to offer this care. Perhaps you are already a chaplain, or a minister, and would like further training. It may be that you are looking for a change in direction or career and want to deepen your service in the world. It could also be the truth that you are simply interested in the theme and would like to study it further.

Whatever your faith or doubts, you are welcome; however, an openness to the idea of the continuity of life after death is desirable.

What will you learn?

- What may happen in the stages of dying, at death and after death.
- To deepen your own sense of Presence and awareness in the art of accompanying someone who is close to dying or has died.
- How to support those losing a loved one, and those who are already bereaved.
- How to give comfort and relief through the art of gentle therapeutic touch: 'M' Technique®
- The practical tasks around death (e.g. writing a will, planning a funeral, helping someone think how and where they would like to die)
- The spiritual and emotional tasks in preparing for death, e.g. forgiveness, letting go, prayer.
- To support someone in talking about and reflecting upon their life (biography work)
- How to come to a place of peace in your personal journey with grief and loss, and your own feelings about death and dying
- To develop a practice of spiritual presence through meditation, mindfulness, quiet contemplation, and heart filled listening.
- To become confident in offering blessings or prayers for someone who is dying, and/or their family.
- To become familiar with the ways we can support those who have already died and moved into the realms of the Spirit.



Course Structure and Elements of the Course

The course is delivered through a combination of presentations, talks, demonstrations, conversation, and practice ~ both practical and spiritual, with large and small group activities, as well as independent study and a practicum, for example volunteering in a hospice, hospital, or nursing home.

10-day Summer Residential: 3 to 13 June '25

The training will open with a ten-day residential retreat at Emerson in which we will build a container of trust and community together. The timetable will include artistic work with pastels, singing, journaling, improvisation, creative visualization and eurythmy. The art of gentle touch (called 'M' Technique®) will be taught as well as the development of listening skills, meditation and practicing the giving and receiving of blessings. Stages in the process of dying, understanding bereavement, opening to threshold experiences will all be explored.

You will be expected to undertake individual study and practical assignments in the six months after the retreat.

Online: July '25 to Jan '26

Everything you are learning and experiencing will be integrated through approximately 10 three-hour online sessions where further aspects of spiritual and emotional accompaniment will be taught, and your practice deepened through continuing group work together.

The online part of the programme is designed to allow you time to practice and develop the skills you are learning, and complete your assignments, as well as being introduced to further elements of the course including sessions on Tibetan Buddhist practices in order to help and support the dying and develop one's own inner life.

There will be two 1-1 tutorials with Annie over the course of the training. You will be asked to develop a personal spiritual practice and will be gently guided and supported to be able to do this.

***We understand that online learning is not for everyone. Anyone wishing to explore a retreat-only option is warmly invited to contact: registrar@emerson.org.uk**



Programme

This training comprises a one-week Summer Residential at Emerson College and 10 three-hour online sessions:

The Residential will be from the 3rd to 13th June 2025

It includes ten full days, (6 hours per day, plus six evenings, including a welcome evening and farewell morning on the first and last day. (one evening during the course is free time)
Provisional dates for the three hour long online sessions are:

- July 17th or 19th
 - August 21st or 23rd
 - September 11th or 13th
 - September 25th or 27th
 - October 9th or 11th
- October 23rd or 25th
 - November 13th or 15th
 - November 27th
 - January 22nd*
 - January 24th*

*These sessions are four hours long and are a chance for each student to share their research and personal project, as well as offer some concluding remarks about what this journey with Quietude has meant to them.

Timings of the online sessions will be chosen to accommodate international participants once all applications have been processed and we know from which time zones people will be joining. All sessions will be recorded and available online.



Course Themes:

Understanding	The stages in the Dying Process and the processes of grieving
Preparing	Practical steps & 'M' Technique® hand & foot training (gentle touch)
Accompanying	Completing unfinished business. Building connection through the art of blessing.
Listening	Heart filled listening to someone in need. Angelic presence
Supporting	Tibetan Buddhist practices to support the processes of death & dying
Dying	Standing on the Threshold
Journeying	What happens after we die?
Honouring	Honouring those who have died and our own achievement



Options after the Course

Having fulfilled all the requirements of the course, you may wish to work as a self-employed Quietude® Practitioner or be employed as a Spiritual Support lead or assistant in a hospice or hospital setting.

It is our intention to create a Quietude® Practitioner organisation/charity to be able to offer spiritual support to those on the journey of death and dying. Such an organisation will also offer supervision and community to its members.

Perhaps with newfound confidence and developed skills to equip you in the voluntary sector, (hospitals, hospices, and nursing homes) as well as at home, or with family, friends, and neighbours you will be a spiritual companion and support to others.

If you are already a qualified health practitioner, e.g. Nurse, GP or Occupational Therapist, the skills you have learnt on the Quietude® training will enhance the work you already do and enable you to offer a more holistic approach.

If you are already a chaplain or a minister, the Quietude® training will give you deeper skills in listening and offering spiritual companionship and presence to others.

You may experience a fresh sense of confidence and trust in your own direction and creative endeavours. Perhaps you will experience deeper inner peace or a renewal in your inner life. You will certainly forge new friendships and professional connections and may discover improved or healing family relationships.

Course Faculty

Course Leader and Founder



Annie Blampied - Radojčin: After over 20 years working in Steiner Waldorf education, Annie was ordained as an Interfaith Minister in 2004. She has conducted many ceremonies, including weddings, baby blessings and funerals, and worked as a spiritual counsellor. Annie began Chaplaincy work as a volunteer in the ICU for premature babies in the Brighton and Sussex University hospital. She later volunteered regularly in a nursing home, before being employed as a chaplain in Hospice in the Weald. Annie is currently a volunteer in the spiritual support team of another hospice and supervises others in this work.

She trained with Felicity Warner in Soul Midwifery, and is a graduate of Authentic Presence, a contemplative end-of-life care training inspired by Tibetan Buddhism.

A long-term student of the work of Rudolf Steiner, Annie recognises the urgent need for us to awaken to the continuity of consciousness beyond the gates of death, and the possibility of giving and receiving support and love, to and from those across the Threshold.

Guest Teachers



Selena King: Selena is the Spiritual Support Lead at St Catherine's Hospice, Crawley. She is a facilitator, researcher, and writer, as well as being a Quietude® graduate. She is particularly interested in biography work as a way of helping people to find meaning and completion at the end of life and is currently exploring how to bring this work to different settings. Selena runs a Death Cafe in her local area and teaches death awareness on the Engaged Ecology MA at Schumacher College in Devon.



Fiona Sim: Fiona is a registered Nurse, Anthroposophic Nurse Specialist, Rhythmical Einreibung Teacher & Practitioner. After working with children with special needs, she worked at Park Attwood Clinic for 21 years as an Anthroposophic Nurse, where her roles included caring for in- patients and out-patients, five years of nursing management and teaching. Fiona is a staff nurse at a Marie Curie hospice and teaches a special form of touch called 'M' Technique® on Quietude® as well as a class on pain management in end-of-life care.



Kirsten DeLeo: author of "Present Through the End. A Caring Companion's Guide for Accompanying the Dying". Kirsten is lead faculty of "Authentic Presence", the professional certificate in contemplative end-of-life care that was launched at Naropa University, Boulder/CO and now runs as an independent training (authentic-presence.org). Kirsten has been teaching in the field of contemplative care for more than twenty-five years and has served dying patients and their families in various healthcare settings. Kirsten has been immersed in Tibetan Buddhist practice for over twenty years.



Naamah Pinkerfeld: has been singing with our students and leading the Singing Forest Choir at Emerson College since 2008. She has led the Heart of the City Community Choir in London since 2010. She has taught singing to many groups and led choirs in inspiring venues including St Paul's Cathedral, the British Museum, London Zoo, and Chartres Cathedral in France.



Diana Fischer: studied Philosophy and Linguistics at the Sorbonne in Paris. Her lifelong interest in language and movement then led to an Eurythmy training in Dornach, Switzerland under Elena Zuccoli. She spent three years doing post-graduate artistic eurythmy with Dorothea Mier in Spring Valley, New York. Diana has many years' experience in teaching both children and adults and is at present working as a freelance teacher, performer and movement therapist in the UK.



Sophia Smith: Sophia is a trained spiritual healer, birth doula, and a reflexologist specialising in the field of fertility and pregnancy. Originally following a scientific path, as a geologist, she turned to holistic therapies over thirty years ago. Together with craniosacral practitioner, Elissa Dell, she has pioneered seminars exploring the journey of incoming souls in the interweaving of spirit, soul and body that unfolds during early embryological development as well as the threshold of birth. "Before Conception Experiences" shed light on consciousness beyond death, resonating with "Near Death Experiences".

Expectations of Participants

In order to meet the requirements for completion of the programme, participants will be expected to:

- Attend at least 90% of all sessions in person (face-to-face and online). This is required to receive the course completion certification at the end of the course.
- Submit assignments by deadlines and resubmissions within 4 weeks.
- Complete an 'M' Technique® treatment chart detailing your practice over 6 weeks and write one detailed treatment report.
- Submit three personal reflections based on voluntary experience in caring for the vulnerable or those with life limiting illnesses. A reflection based upon past experiences is also welcome.
- Join in a minimum of two 1-1 tutorials with Annie, of up to one hour, in person, or via zoom, or Skype.
- Be willing to participate in all activities.
- Read from the recommended book/article list.
- Demonstrate that you have met all learning objectives.
- Create and present a personal project inspired by or based upon your experiences or research done during the course.

Qualifications and Professional Advancement

Quietude® is a rich and rewarding course, which provides an excellent CPD (Continuing Professional Development) training for people in the caring and medical professions as well as for volunteers, chaplains or Interfaith ministers looking to deepen their service to others.

- 'M' Technique® Certificates will be given to all students who complete that aspect of the training.
- Quietude® Practitioner' Certificates will be given at the end of the training course to students who fulfill all the assignments of the course, practical and written, to the satisfaction of the course leader and who have attended over 90% of the training. She will decide whether a basic or practitioner level of competency has been achieved.

All assignments should be completed by the end of the course. Extensions can be given in exceptional circumstances, and at the discretion of the course leader.

Evaluation Criteria

All evaluation will be based on pass or refer. Re-submissions will be accepted at the discretion of the course tutors within the specified time frame. Criteria includes:

1. Attendance

Attendance will be monitored throughout the training and used in the overall assessment at the end of the year. An attendance level below 90% is considered insufficient to meet the programme requirements. The tutors will take into account extenuating circumstances provided that the learner submit an 'Extenuating Circumstances' email to the Course Leader. A doctor's note can be included.

Extenuating circumstances that may be considered are:

- long-term illness or chronic conditions
- severe mental or emotional problems during the training bereavement or sudden change of family circumstances

It is our intention to support the progress of each individual student on the training programme.

2. Practical Assignments and Written Work

- Practical assignments will include meditation or reflective practices, 'M' Technique®, Case Studies/personal reflections, volunteer and biography work and a final project based on personal interest and research
- Written work will include project work, self-enquiry, case studies and biography work

3. Work Experience

You will need to find some work experience as a volunteer Quietude® Practitioner. This could be either in a nursing home, a hospice, a hospital or done privately. You will need to find out what the legal requirements are in your own country or place where you will be volunteering. In the UK you will need a DBS (Disclosure and Barring) check. Usually the organisation or institution taking you on would do this, but you may have to pay for it.

Three personal reflections/case studies based on your current voluntary or past experiences will need to be handed in.

The preparation and guidelines for your assignments will be given during the residential part of the training.

Evaluation Method

Methods of evaluation on this programme may include:

- Professional discussion - Reflective practice - Peer learning
- Written assignments with written evaluations in response Individual and group oral presentations
- A final evaluative letter from the Course Leader if not included in the final written assignments).
- For the 'M' Technique®:
 - Tutor observation of practical demonstration of 'M' Technique®
 - Peer learning
 - Treatment report (after six weeks minimum practice)

Support and Guidance

The support system for participants on the training is a combination of peer and tutor support. The sense of community that will build in the group of students will give a deep support and sense of safety.

Individual tutorials will take place twice during the training. Annie will be available between modules by phone and email. The Education department at Emerson College can be contacted also for support or to answer questions.

Venue

Emerson College sits within a 22 acre Botanic Garden with beautiful ponds, lawns and flower beds, a vegetable garden, an apple orchard and an ancient woodland full of blue bells in spring. The experience that greets people is deeply connected to the earth, to the College's roots in anthroposophy and to the contributions of many people over the years.

Our college estate is a living system that is embedded in many larger systems – ecological, social and spiritual. It has several rare trees and over 100 medicinal plants. We use methods of cultivation designed to bring vitality and nourishment to the earth, supporting and celebrating nature's processes. All our land is managed biodynamically without the use of pesticides and is fully Demeter Certified. Almost everyone who comes to study or visit recognises the special quality which this care and attention brings to the learning environment. This creates a very relaxed environment for all our course participants. In this way we see the place itself as one of our teachers.

Our vegetable garden provides fresh vegetables to our kitchen providing soil to table nourishment for our guests as well as bouquets of flowers to decorate classrooms. What we can't grow ourselves we source locally and organically to create our vegetarian meals. We also offer vegan and gluten free options. For those with special diets we provide self-catering facilities. Visit <https://emerson.org.uk/stay-at-emerson> to discover more.



Resources

Onsite

The residential programme will be delivered on site at Emerson College. The classroom has ample seating capacity and space for artistic activities and practical workshops. Further meeting rooms are available for small group work if necessary. The classroom has access to blackboards, flipcharts and projection equipment. The course will provide all equipment. Our campus is host to a wealth of initiatives; at any time you will find artists in residence working in our studios, regular storytelling performances and many other events and activities to enjoy.

Online

Participants will be invited to join our Emerson College World Community which is our online student portal for the course. Our student portal is an invitation only network (provided by Mighty Networks) available for Emerson Students and other community members to join (i.e. our Emerson College and School of Storytelling Alumni). It is through our student portal that participants can meet, chat and stay in touch with one another outside of class time.

Entry Requirements

No prior experience is required. The entry requirements for students are that they:

- Are 'competent users' of the English language
- Are willing to participate in artistic activities, group activities, discussions and inner personal and professional development, as well as complete tasks in between modules
- Part of the entry requirement may include a 1-1 interview with Annie
- If you have a life limiting illness yourself, and are considering doing this training course, we advise you to talk to Annie about it (before applying)

How To Apply

To apply, please visit <https://emerson.org.uk/quietude> and click 'Apply Now'. Fill out the online application form and upload the documents listed in the 'Supporting Documents' section. To complete your application, you will need to prepare the following documents:

- A copy or a scan of the information page of your passport (the one with your picture on it)
- A concise personal statement to include information on your background and motivation to take part in the programme
- A completed health statement available to download here: [Health Statement](#)
If you have any questions, please contact Chiara Carones: registrar@emerson.org.uk

Payment of learner Fees

The course fee is £1850 (including deposit).

To secure your place on the course we require a non-refundable deposit of £300 to be paid within 14 days from receiving this official acceptance on the course, with the remainder of the fees due 2 months before the start of the training. You are not fully confirmed on the course until this deposit is received.

Refund and Cancellation

- a) If you cancel the course booking within 14 calendar days of receiving your acceptance confirmation, any payment made will be refunded in full, up until two months prior to the start of the course; thereafter there are no refunds. Special consideration will be given in cases of illness confirmed by medical evidence. See point B if you apply within 14 days of course start. Cancellations received after the 14-day cancellation period and earlier than two months before the start date of the course will receive a refund of any fees paid minus the Deposit. Thereafter there are no refunds. There are no refunds for missed days or modules. You must make your cancellation in writing.
- b) If you apply within 14 days of course start, any cancellation within 14 days of acceptance confirmation (provided that there has been no attendance or access to resources) will be entitled to a full refund, in line with Consumer Protection Legislation.
- c) If you have had a payment plan agreed by the course registrar, the above cancellation policy applies. Should you leave prior to the end of the course, you agree to pay the balance of the full fees immediately.

If you cancel within 14 days of application submission any payment made will be refunded in full. If the course has started within this 14-day notice period, you may be liable for those days attended. You must make your cancellation in writing. For a copy of our Cancellation Form, please see our web site at <http://www.emerson.org.uk/student-resources>.

Obligations

Course Obligations

The Faculty of the Quietude® Practitioner Training will provide you with the tuition and learning support associated with your programme, subject to these conditions, with reasonable care and skill. The Faculty will make all reasonable efforts to deliver your programme as described in the brochure. However, the Faculty must manage its resources efficiently and shall be entitled:

- to alter the timetable, location, number of classes and method of delivery of your programme, provided such alterations are reasonable;
- to make reasonable variations to the content and syllabus of your programme;
- to discontinue or postpone your programme (for example, because a key member of the faculty is unwell, suffers bereavement or has to leave the programme due to unforeseen circumstances).
- not to provide your programme, or to combine it with others if the faculty reasonably considers this to be necessary (for example, because too few students apply to join the programme for it to be viable).

In the unlikely event that the Quietude® Practitioner Training Faculty discontinues, postpones, or does not provide your programme or changes it significantly before it begins:

- the Quietude® Practitioner Training Faculty will tell you at the earliest possible opportunity;
- you will be entitled to withdraw your application by telling the Education Manager, Chiara Carones, in writing;
- Emerson College will make an appropriate refund of tuition fees and deposits you have paid.

Assessment Policy*

Emerson College aims to ensure that:

The assessment methodology is valid, reliable and does not disadvantage or advantage any group of students or individuals.
The assessment procedure is open, fair and free from bias and adheres to national standards.
There is an accurate and detailed recording of assessment decisions.

To achieve this, the College will:

- ensure that learners are provided with assignments that are fit for purpose, to enable them to produce appropriate evidence for assessment.
- assess learner's evidence using only the published assessment criteria.
- ensure that assessment decisions are impartial, valid and reliable.
- not limit or 'cap' learner achievement if work is submitted late and the late submission has been agreed with the tutor
- develop assessment procedures that will minimise the opportunity for malpractice.
- maintain accurate and detailed records of assessment decisions.
- maintain a robust and rigorous internal verification procedure.
- monitor standards, verify assessments and undertake any remedial action required.
- provide resources to ensure that assessment can be performed accurately and appropriately.

*For a complete list of all our Policies and Procedures see the Emerson College website.
<http://www.emerson.org.uk/policies-procedures>

Participant's Obligations

You must comply with your obligations under these conditions and, in accordance with any reasonable instructions issued to you from time to time by or on behalf of the Quietude® Practitioner Training Faculty. Learners are required to:

- attend all seminars which include experiential studies, inner path small group work, artistic work, eurythmy, lectures, tutorials, assessments and other activities subject to absence for medical or other agreed reasons;
- submit by required deadlines essays and other assignments required for your programme, subject to exceptional circumstances such as illness;
- reach the level of Quietude® Practitioner Training attainment required for your programme; behave appropriately while on the premises;
- be adequately prepared for any activity which you are required to undertake as part of your programme outside the Quietude® Practitioner Training Faculty, at all times conducting yourself in a proper manner;
- abide by any special conditions relating to your programme set out in the brochure, or otherwise notified to you by the Quietude® Practitioner Training Faculty.
- provide the Quietude® Practitioner Training Faculty with an emergency contact name and notify your tutors of any changes to the information that you have submitted on application or enrolment; for example, if you change your address.

Emerson College's Liabilities

Emerson College cannot accept responsibility, and expressly excludes liability, for:

- any loss or damage to your property, including damage to any motor vehicle or cycle, while on premises, unless caused by the negligence of the staff;
- any personal injury, or fatality, suffered by you, unless caused by the negligence of the staff.
- Emerson College reserves the right to change the format of the course in response to unforeseen circumstances brought about by COVID or dangerous weather episodes.

Annex 1.

Reading List

Emerson has a bookshop which will be stocking some of these books. These books can also be ordered through the bookshop:

- Life Beyond Death ~ Rudolf Steiner
- Staying Connected ~ Rudolf Steiner
- Death as a Metamorphosis of Life ~ Rudolf Steiner
- Approaching Death ~ Renee Zeylamans (published by Floris books)
- Bridges between life and death ~ Iris Paxino (Floris books)
- Present Through the End ~ Kirsten de Leo (she is a guest teacher after Christmas)
- Facing Death and Finding Hope ~ Christine Longaker
- The Tibetan Book of the Dead ~ Translated by Gyurme Dorje and introduced by His Holiness the Dalai Lama
- The Tibetan Book of Living and Dying ~ Sogyal Rinpoche
- Testimony of Light ~ Helen Greaves
- Return from Tomorrow ~ George Ritchie
- My life after dying ~ George Ritchie Being Mortal ~ Atul Gawande
- God's Hotel ~ Victoria Sweet
- To Bless the Space Between Us ~ John O'Donahue
- Crossing the Threshold ~ Nicholas Wijnberg and Philip Martin
- Before Birth and Beyond Death ~ Karl Konig
- Taking Charge, Life Patterns, and their Meanings ~ Gudrun Burkhard
- The Human Life ~ Florin Lowndes, George, and Gisela O'Neil
- On Death and Dying ~ Elizabeth Kubler Ross
- On Grief and Grieving ~ Elizabeth Kubler Ross
- With the End in Mind ~ Kathryn Mannix
- Listen ~ Kathryn Mannix
- Spirituality in Hospice Care ~ edited by Andrew Goodhead and Nigel Hartley
- Awake at the Bedside ~ edited by Koshin Paley Ellison and Matt Weingast
- The Soul Midwives Handbook ~ Felicity Warner
- Dying to be Me ~ Anita Moorjani
- What if this is Heaven? ~ Anita Moorjani
- A Rainbow over the River ~ Veronika Van Duin
- The Miracle of Mindfulness ~ Thich Nhat Hanh
- My Father's Wake ~ Kevin Toolis
- The Five Invitations ~ Frank Ostaseski
- Only Love Remains ~ Attilo Stajano
- Sea Change ~ Jessica Streeting
- Poetry of Presence ~ Phyllis Cole-Dai and Ruby Wilson

Booklist updated 2.10.



Painting: **Der wundersame Fischzug**
by **Ninetta Sombart**
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