

FELICITY WARNER

Felicity Warner is known for her pioneering work, lecturing and writing about holistic palliative care approaches.

Author of the book *Gentle Dying* which was published in 2008 she now heads the Soul Midwife's Foundation, which grew from her project The Hospice of the Heart Trust, an internet based virtual hospice offering hard to access information, support and advice which began in 2004. She campaigns to de-medicalise our approaches to dying and to restore knowledge of how to help the dying, in simple ways, back to the community.



She is widely known for re-introducing the traditional idea of "Soul Midwives" who act as non medical companions to the dying and their families.

In their simplest role, Soul Midwives are non- medical compassionate companions to the dying. But their training involves a detailed knowledge of the dying process and the physical, psycho-spiritual and emotional stages involved. Their skills are both practical and hands-on and also "listening" based. They aim to alleviate fear and suffering and to ease the dying journey for both the patient and their loved ones. The hall mark of the care they provide is compassion, understanding, an approach of deep listening and tenderness both to the dying person and also their loved ones

Felicity has trained and continues to mentor around 70 Soul Midwives based in the UK and also South Africa and New Zealand and Europe.

From her early experiences volunteering in local hospices and working one- to -one with many dying people in the last days of life, she developed the Gentle Dying method which comes into its own when medicine has reached its limits. It can be learnt and used, by any one, especially relatives, with the aim of making death a peaceful and dignified experience

The Soul Midwiving techniques have been inspired by a wide range of sources and has many therapeutic models -Tibetan , Ayurvedic and Shamanic traditions besides the many varied cross-cultural ways that people have always used to help sit with the dying

"If we can help to make the process of dying a better experience for just one person, we are helping to nurture the core of our communities, restoring love and kindness besides helping to dissolve the dark cloud of fear that feeds the taboo that still surrounds death" she explains.

Further information

www.soulmidwives.co.uk

www.gentledying.com

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