



Compassionate Singing

Course Structure

This course provides training for Bellingham Threshold Singers members who want to sing at the bedside. It is not currently offered to non-members. Any woman may become a member by attending 3 rehearsals and being sung to in the chair at rehearsal.

Members who are already sails or anchors are asked to attend at least one class session to enrich the training with their own perspectives and experience. It also serves as a useful review and means of staying updated on BTS bedside practices.

The course will meet every Tuesday from 6:30 to 8:30 at Jerns. The course includes 6 classes and 5 or 6 rehearsals. Our rehearsals are on the 2nd and 4th Tuesdays; classes are on the 1st, 3rd and 5th Tuesdays.

Each class will have some instructional time, some discussion, and a section on bedside practice. In each class 4 songs will be introduced. Participants are expected to practice these songs on their own with the help of sheet music and a learning CD.

There will be homework for each class after the first, consisting mainly of watching videos on the Internet. These videos provide important information and will inform class discussions. Everyone who plans to attend a particular class should watch the assigned videos before that class.

Rehearsals will be planned with the content of the previous class in mind. Rehearsals provide an opportunity for course participants to practice the songs they have learned and to review class material and see how it is applied by experienced bedside singers. Time will be allowed for class participants to experience being sung to and to practice sailing around our reclining chair.

Completing the class does not automatically make a person a sail. Our Bosun committee will work with participants to ensure that they are adequately prepared to sing at the bedside as they complete the Becoming a Sail Checklist. Some people may be ready to sail at the end of the course, but most will take several additional weeks or months to finish learning the songs and practice singing around the chair at rehearsals. Sails must be approved by the Bosun committee before singing at the bedside.

Class 1

This class will be devoted to introductory material. Participants will share what drew them to threshold singing, and we will talk about BTS, our mission, and terminology. We will delineate requirements for becoming a sail and explain how this course prepares participants.

Bedside practice: hand signals

Songs: *Lay Back, In Breath, Deep Peace, Toward the Stars*

Homework for Class 2

Listen to this interview:

Kate Munger on NPR (4 min)

tinyurl.com/lr62gu6

Watch the following videos:

Threshold Choir: Kate Munger (6 min)

www.youtube.com/watch?v=HhirnJYP-_s&feature=youtu.be

Joan Halifax: Compassion and the True Meaning of Empathy (13 min)

www.ted.com/talks/joan_halifax.html

Look at these websites:

thresholdchoir.org

bellinghamthresholdsingers.org

Practice songs

Class 2

This class will focus on compassion. We will discuss what it is and how it manifests in our bedside singing. We will talk about the Threshold Choir movement and the values BTS holds as a group.

Bedside practice: grounding, blending, lullaby voice, singing with intention, watching the anchor, managing our emotions at the bedside

Songs: *You Are Loved, I Will Shelter You, My Grateful Heart, Sending You Light*

Homework for Class 3:

Watch the following videos:

Teepa Snow: What Is Dementia? (21 min)

www.youtube.com/watch?v=t--mkzfhUIE

Experience 12 Minutes in Alzheimer's Dementia (8 min)

www.youtube.com/watch?v=LL_Gq7Shc-Y

Gladys Wilson and Naomi Feil (6 min)

www.youtube.com/watch?v=CrZXz1oFcVM

Practice songs

Class 3

In this class, we will focus on how BTS works, especially how sings are scheduled, what we expect of sails when they sign up for a sing, and what a sing generally looks like. We will discuss dementia and special considerations for singing for dementia patients.

Bedside practice: touching, caretaking tasks, confidentiality

Songs: *Name Song, This Little Light, Rest Easy, So Many Angels*

Homework for Class 4:

Watch the following video:

On Death and Dying (47 min)

www.youtube.com/watch?v=BT1d77lRH5I

Practice songs

Class 4

We will discuss our own experiences with death and dying, what happens at the end of life, what family members may be going through, and our comfort levels with end-of-life events. We will also talk about BTS's relationship with hospice and the value of having hospice training.

Bedside Practice: humming, toning, silence, what unconscious patients may be aware of

Songs: *Safe Journey, Ocean Breath, Eternal Light, Homeward Now*

Homework for Class 5:

Choose one or more of the following traditions and watch the videos listed:

African American: www.youtube.com/watch?v=OdsiRBK3EGc (17 min)

Atheist: www.youtube.com/watch?v=n7A7YMBS55w (12 min)

www.youtube.com/watch?v=_1iId3IEieY (4 min)

Buddhist: www.youtube.com/watch?v=SiXi2TQjiX4 (22 min)

Catholic: www.youtube.com/watch?v=F8gB8A6XMLM (25 min)

Jewish: www.youtube.com/watch?v=H6vtyKX99v4 (13 min)

Mormon: www.youtube.com/watch?v=HDXqtelwK9w (2 min)

www.youtube.com/watch?v=gLsty5WyiBY (4 min)

www.youtube.com/watch?v=DP6Kf9DRXjg (4 min)

Muslim: www.youtube.com/watch?v=XRiyYJUkECg (15 min)

Native American: www.youtube.com/watch?v=ZuBXNsTNVCo (13 min)

Pagan: www.youtube.com/watch?v=EXIo_hSNVUI (7 min)

www.youtube.com/watch?v=YUvZ319OzJg (10 min)

Sikh: www.youtube.com/watch?v=oYDf5FJNlk4 (26 min)

Practice songs

Class 5

We will discuss the need for BTS singers to be sensitive to people of all faiths and no faith. We will talk about the wide variety of clients we sing for, the need to be flexible, and going beyond our repertoire for patients who are perky or have particular requests. We will explain the need for special precautions when we sing for patients with antibiotic-resistant infections.

Bedside practice: harmony, following and supporting anchor, anchor feedback form, when clients decline our singing, safeguarding health

Songs: *Spirit of the Wind, Metta Sutta, Holy Angels, Celebrate (not Be True)*

Homework for Class 6:

Complete a self-evaluation

Practice songs

Class 6

We will go over participants' self-evaluations and try to address areas in which they feel weak. We will discuss what to do in various situations and make sure questions about sailing have been answered. A class evaluation will be filled out.

Bedside practice: practical aspects of sailing: what to bring, what to wear, choosing a stool, dos and don'ts

Songs: review