

### **BEFORE WEBINAR**

View: **Video along with power point**

---

### **AFTER WEBINAR Readings**

Levels of Awareness - Rivers & Life Chart

*Coma Work and Palliative Care.* p. 17, 18, 19

Communication Theory Chart

Coma: A Healing Journey: A Guide for Family, Friends, and Helpers. Part 1 + 2

*'Bridge to a New World'* pp 19-31.

*Metaskills: the Spiritual Art of Therapy.* 'The Earth of Psychotherapy' pp 30-42.

*Journal of Process Oriented Psychology,* 'A Comparison of the Medical/Nursing Approach and Process Work: A Journey through the Minefield of Unconsciousness' pp 23-31.

### **BLESSED PRACTICES FOR THE MONTH**

1. Make a list with two columns: one column for your metaskills and the other column for metaskills you admire in others and aspire to. Check your list everyday for the next three weeks to see if you can add to it. Notate how you are actualizing your metaskill aspirations.
2. Track where you are good at metacommunicating, and when and where you lose it i.e. in various emotions, with certain people or groups, at different hours of the day, during certain activities or on substances or during exercise. Track yourself and your patterns. Especially with your family and close friends. Keep a daily record of new insights.

### **FINAL REFLECTION**

Please submit a paragraph or page on your learnings and experiences from this month.

***REFLECTION PARAGRAPH DUE for TWIN METAS -- between March 2 - March 6, 2020***

***--- Please send to all the mentors and to SALC @ [eoltrack@sacredartofliving.org](mailto:eoltrack@sacredartofliving.org)***

### **FURTHER RESOURCES ~ for optional study**

#### **Books:**

BATESON, Gregory. *Steps to an Ecology of Mind: A Revolutionary Approach to Humanity Understanding Itself*. Look up 'metacommunication' under 'communication' in the index. Gregory is the explorer that really put 'meta' into our consciousness, including meta learning, that is learning how to learn.

MINDELL, Amy. *Coma, a Healing Journey: A Guide for Family, Friends, and Helpers*. (1998) A practical guide to nonintrusive treatment of patients in altered consciousness.

MINDELL, Amy. *Metaskills: The Spiritual Art of Therapy*. (1995) Metaskills are deep feeling attitudes for living and interacting with those in all states of consciousness: curiosity, compassion, spontaneity, courage, our own inner awareness, etc.

MINDELL, Arnold. *City Shadows: Psychological Interventions in Psychiatry*. (2008) Elucidates the crises in modern psychotherapy related to biomedical thinking. Detailed descriptions of process work with people in extreme states who partially lack metacommunicating abilities. Pertains to people with dementia and end of life who could end up on antipsychotic medications and/or mental hospitals.

#### **Articles:**

Andrews, Kieth; Murphy, Leslie; Munday, Ross; Littlewood, Clare. "Misdiagnosis of the Vegetative State: Retrospective Study in a Rehabilitation Unit", *British Medical Journal*, July 6, 1996; 313: pp 13-16.

Barclay, Laurie. "Loneliness increases risk for AD-Like Dementia", *Medscape*. Feb. 6, 2007.

Boly, M.; *et al.* "When Thoughts Become Action: An fMRI paradigm to study volitional brain activity in non-communication brain injured patients", *NeuroImage*. 36 (2007). pp 979-992.

Coleman, Martin, R., *et al.* "Do vegetative patients retain aspects of language comprehension? Evidence from fMRI". *Brain*. (2007), 130, pp 2494-2507.

Coleman, Martin, R.; *et al.* "A multimodel approach to the assessment of patients with disorders of consciousness", *Progress in Brain Research*. V. 177, pp 231-248.

Formisano, R., Carlesimo, G.A., Sabbadini, M., *et al.* "Clinical predictors and neuropsychological outcome in severe traumatic brain injury patients", *Acta Neurochir*. 146 (5), May 2004, pp 457-462.

Anamcara Project. Healing Practices at the End of Life. Syllabus  
TWIN METAS: Umbrellas for Sheltering Essential Communication Skills  
Ann Jacob + Stan Tomandl

---

Kaufman, Marc. "Mental acuity: Meditation can 'soothe' your soul and 'rev up' your brain", *Los Angeles Times-Washington Post News Service*. February 8, 2005.

Kirsch, Irving; Deacon, Brett J.; Huedo-Medina, Tania B.; Scoboria, Alan; Moore, Thomas J.; Johnson, Blair T. "Initial severity and antidepressant benefits: A meta-Analysis of data submitted to the Food and Drug Administration", *PLOS Medicine* V. 5, Issue 2, February 2008.

Monti, Martin, M. and Vanhauzenhuysse, Audrey, *et al.* "Willful Modulation of Brain Activity in Disorders of Consciousness", *The New England Journal of Medicine*. February 2010.

Schiff, Nicholas D.; Fins, Joseph J. "Hope for 'Comatose' Patients", *Cerebrum: The Dana Forum on Brain Science*, V. 5 No. 4, Fall 2003, pp 7-24.

Schiff, Nicholas D.; Yoon-Hang, K. and Maizes V. "Vegetative States – an Integrative Approach", *Alternate Therapies*, V. 11, No 1, 2005, pp 26-33.

**Websites:**

Process Work Institute: *Interview on: AGING AND DEMENTIA*.  
<http://www.processwork.edu/process-vlog/> ~ Click on link and Scroll down for Video with Stan Tomandl and Ann Jacob - interviewed by Chris Allen at the Process Work Institute.

Amy and Arny Mindell. [www.aamindell.net/coma-and-near-death/?rq=coma](http://www.aamindell.net/coma-and-near-death/?rq=coma)

Ann Jacob & Stan Tomandl. Coma Communication & Process Oriented Facilitation  
[www.comacommunication.com](http://www.comacommunication.com)

Ingrid Rose. [www.ingridrose.net](http://www.ingridrose.net)

Pierre Morin + Kara Wilde. <http://creativehealing.org/projects/>

Peter Amman. <https://peterammann.de/en/process-work/coma-work/coma-work-in-general>