



Éascaitheoir Báis Welcome Pack

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Éascaitheoir Báis

Step into Sacred Death Work

Some of us are born with one foot in the underworld. Others arrive through grief, illness, caregiving, or ancestral remembering.

Many years in the waiting, and rooted in a firm community death care practice, this training is for those who feel called - not to fix death, but to honour it. To walk beside it. To midwife the liminal.

To facilitate Death.

It is with deep love and reverence that we welcome you to this journey. This training is not about fixing death, but about honouring it. About remembering that death belongs to community, to ritual, and to the cycles of life itself. You are invited to bring yourself fully - your grief, your curiosity, your questions, and your courage.

A trauma-informed, spirit-rooted journey for those called to tend death, grief, and ceremony.

Meet your Facilitator.



I've spent over 15 years walking with death in community as a doula, ritualist, educator, therapist, and witness. My work is rooted in the footsteps of my mother and grandmother, and in the wisdom of lineage healers from many traditions across the world. For the past 5 years, I've been guiding end-of-life doulas, mentoring celebrants, and holding spaces of remembrance, ritual, and return.

This path is shaped by personal loss, ancestral remembering, and a deep belief that death belongs to community. The land of Ériu has held me through my own metamorphosis time and time again. Her threads are weaving through all I offer. My personal practice tends to death in the margins, in baby loss, pet loss, LGBTQIA+ experiences, and also the collective mourning of the land, be it genocide or Mother and Baby Homes.

I've trained hundreds through workshops and long-form programs, weaving together grief literacy, ceremony, somatic presence, and trauma-informed care. My calling is to tend the dying and to midwife the thresholds where life, death, and spirit meet.

Patricia





01 Training Itinerary

Grandmother Calling: A weekend of ancestral death keeping.

(31st October – 2nd November)

Together we'll explore death, grief, and trauma theory, what to expect when death comes as well as washing, shrouding, and waking our loved ones. We'll cover herbs for grief and resilience as well as keening and the spirituality of death. A rich immersion into the world of community death care with a wholesome blend of information, ritual, and integration awaits.

Online Cocoon (Self-Development)

A space for you to grow in rhythm with your own unfolding. You will have access to: informational videos, personal development practices, mentoring and peer support, interviews with guest speakers, workbook exercises, resources and reading lists, as well as an online community to lean into.

Echoing the Future: A weekend of personal death preparation.

(31st January – 2nd February)

We will close our journey covering the practicalities of End of life planning, mapping relational dynamics & counselling skills and investigating eulogies, funerals, and the power of story. We will also learn about energetic loops and business in service, death in the margins & defining your work in the world.

02

Sitting with the Void.



Right now, the momentum for our course is building. We're sitting with the void where all hopes and fears coexist, where all is possible but very little has yet taken form.

How are you feeling about that?

Are you eager to get going, wishing Samhain was here already? Are you peaceful and calm knowing that all will unfold at the right time? Nervous? Excited? Confident or experiencing some self doubt?

Wherever you're at, please know that you matter to this course exactly as you are. You wouldn't be here if this wasn't a good next step for you.

I've attempted to make the wait a little easier for you and the topic less vast and vague! In the following section you can find some exercises that will give you a taste of the course workbook and allow you to meet the material in a no-pressure kind of way! Do as much or as little as you like!
Enjoy!

03

Meeting Death.

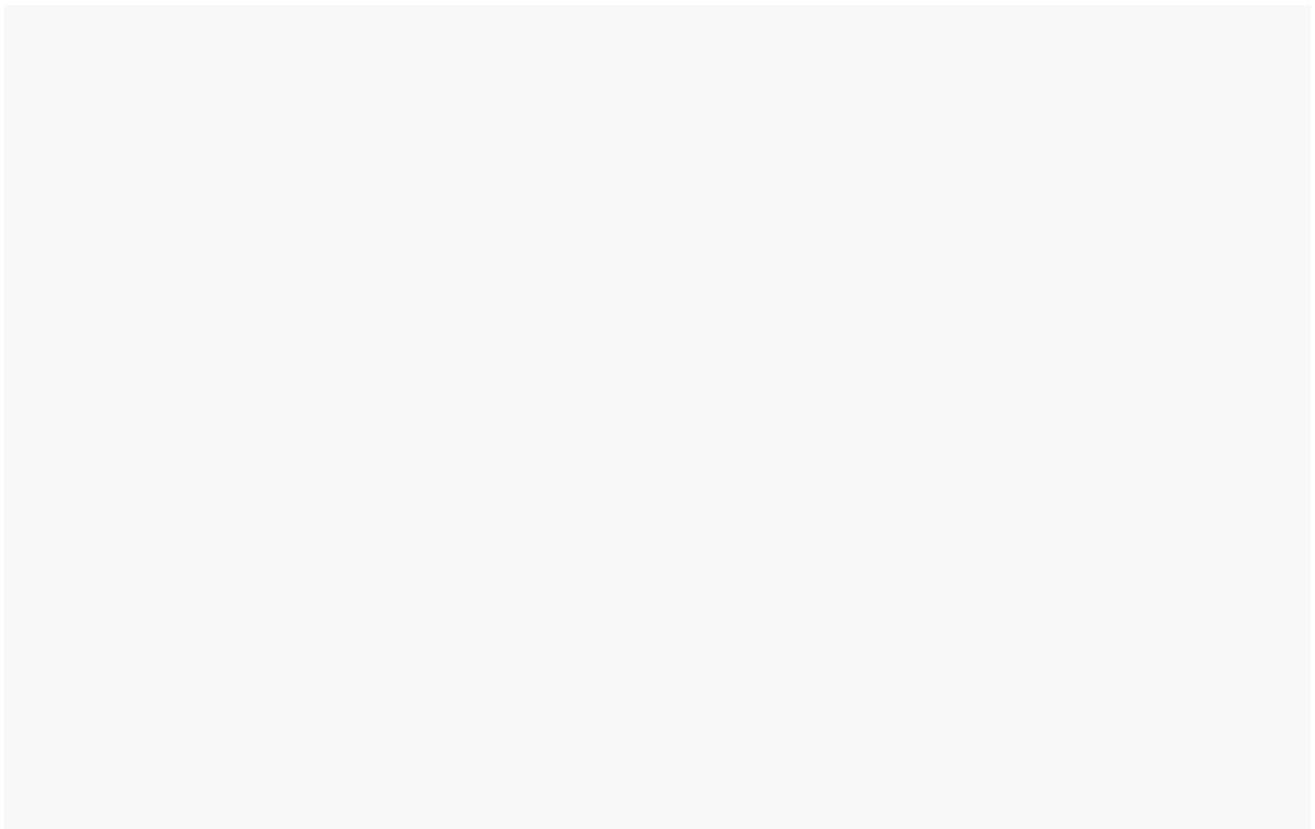
Describing Death

If you were to meet someone who had never encountered death and grief before, what adjectives and images would you choose to describe it's many facets?

They can have negative or positive connotations, they can be rational or metaphorical.

It doesn't so much matter whether you're fully accurate, and more that you feel it's an honest description of your experience up to date!

You can write bullet points or long hand, whatever you prefer.



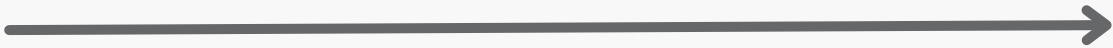
The Story of your Grief

what have been the most impactful moments of grief, death, and loss in your life?

Maybe there are a number of deaths you can recall, maybe your real heart ache has been caused by the job you didn't get, or the house you were forced to move away from.

No need to worry about what does or doesn't qualify. If you recall it, mark it down. Nothing's too big or small.

Create a timeline of all the losses you can recall to date.



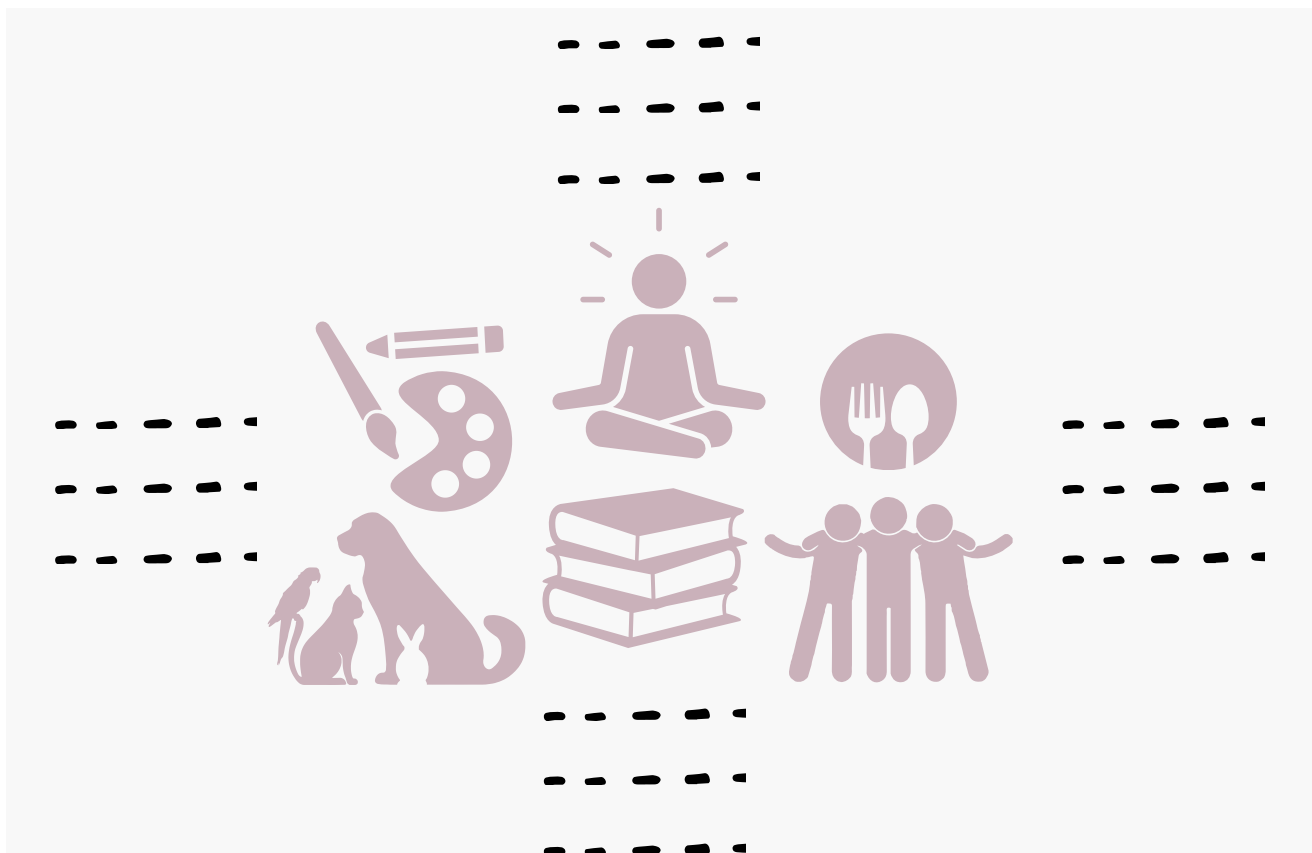
What were your three most impactful experiences?

- 1.
- 2.
- 3.

Ritual and Nourishment

Who or what sustain you when life gets intense? Did you inherit rites or rituals from your ancestors? Are there hobbies or practices you return to frequently? Do you have certain people that feel like a warm hug?

Log the traditions, items, foods, books, people, or practices that nourish your life.



Intention Setting

How will you know joining the course was a success? What are you hoping to learn or gain? Why are you here? What is your ideal outcome?

Set a clear intention for the course.

The Journey Awaits.

Hopefully this little welcome pac has given you a mix of reassurance and inspiration.

It gives you an idea of the types of journaling that awaits and is meant to resource you before we meet in person.

Remember to pop into the online cocoon and introduce yourself there, as the questions you have, and meet your cohort!

As the momentum is building, the journey awaits. And I can't wait.

This is the work of the future and the past. Restoring grief to the collective, restoring care to the dying, and restoring ritual to life. Take your time. Move at your own pace. You are held in community, walking the threshold together.

SEE YOU SOON!

*With Love,
Patricia*



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