



TALKING LIFE SEMINARS

WORKING WITH BEREAVED PEOPLE – SUPPORT FOR THE SUPPORTERS A 1-day Workshop (Maximum 20)

Working with bereaved people can bring many rewards and many challenges. Understanding the nature of bereavement and grief can help in sensitively supporting those living with loss. Understanding the impact of working with loss on ourselves as professionals can help to deal with the stresses caused in a healthy way and avoid longer-term complications like burn out.

This one day interactive workshop for those encountering bereaved people in their work – such as health and care professionals in primary, secondary and palliative care settings, but also insurance professionals, police authorities, residential care staff, teachers, Armed forces, Registrars and so on – addresses the needs of professionals in fulfilling their roles when working with bereaved people.

Aims of the Workshop:

The workshop aims to

Knowledge:

- improve understanding of the issues surrounding loss and bereavement
- raise awareness of the impact of loss and bereavement - on bereaved people and on those connected to them
- help in recognising the needs of those who work supportively with the bereaved

Skills:

- provide practical advice and strategies for health and social care professionals supporting bereaved people
- increase confidence in working with sensitive issues
- develop mechanisms for ongoing personal, peer and organisational support

Attitudes:

- explore the challenges and rewards of working with the bereaved
- feel comfortable enough dealing with issues of loss – our own and others – that they do not impair professional confidence and competence



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Programme:

- 09.30 Welcome and introduction**
- 10.00 Understanding loss and bereavement:**
Loss and bereavement in everyday life
Common grief reactions – pre and post bereavement
- 10.45 Models of bereavement support:**
Latest research and practice
- 11.15 Coffee**
- 11.30 What about me?**
Recognising the impact of loss on supporters
- 12.30 Lunch**
- 13.30 Where to draw the line?**
- 13.45 Relentless self care:**
Techniques for self, peer and organisational support
- 14.45 Putting it into practice:**
Practice Scenarios
- 15.30 Review of the day:**
Ongoing support
- 16.00 End/refreshments**

JONATHAN HARTLEY is a qualified teacher and is a specialist in the field of psychosocial support around life threatening and terminal illness, loss and bereavement. Jonathan was previously Director of the Bereavement Care Standards UK Project, researching current practice, formulating and leading policy, on standards and ethics in bereavement support across the UK. He is a founder member of the Cancer Counselling Trust and has been running workshops and professional development training for more than 15 years on various aspects of bereavement support. He is a popular & empathetic speaker who has presented to audiences nationally & internationally.