



Meditative Heartbeat Therapy (MHbT)

A contemplative approach to care in the final 72 hours of life

Meditative Heartbeat Therapy Intensive

100 Hours | Formation, Practice, and Integration in End-of-Life Care

Meditative Heartbeat Therapy (MHbT) is an integrative, contemplative approach to end-of-life care designed to support patients, families, and clinicians in the final 72 hours of life—when words and cognition often fall away, and presence becomes the primary form of care.

Rooted in bedside hospice and palliative experience, MHbT uses rhythm, breath, and attentiveness to create connection when traditional communication is no longer possible. It offers a way of being with patients that complements medical care while helping to ease pain, reduce anxiety, and support both patient and family through this final transition.

The MHbT Intensive is a 100-hour training that moves participants from foundational understanding into embodied, bedside practice and real-world integration.

Participants begin by reading *Meditative Heartbeat Therapy: A Contemplative Guide to Presence, Rhythm, and Care at End of Life*, establishing a shared clinical and philosophical framework. From there, the training unfolds through a 25-hour in-person immersive experience, where theory becomes lived practice through simulation, reflection, and hands-on learning. This is followed by 75 hours of guided mentorship and integration, supporting participants as they bring MHbT into their own clinical settings.

A central component of the training includes experiential work with Mr. Phyrn, a teaching figure representing the unresponsive patient. Through this process, participants learn to move beyond observation and into relationship—developing the steadiness, presence, and confidence required to care for patients when responsiveness is no longer present.

In clinical settings where MHbT has been integrated alongside standard comfort care, patients and families have reported faster relief from pain and anxiety, while clinicians demonstrate increased presence and confidence at the bedside.

This program is designed for hospice and palliative care teams, interdisciplinary clinicians, and organizations seeking to deepen their capacity for presence, connection, and whole-person care at the end of life.

Full program details, structure, and implementation options are included in the following pages.

Meditative Heartbeat Therapy Intensive

100 Hours | Formation, Practice, and Integration in End-of-Life Care

Meditative Heartbeat Therapy (MHbT) is an integrative, contemplative approach to end-of-life care that supports patients, families, and clinicians in the final 72 hours of life—when words, cognition, and conventional approaches often begin to fall away.

Rooted in bedside hospice and palliative care, MHbT understands the heartbeat as both a physiological anchor and a relational, spiritual point of connection. It offers a way of remaining present and responsive when traditional modes of communication are no longer available.

This Intensive is designed to guide participants from **theory**, to **embodied practice**, to **real-world integration** within clinical and caregiving environments.

Program Structure

Pre-Work (Self-Guided Study)

Each participant receives a copy of *Meditative Heartbeat Therapy: A Contemplative Guide to Presence, Rhythm, and Care at End of Life* prior to the training. Participants are expected to read the book in advance, establishing a shared foundation in the philosophy, clinical observations, and spiritual framework of MHbT.

On-Site Intensive (25 Hours, In-Person)

A three-day immersive training (schedule adaptable to the host organization) focused on translating theory into lived practice.

Post-Intensive Integration (75 Hours, Guided)

Ongoing mentorship, reflection, and case-based integration to support participants as they bring MHbT into their own clinical or caregiving environments.

From Theory to Practice

The book introduces MHbT as both a clinical and contemplative framework—exploring the role of rhythm, breath, and presence in the care of those nearing death.

The Intensive builds on this foundation by asking:

How do we remain present when someone is no longer responsive?

What does meaningful care look like when language and cognition have fallen away?

How do we support both patient and family in the final hours of life?

Through guided practice, participants learn to:

- Work with rhythm, breath, and stillness as tools for connection
- Support patients experiencing pain, anxiety, and agitation alongside standard medical care
- Maintain presence when verbal communication is no longer possible
- Accompany families through moments of uncertainty, fear, and transition
- Recognize the final 72 hours of life as a meaningful and relational passage

Clinical Relevance

In hospice and palliative care settings where MHbT has been integrated alongside standard comfort care:

- Patients have reported relief from severe pain within approximately **4–6 minutes following morphine administration**, compared to typical onset times of 15–20 minutes when medication is used alone
- Patients and families frequently report **rapid reductions in anxiety and emotional distress**, particularly during periods of acute symptom escalation
- Clinicians demonstrate **increased steadiness, presence, and confidence** at the bedside

MHbT does not replace medical care. It **complements and enhances existing interventions**, helping patients and caregivers settle into care that is already being provided.

Experiential Learning

The Intensive is grounded in direct, embodied practice.

A central component of the training includes guided work with **Mr. Phyrn**, a teaching figure representing the unresponsive patient in the final hours of life.

Through this process, participants move beyond observation and into relationship—learning to remain present, attentive, and connected even when verbal communication is no longer possible.

This approach allows clinicians and caregivers to develop confidence and depth of presence in a supported environment, so that when they encounter real patients, they are able to respond not with uncertainty, but with steadiness and compassion.

Learning Experience

The Intensive is experiential, reflective, and clinically grounded.

Participants engage in:

- Bedside simulations and guided demonstrations
- Direct practice with rhythm-based approaches
- Case study review and interdisciplinary discussion
- Reflective exercises designed to deepen presence and resilience

The training emphasizes not only what to do, but how to be—supporting caregivers in cultivating the inner steadiness required for end-of-life care.

Sample On-Site Intensive Flow (25 Hours)

Day 1 — Foundations of Presence and the Final 72 Hours

- Understanding the physiological and spiritual dynamics of active dying
- Reframing the final 72 hours as a relational and meaningful passage
- Introduction to MHbT principles: rhythm, breath, and attentiveness
- Developing comfort with silence, stillness, and non-verbal care

Day 2 — Rhythm, Regulation, and Bedside Practice

- Working with natural rhythm (heartbeat, breath, and external supports)
- Practical application of MHbT in symptom management (pain, anxiety, agitation)
- Bedside simulation and guided practice
- Supporting families during periods of uncertainty and distress

Day 3 — Integration and Clinical Application

- Applying MHbT within interdisciplinary care teams
- Case studies and real-world scenarios
- Developing confidence in unresponsive patient care
- Preparing for implementation within participants' own settings

Post-Intensive Integration (75 Hours)

- Guided reflection and case consultation
- Ongoing mentorship and support
- Assistance integrating MHbT into clinical workflows and team practice

Who This Is For

This program is designed for:

- Hospice and palliative care teams
- Nurses, physicians, social workers, and chaplains
- End-of-life doulas and caregivers
- Long-term care and hospital-based teams
- Educational and formation programs (CPE, universities, seminaries)

Outcomes

Participants leave the Intensive with:

- A practical, embodied understanding of MHbT
- Tools for supporting patients and families in the final 72 hours of life
- Increased confidence in non-verbal, presence-based care
- A framework for integrating MHbT into interdisciplinary practice
- Ongoing mentorship to support implementation

A Note on Practice

Meditative Heartbeat Therapy is not a technique to be performed. It is a way of being—one that allows caregivers to remain present, grounded, and connected when it matters most. The Intensive exists to make this way of being **accessible, teachable, and sustainable within real-world care settings**.

Implementation & Customization

The MHbT Intensive is tailored to the needs, structure, and patient population of each host organization. Scheduling, format, and emphasis can be adapted to align with clinical workflows, interdisciplinary teams, and the specific realities of each care setting.

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