

**Michelle O'Rourke RN MA** is a nurse with an extensive background including Emergency Nursing, Parish Nursing, Hospice Palliative Care and Spirituality. She also spent many years in Pastoral Ministry in a large urban parish, and served as the Lay Ecclesial Ministry Specialist with the Roman Catholic Diocese of London. In 2007, Michelle spent a year doing extensive research on Henri's life and writings, particularly around his spirituality of death and dying. She truly believes that this work changed her life personally and professionally.

The thesis for her Master's Degree in Pastoral Ministry and was eventually published. Her book *'Befriending Death: Henri Nouwen and a Spirituality of Dying'* (Orbis 2009) has sold over 6,500 copies worldwide. Her second book, *'Embracing the End of Life: Help for Those Who Accompany the Dying'* (Novalis 2012), co-authored with Eugene Dufour, is a practical guide for helping people deal with the issues around dying well and caring well. A highlight of her nursing career followed when Michelle was asked to help design, build and open a 10-bed residential hospice in Chatham, Ontario in 2016.

Retiring from full time work, Michelle has now focused on consulting, speaking and writing. She offers workshops and retreats to help groups, including formal and informal caregivers, learn how to take care of themselves while they care for others. A sought-after speaker, Michelle has recently published *'Healthy Caregiving: Perspectives for Caring Professionals, in company with Henri J.M. Nouwen'* (Novalis, 2020). Henri's background in spirituality as well as psychology has much wisdom to offer with regards to how we understand the caregiving relationship, and how to maintain our sense of ourselves and understand our own needs as we care for others. More information can be found on her website, [www.selahresources.ca](http://www.selahresources.ca).