7 hours of practical training for health professionals working with those affected by loss and grief.

9:00-11:00 Welcome, introductions and overview of the day. What we have learned about loss and grief so far – helpful or unhelpful. History of loss and grief theories and contemporary frameworks.

11:15-1:15 What is normal and abnormal grieving? Niemeyer and meaning reconstruction – why we need to rewrite our story after loss? Processes of reconnecting with our loved ones.

1:45-3:15 The benefit of mindfulness and ways of being with the pain that comes with loss without becoming paralysed.

3:30-5.00 Working creatively with existential and spiritual questions related to loss. The importance of self-care in loss and grief work and recommitting to daily small ways of attending to the loss we work with. Evaluation of training and certificates.

Beate’ Steller brings 30 years of experience in a variety of sectors to her current role as a Training Consultant and a Pastoral and Spiritual Care Team Leader. Beate’ has been an adult educator for the last 20 years which included being a Training and Development Co-ordinator at the Centre for Community Welfare Training, Lifeline’s (Sydney/Sutherland) Telephone Counselling Trainer and Educator at the Australian College of Applied Psychology. Her experience includes working as a Strategic Planner and a Community Development Officer at Sutherland Shire Council, working with long term unemployed and especially with people from Indigenous and CALD Backgrounds. Beate’s experience in the Health Services’ Industry includes specialising in HIV AIDS, palliative care and aged care. In the last 10 years Beate has specialised in grief and loss education/ counselling and transition counselling. Beate has been a member of the NALAG (National Association of Loss and Grief) Board since 2009. She has both graduate and post graduate qualifications in Adult Education, Social Work and Nursing and is currently completing a Master in Ageing and Pastoral Studies. She holds a Certificate IV in Assessment and Workplace Training.
‘Grief has no rules’ was the theme for the grief month in 2013. Although a lot has changed over the last 30 years in our understanding of loss and grief theories, many unhelpful perspectives still pervade our society and hinder the grief journey. This course will expand your understanding and perspective with new ways of working with loss and grief.

An overview of the history of loss and grief theories will be presented and contemporary frameworks explained. The focus will be on R. Neimeyer’s work (2012) of using a meaning reconstruction approach and learning how to become, as he says, ‘well versed’ in loss and grief.

Learn how to apply a framework of connecting with our loss rather than working towards closure, such as the ‘Continuing Bonds’ approach which has been culturally supported throughout history. Understand processes of how to reconnect and re-introduce the loss of a ‘loved one’ back into a grieving person’s life.

Recognise how incorporating a mindfulness approach to this type of grief work can encourage our clients to be present to their pain with an element of objectivity and separateness. Develop an experience of engaging with spiritual questions that loss raise. Explore how to work creatively with existential meaning making questions.

The importance of self-care will be stressed and the importance of recognising and attending to our own losses as we support others on their journey. Bring your experiences of working with loss and grief and reflect on how to promote further healing.

The course will help you:

- Understand current resources and research related to loss and grief
- Identify and challenge assumptions that may be evident when supporting bereaved clients
- Understand mindfulness concepts and how they can be applied in grief support work
- Experience tools that promote a meaning making reconstruction approach
- Become more confident to explore existential and spiritual questions that your clients might be wrestling with
- Recognise how supporting those who are grieving can impact on your wellbeing
- Develop a more sustainable self-care approach in grief support work.

"With the realisation that grief has ‘no rules’, this seminar will expand your understanding and perspectives with the new ways of working with loss and grief."

Beate Steller

How will you benefit from attending this seminar?

- Learn new and creative ways to work with loss and grief that is based on the idea that “grief has no rules”.
- Experience practical tools and processes that open up healing conversations with client’s losses and re-introduces a lost loved one back into your client’s life.
- Incorporate a mindfulness approach in your work and develop practical ways of helping your clients experience the benefit of working with their loss from this perspective.

Register now at www.PDPseminars.com.au

Standard: $290  
Early bird: $218 (ends 30.04.2014)  
Student/New Graduate: HALF PRICE (apply)

This 1 day seminar provides 7 face to face hours for CPD points

- Morning tea, light lunch and afternoon tea included.
- We accept Paypal, Visa and Mastercard.
- All resources are provided.

This seminar has been designed to extend the clinical knowledge and applied skill for all mental health care professionals who are interested in how the brain works in relation to the human experience. It is also suitable for people in other areas of life who wish to understand the brain and its workings.

The Australian Psychological Society advise that APS Members may accrue Continuing Professional Development (CPD) hours by participating in activities that they determine to be relevant to their specific professional approaches, and professional development goals. CPD activities do not need to be endorsed by the APS.