

Workshops on Loss and Bereavement 2019



Striving for the best care
at end of life for all

.....
Bereavement –
Education and
Training
.....

2019 Workshops on Loss and Bereavement

Aim

This is a series of introductory workshops on a range of topics covering loss and bereavement.

Target Audience

The workshops are targeted at professionals and volunteers who may wish to learn more about loss and bereavement and for those working with people who have experienced a major loss.

These workshops are framed relative to the HSE palliative care competence framework at level two – for people whose work increasingly sees them engaging with people facing loss, bereavement and death. Specifically the competence dimension for grief and loss; and the competence dimension for communication are of relevance to workshop content and learning outcomes.

The framework is available here <https://www.hse.ie/eng/about/Who/clinical/natclinprog/palliativecareprogramme/Resources/competencyframework.pdf>

Accreditation

Professional accreditation is under application from The Irish Association of Social Workers and the Nursing and Midwifery Board of Ireland. If you have other accreditation needs please contact us. A certificate of participation/attendance at the workshops is available on request.

Location

The workshops will be held in the Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Time and Duration

Workshops will commence at **9.15am** and conclude at 4.15pm. Registration will commence at 9.00am

BOOKING DETAILS

Participants may attend one or more workshops. Please note as places are limited early booking is advised.

Application

All completed booking forms should be returned with fee or details of the address to which the invoice should be sent.

Fees

1-day workshop €100

2-day workshop €190

A 10% discount applies if 6 or more training days are booked.

Fees include light lunch/tea and coffee.

Payment

Please make cheques/postal orders payable to the Irish Hospice Foundation and forward to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06. We also accept credit/debit card payments.

Cancellations

Cancellations up to 1 week prior to each workshop will be given a full refund minus an administration fee of €10. Thereafter no refunds will be made. If you are unable to attend a particular session, a substitute may attend in your place by prior arrangement with this office.

PROGRAMME January – June 2019

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Workshop 1

OVERVIEW OF LOSS AND BEREAVEMENT

Date	Time	Presenter
Thursday, 31st January 2019	9.15am – 4.15pm	Brid Carroll

Description

This workshop explores the journey of grief and loss for individuals who have experienced loss in various ways not just through death. It will illustrate ways that can enhance coping for the bereaved individual and help them process their grief. The workshop will help participants to understand the normal reactions to grief and loss and explore how reactions can be more complex and require greater interventions. Contemporary theories and models of grief and loss will be explored. The workshop will be experiential in nature and suitable for both professionals and those working with people who have experienced loss and bereavement.

Learning Outcomes

On completion of the workshop participants will be able to:

- gain enhanced skills and knowledge of grief and loss in various situations;
- allow for reflection on the impact of loss in one's life through the experiential element;
- have a greater understanding of the working models of grief, thus providing frameworks for the experience;
- through discussion will allow for an enriched experience of this difficult area in a safe setting;
- apply the learning to various losses in our present changing times.

Presenter Profile

Brid Carroll Coming from an educational background Brid is a qualified Psychotherapist and Counselling Supervisor with a special interest in bereavement and loss. She holds a Masters in Bereavement Studies from RCSI Dublin and a Postgraduate Certificate in Childhood Bereavement from St. Christopher's Hospice London. Brid is presently working in the south east with families and children experiencing loss through bereavement, illness and separation. She is a contributor to the Irish Hospice Foundation's workshop series and is Coordinator of their Professional Certificate in Children and Loss. Brid is presently the Chair of the Advisory Committee of the Irish Childhood Bereavement Network and a member of the Steering Committee of the Family Bereavement Network of Europe. She has provided information talks throughout Ireland on grief and loss and has worked with many parents, families and children who are grieving the loss of their child, parent or sibling.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 2

SCHOOLS AND LOSS

Date	Time	Presenter
Friday, 1 st February 2019	9.15am – 4.15pm	Conor Mc Guckin

Description

This workshop will look at different forms of loss and how loss impacts on the lives of children at different ages. It will examine how school can be a support to these children. The workshop will provide opportunities for interactive discussion.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the important role that schools can play at a time of loss in a student's/child's life;
- be aware of how the student's understanding of loss changes through their young and adolescent years;
- be familiar with approaches dealing with bereaved children;
- reflect on their own experiences of loss during their school years;
- develop plans in the event of a sudden or unexpected death in the school community.

Presenter Profile

Conor Mc Guckin, PhD, is Assistant Professor of Educational Psychology in the School of Education at Trinity College Dublin, Ireland. Conor convenes the Inclusion in Education and Society Research Group and is the founding editor of the International Journal of Inclusion in Education and Society. Conor's research interests include: psychology applied to educational policy and practices, bully/victim problems among children and adults, and special and inclusive education. Conor is an Associate Fellow of both the British Psychological Society (BPS) and the Psychological Society of Ireland (PSI). Conor a Chartered Psychologist with both the BPS and PSI, and is a Chartered Scientist with the UK Science Council.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 3

SUPPORTING BEREAVED PEOPLE

Date

Thursday, 21st February 2019

Time

9.15am – 4.15pm

Presenter

Estelle McGinley

Description

This workshop will explore ways to combine competence and compassion in supporting bereaved people. Contemporary theories and models of grief will be introduced as well as creative ways of working with loss. The workshop will be experiential in part with a focus on practical tips for enhanced bereavement support.

Learning Outcomes

On completion of the workshop participants will be able to:

- identify different levels of bereavement support;
- draw on a range of intervention tools & strategies;
- acknowledge self-care needs and the impact of personal loss.

Presenter Profile

Estelle McGinley works as a Senior Social Worker in Milford Care Centre Limerick where she coordinates the bereavement support service. She has worked in the area of palliative care and bereavement for 15 years and has considerable experience of supporting bereaved adults and children. Her particular interests are working with grieving children and supporting bereaved parents after the death of a child. She recently completed a Masters in Bereavement Studies.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 4

UNDERSTANDING SUICIDE AND SUPPORTING THE SUICIDE BEREAVED

Date

Friday, 22nd February 2019

Time

9.15am – 4.15pm

Presenter

Bernie Carroll

Description

Caring for and supporting someone who has lost a loved one to suicide can be challenging. Many feel unable to provide adequate support and struggle to understand the depth of grief. Some have difficulty in knowing what to say or do and feel uncomfortable and concerned about saying the wrong thing.

This workshop aims to provide an understanding of the causes of suicide and how to support someone who is experiencing suicidal thoughts. It will help participants to understand the grieving process and explore common grief reactions following a death by suicide. It will explore ways to provide adequate support and present practical strategies in responding to the bereaved.

Learning Outcomes

On completion of the workshop participants will be able to:

- have an increased awareness of suicide;
- understand the contributing factors to suicide and learn how to support someone in suicidal crisis;
- understand the grieving process and how to support the suicide bereaved;
- be familiar with resources and supports available to the bereaved;
- be aware of the impact of personal loss and the importance of self-care.

Presenter Profile

Bernie Carroll has a BSc in Nursing Studies from the University of Limerick and a Masters in Suicide Studies from St. Patrick's College, Drumcondra. Bernie joined the HSE, Mid-West, Suicide Resource Office in 2001 and became the Resource Officer for Suicide Prevention in 2003 with responsibility for implementing the actions, outlined in the National Suicide Prevention Strategy. Bernie joined the National Office for Suicide Prevention in 2014. She has a particular interest in education and training and has delivered suicide prevention, intervention and postvention training programmes, in a variety of settings. Bernie currently works as an educator in the HSE Social Care Directorate.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 5

COMMUNICATING IN CHALLENGING CIRCUMSTANCES WHEN PEOPLE ARE EXPERIENCING LOSS AND GRIEF – *a workshop for non-clinical staff*

Date

Thursday, 28th February 2019

Time

9.15am – 4.15pm

Presenter

Liz Gleeson

Description

This workshop will support non-clinical staff in developing communication and relational skills when dealing with loss and grief. Both a theoretical and experiential approach will be taken. The importance of self-care will be explored.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the landscape of loss and how it may manifest in the individual;
- improve communication skills and active listening techniques;
- learn strategies to sensitively interrupt, transfer or terminate calls or conversations;
- learn how to avoid the pitfalls that might exasperate grief and cause upset;
- understand the importance of self-care when dealing with challenging circumstances.

Presenter Profile

Liz Gleeson offers one-to-one support for those going through bereavement, separation or loss of any kind, from her private practice in Greystones, Co. Wicklow, working with adults and children of all abilities. She is a Creative Arts Therapist (MA Dramatherapy) with over sixteen years professional experience. She completed a Master of Science in Bereavement studies with the Irish Hospice Foundation/RCSI in 2017 and is particularly interested in a body-based approach to working with grief. Liz is a qualified Open Floor Movement Therapist, an approach that she uses to inform her practice. Liz has trained in Complicated Grief Therapy with Kathy Shear of the Centre for Complicated Grief and Susan Delaney of the Irish Hospice Foundation. Experienced and professional in her approach, Liz has been facilitating therapeutic and educational groups since 2001. She teaches a variety of workshops for the Irish Association of Humanistic and Integrative Psychotherapists in Ireland, including 'Working with loss and grief' and now offers the workshop 'Communicating in Challenging Circumstances When People Are Experiencing Loss and Grief' through the Irish Hospice Foundation. Liz facilitates the bereavement group in Greystones Cancer Support Centre.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 6

CHILDREN AND LOSS

Date

Thursday, 21st March 2019

Time

9.15am – 4.15pm

Presenter

Nuala Harmeey

Description

This workshop explores the impact of loss through death and illness on children. The impact of loss will be addressed in relation to child development and family coping strategies. Use of video, children's art and materials will be included.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the importance of developmental stages in loss;
- reflect on the emotional impact of working with grieving children;
- learn skills in the use of materials;
- develop skills in determining levels/and appropriate response/to child's response to loss.

Presenter Profile

Nuala Harmeey worked for many years as a Medical Social Worker in the Children's University Hospital, where she had a particular interest in children and loss and established the bereavement service in that hospital. She now works in St Brigid's Hospice, The Curragh, Co. Kildare. She has also acted as a special advisor to the Hospice Friendly Hospitals Programme. Nuala trained in TCD and the Clanwilliam Institute – she advises on a consultancy service to the FirstLight organisation on bereaved children

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 7

SELF CARE AND FACING LOSS FOR THE PERSON IN A CARING RELATIONSHIP

Date

Friday, 22nd March 2019

Time

9.15am – 4.15pm

Presenter

Dr Ray O'Donnchadha

Description

The workshop will allow the participants to explore the conscious and unconscious issues which influence the behaviour of the person in a caring role. It will provide a theoretical framework for issues of power, control helping others and the dynamics of relationship. It will be facilitated in an experiential, interactive and reflective way, and will provide opportunities for the participants to engage in collaborative learning.

Learning Outcomes

On completion of the workshop participants will be able to:

- learn about the psychology of caring;
- learn about the dynamics of relationship;
- learn about the underlying/unconscious influence of power, helping and control;
- learn about the importance of separating from the person being cared for;
- learn how to develop strategies to support and protect themselves in the caring relationship.

Presenter Profile

Dr Ray O'Donnchadha is a Psychotherapist, lecturer in Psychology and Author. He teaches on the G.P. Professional Training programme in University College Dublin. He practices as a Jungian Psychotherapist at the Institute of Psychosocial Medicine in Dun Laoghaire. He is the author of *'The Confident Child'*, *'Be Confident'* and *'A True Note on a Slack String'*. His first book of poetry *'Chopin's Grave'* was published in September 2012.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 8

DEMENTIA AND LOSS

Date	Time	Presenter
Thursday, 28th March 2019	9.15am – 4.15pm	Breffni McGuinness

Description

This workshop will explore the unique losses and grief associated with dementia and what can help both the person with the diagnosis, and their carers to cope. It will look at the different types of losses e.g. ambiguous, anticipatory and disenfranchised, that are common with dementia. The impact of each on the person with the diagnosis, their carers and the wider family will be examined, along with various supports and approaches that can help people to cope with these challenging losses.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the unique losses and consequent grief associated with dementia;
- understand how the various losses can impact on both the person with a diagnosis of dementia, their carers and the wider family;
- learn about practical approaches and supports that can help people to cope with the different types of losses associated with dementia;
- understand the importance of self-care when working with or supporting someone with dementia.

Presenter Profile

Breffni McGuinness is the Training Manager with The Irish Hospice Foundation (Bereavement). His special interests are in workplace bereavement, hidden losses and the use of creativity in working with people who are grieving. He has published a number of articles on bereavement and has developed resources for workplaces on bereavement policies and supporting staff who are bereaved. He is a Dramatherapist and member of the Irish Association of Creative Arts Therapists (IACAT).

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 9

ILLNESS AND LOSS: LIVING WITH THE SEEN AND UNSEEN

Date	Time	Presenters
Friday, 29th March 2019	9.15am – 4.15pm	Louise O'Driscoll

Description

Illness in all its forms can bring with it huge consequences for how we experience ourselves and our world. This workshop will consider the losses, hidden and otherwise, that can arise when illness comes into our lives. Psychological resilience in the face of illness will be explored along with the understanding of how turning towards, rather than away from, our suffering can give rise to personal growth and deepening wisdom. Special consideration will be given to the impact of a cancer diagnosis on psychological wellbeing.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the unique losses associated with illness;
- develop their awareness of how losses may manifest as psychological distress and the factors associated with vulnerability and resilience;
- learn about psychological resilience in the face of illness and how to support it;
- recognise the impact of illness related loss on caregivers, staff, and services.

Presenter Profile

Louise O'Driscoll is a Senior Clinical Psychologist in St. Vincent's University Hospital. As a member of the psycho-oncology service Louise works with in-patients and outpatients whose lives are affected by cancer risk or diagnosis. Louise has a special interest in the application of compassion and body oriented therapeutic approaches in health care and working collaboratively with clients to help bring about well-being in the face of illness. She has completed advanced training in Compassion Focused Therapy and Mindfulness Based Cognitive Therapy and is currently training as a Somatic Experiencing Practitioner. Louise collaborates on several ongoing funded research projects and has presented research both nationally and internationally. She is a member of St. Vincent's University Hospital Medical Research and Ethics Committee and the Irish Psycho-social Oncology Network and also teaches at a number of graduate and postgraduate training programmes.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 10

SUPPORTING ADOLESCENTS THROUGH GRIEF AND LOSS

Date	Time	Presenters
Thursday, 4th April 2019	9.15am – 4.15pm	Brid Carroll

Description

Bereavement and loss in the life of an adolescent is seen as off time and demands the reorganisation of their assumptive world and how they view themselves, others and life. It evokes grief responses which can be intense. The most frequent deaths adolescents experience are those of parents, siblings or peers. The responses to their loss will depend on their age, the nature of the death, their relationship with the deceased, their personalities, how the family grieves and the changes the death creates in the family. This workshop will examine the factors that influence an adolescent while grieving, explore the impact of various types of loss on the adolescent, discuss the various styles of intervention that might help engage the bereaved adolescent in processing their loss and examine programmes that might be used with bereaved adolescents. The workshop will combine theory with experiential work and will allow for discussion of the difficulties which arise while engaging adolescents with their grief.

Learning Outcomes

On completion of the workshop participants will be able to:

- increase their knowledge of bereaved adolescents and how they function;
- expand the toolkit for professionals who work with this age group;
- allow for the examination of social change and its impact on bereaved adolescents.

Presenter Profile

Brid Carroll Coming from an educational background Brid is a qualified Psychotherapist and Counselling Supervisor with a special interest in bereavement and loss. She holds a Masters in Bereavement Studies from RCSI Dublin and a Postgraduate Certificate in Childhood Bereavement from St. Christopher's Hospice London. Brid is presently working in the south east with families and children experiencing loss through bereavement, illness and separation. She is a contributor to the Irish Hospice Foundation's workshop series and is Coordinator of their Professional Certificate in Children and Loss. Brid is presently the Chair of the Advisory Committee of the Irish Childhood Bereavement Network and a member of the Steering Committee of the Family Bereavement Network of Europe. She has provided information talks throughout Ireland on grief and loss and has worked with many parents, families and children who are grieving the loss of their child, parent or sibling.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 11

LOSS AND THE IMPACT OF FAMILY BREAKDOWN ON CHILDREN AND ADOLESCENTS

Date

Friday, 5th April 2019

Time

9.15am – 4.15pm

Presenter

Sandra Joyce

Description

This workshop explores the impact of parental separation on children and adolescents. It will look at the complexity of step/blended families and how children and adolescents cope in this new family structure. The impact of loss due to separation will be addressed in relation to child and adolescent development and family coping strategies. The workshop will help develop skills to cope with behaviours in children and adolescents due to the impact of parental separation. The workshop is collaborative and active with a mixture of presentation, experimental exercises, group work and case studies.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the impact of parental separation on children and adolescents and how they adjust to changes in family life;
- develop skills in determining levels/and appropriate responses to child and adolescents response to loss due to parental separation;
- understand the importance of the developmental stages in loss following parental separation;
- reflect on how children and adolescents cope in blended families and help them to develop coping strategies to manage their emotions.

Presenter Profile

Sandra Joyce is an experienced Teen/Child and Relationship Counsellor. She has worked with the Teen Between service and as a facilitator of the 'Parents when separated programme' with Relationships Ireland. She runs www.teencrisiscounselling.ie and www.southsidecounselling.ie in South Dublin. Sandra holds a B.Ed in Education and B.A. in Counselling and Psychometric testing from NCII. She also holds a Certificate in Relationships Counselling from Relationships Ireland.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 12

WORKING WITH PEOPLE FACING DEATH – *the journey through anticipatory grief and preparation for end of life care experienced by people who are dying and their families*

Date

Thursday, 11th and
Friday, 12th April 2019

Time

9.15am – 4.15pm

Presenter

Ann Keating
Eileen Scott

Description

How do you talk to someone who is dying? How do we know when someone is anticipating their death and needing to talk with someone? What informs our practice and ensures best practice? Many would argue that the grief process starts before death. If this is true then what are the implications for the individual, their family or friends and professionals of considering grief through the course of an illness? This workshop will reflect on and analyze how we can help people facing death to carefully explore their emotional wellbeing. It will examine whether preparation for and warning of a death can play a positive role in later grieving. We will look at the demanding, often challenging and conflicting issues that arise for people who are ill and what we might do or say to support them. The needs of adults and children will be covered. The format will include presentation, a review of related literature, group discussions and it will be experiential and interactive throughout. It is advisable that those experiencing a recent loss or close bereavement should not attend this workshop.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the complexities of talking to someone who is dying;
- be aware of current theory and literature around this area;
- reflect on their own experience and clients' experience of facing death;
- confidently begin to communicate with a person who is facing death in a safe and respectful manner;
- identify and begin to develop the use of different creative tools that might assist them in their own learning and in their direct work with clients;
- be informed of current HSE practice and Hospice Friendly Hospitals recommendations.

Presenter Profile

Ann Keating has been a Medical Social Worker for 30 years with a particular interest in end of life care, loss and bereavement. She holds a Masters in Social Work during which she prepared a research dissertation Bereavement: A paradigm shift. She has over 23 years' experience working in Hospice settings. She currently works part-time as a lecturer in end of life care and bereavement and loss. Ann is a trained supervisor to Medical Social Workers who work in health settings; intellectual disability and end of life care.

Eileen Scott is a Social Worker working in palliative care for 14 years. She has a degree in Social Science and a Post Graduate Diploma in Psychosocial Palliative Care.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€190 (2-day workshop) includes light lunch/tea and coffee.

Workshop 13

PROLONGED GRIEF DISORDER/COMPLICATED GRIEF: WHAT IS IT AND HOW CAN WE HELP?

Date

Friday, 10th May 2019

Time

9.15am – 4.15pm

Presenter

Dr Susan Delaney

Description

Prolonged Grief disorder (PGD) is a largely misunderstood disorder which effects up to 10% of bereaved people. It is characterised by serious impairment in functioning and an inability to engage satisfactorily with everyday life. CG does not respond well to traditional therapy methods and new protocols are being developed to treat it.

Learning Outcomes

On completion of the workshop participants will be able to:

- be familiar with different grief trajectories;
- understand why grief becomes stuck;
- learn simple strategies to facilitate grief integration;

Presenter Profile

Dr Susan Delaney, Clinical Psychologist and mindfulness teacher, is the bereavement services consultant in the Irish Hospice Foundation. Susan runs the Complicated Grief Programme in IHF and teaches the Bereavement Counselling module on the MSc in Bereavement studies.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 14

LOSS AND BEREAVEMENT IN PEOPLE WITH INTELLECTUAL DISABILITIES

Date

Friday, 17th May 2019

Time

9.15am – 4.15pm

Presenter

Dr John McEvoy

Description

This workshop explores the impact of loss and the bereavement experiences of people with intellectual disability. Among the topics discussed are conceptual understanding of death; emotional knowledge and recognition skills; grief reactions of people with intellectual disabilities; and guidelines for intervention and support.

Learning Outcomes

On completion of the workshop participants will be able to:

- discuss the developmental, familial and cultural issues associated with loss, bereavement and grief and individuals with intellectual disabilities;
- outline what constitutes ‘best practice’ in supporting people with intellectual disabilities experiencing loss and bereavement;
- develop a range of different practical interventions in supporting people with intellectual disabilities in coping with and adjusting to loss.

Presenter Profile

Dr John McEvoy is Principal Clinical Psychologist with the Prosper Group – an organisation providing services for men and women with intellectual disabilities throughout north County Dublin and County Meath. He has been working and conducting research with people with intellectual disabilities both in Ireland and the UK for over thirty years. John is also an Adjunct Associate Professor with the School of Psychology, UCD, Honorary Lecturer with NUI Galway, and joint editor of *The Handbook of Intellectual Disability and Clinical Psychology Practice*.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 15

FOSTER CARE AND LOSS

Date	Time	Presenter
Thursday, 23rd May 2019	9.15am – 4.15pm	Peter O'Toole

Description

This workshop will explore the unique losses and grief associated with foster care. An overview of foster care in Ireland will be delivered, alongside a review of current challenges within the system. The relationship between attachment and loss will be explored, with the perspectives of both children in care and the foster carers who care for them being considered. The various situations and challenges that foster carers, as well as their own children, experience in their roles will be explored in the context of ambiguous grief and disenfranchised loss. An exploration of the various supports available will be presented and discussion encouraged on potential solutions for improvements and development of such.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the unique and specific aspects of change, grief and loss in the context of foster care (children in care);
- understand change, grief and loss as often experienced by foster carers in their unique roles;
- consider the impact of losses inherent to foster care and how they impact on the children of foster carers;
- consider how foster carers can care for themselves following losses;
- consider how further understanding and considerations of the challenges related to loss and grief in fostering can assist in improving the quality of foster care in Ireland.

Presenter Profile

Peter O'Toole is Head of Support Service with the Irish Foster Care Association. He recently oversaw the development of the "Moving Forward" programme on loss for the organization. Peter is a qualified counsellor and registered psychologist with the Psychological Society of Ireland. He has also worked directly with children in care in a residential setting, facilitating their placements as well as liaising with their families of origin plus their respective social workers and allocated professionals. He has completed the IHF certificate in Children & Loss and facilitated Children's Bereavement groups with Rainbows Ireland. Peter has worked on a voluntary basis for numerous organisations, both in Ireland and abroad, most notably in an orphanage for children with special needs and in palliative care in Eastern Europe.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 16

MANAGING LOSS IN ADOPTION, LIVING LIFE WELL

Date

Friday, 24th May 2019

Time

9.15am – 4.15pm

Presenter

Frances Jones

Description

While acknowledging the love, caring, sense of belonging and security that adoption provides for many families, this workshop identifies and explores the impact of adoption losses. It highlights what can happen when these losses are denied or hidden. It outlines the seven core issues in adoption and the main theories relating to adoption and loss. It explores the strategies and practices that can help those involved manage their losses and live life well.

Learning Outcomes

On completion of the workshop participants will be able to:

- identify the main attitudes, values and beliefs that shape our evolving adoption laws and practice;
- identify adoption losses and the impact of the seven core issues which underlie adoption for all parties involved;
- highlight traditional and contemporary theories that help promote resilience, well-being and happiness;
- identify the services and supports available to those affected by adoption losses.

Presenter Profile

Frances Jones has vast experience of adoption and loss having worked extensively in adoption, child care and oncology services as a Social Worker for a number of years, six at senior level. She has a Masters in Adoption and a Counselling Dip from Cork Counselling Centre where her qualifying thesis explored “Life, Loves and Losses”. She maintained a private counselling practice as an accredited member of the Irish Association of Counselling and Psychotherapy and now presents workshops on aspects of adoption, loss and bereavement, communication, volunteering, support, supervision and self-care for various academic and voluntary bodies.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 17

DEATH AT THE TIME OF BIRTH – SUPPORTING PARENTS THROUGH THE JOURNEY OF PERINATAL LOSS

Date	Time	Presenter
Thursday, 6th June 2019	9.15am – 4.15pm	Brid Shine

Description

Childbirth is a significant developmental milestone in the lives of parents, an experience that is usually filled with hope, joy and anticipation. The nature of perinatal loss is that it is often sudden and unexpected, resulting in profound shock and sadness for families. This workshop will explore the wide range of loss experiences, and the evidence based bereavement care practices that support parents throughout the journey of perinatal loss. The focus will be on how to care compassionately for bereaved parents and their grieving families. The different levels of bereavement support, both in the hospital and community setting will be outlined. Self-care tools for staff who care for bereaved families will be introduced through mindfulness and self-compassion practices.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the impact of perinatal loss on the lives of parents, siblings and wider family;
- understand the varied grief responses and grieving styles associated with perinatal loss;
- understand how to care compassionately for families in the circumstances of perinatal palliative care and bereavement;
- understand how bereavement care practices have been influenced by contemporary grief theory, and how to link theory to practice;
- understand the different levels of bereavement support provided by the hospital and community;
- understand the impact on healthcare staff and learn tools to prevent, recognise or respond to stress, empathy fatigue and burnout.

Presenter Profile

Brid shine is a registered Nurse and Midwife. She has a higher diploma in Public Health Studies and a Masters Degree in Bereavement Studies. Brid is trained in spiritual care of the dying, has certified as a Mindfulness Teacher and is a Reiki Healing practitioner. With over 25 years' experience she has cared for clients in both the hospital and community setting at all stages of the life cycle, from birth to death. Brid's current post since 2010 is Clinical Midwife Specialist in Bereavement and Loss at the Coombe Women & Infants University Hospital. She was a member of the HSE subgroup that launched National Standards for Bereavement Care for Ireland's Maternity units in August 2016.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 18

INFERTILITY AND LOSS

Date	Time	Presenter
Friday, 7th June 2019	9.15am – 4.15pm	Patricia Gilbert Gerry McCluskey

Description

Parenthood continues to be an important life goal for couples and individuals despite the significant role options now available to men and women. However for approximately 1 in 6 couples the diagnosis of infertility challenges the hopes and expectations they held for their future – it is a loss. Losses at each stage of medical investigation and treatment are cumulative and enduring. The workshop will address the range of losses encountered during and after treatment. It will also review contemporary theories of loss in the context of infertility.

Learning Outcomes

On completion of the workshop participants will be able to:

- develop their knowledge of fertility investigations and treatment;
- gain insight into the emotional impact of infertility on individuals and couples;
- review contemporary theories of loss;
- develop an awareness of the life-long impact of the infertility experience.

Presenter Profile

Patricia Gilbert is a Senior Social Work Practitioner/Counsellor. As a Social Worker she was originally employed by Social Services in Family and Child Care for a number of years before specialising in the area of adoption with the voluntary agency, Adoption Routes, where she is currently a Senior Social Work Practitioner. In addition to membership of the Irish Fertility Counsellors Association, Patricia holds professional membership of the following bodies, Northern Ireland Social Care Council (NISCC), British Infertility Counselling Association, Accredited Member (BICA) and British Association for Counselling and Psychotherapy (BACP). She is currently a member of BICA's Accreditation Board. The Fertility Counselling Service NI has in recent years developed training models which Patricia is involved in presenting throughout the UK.

Gerry McCluskey originally trained as a Social Worker and since 1983 has held a variety of practitioner and management posts in Family and Child Care/Child Protection Fieldwork and Family Placement (Fostering and Adoption.) Gerry came to Fertility Counselling in 2003 through her work in Adoption. Gerry is employed by the Fertility Counselling Service NI to provide counselling to anyone who is affected by infertility. Gerry is an accredited member of BICA which she joined in 2003 and a member of the BICA Executive between 2010 – 2016. She has been a member of the Irish Fertility Counsellors' Association since its inception in 2009. Gerry has a Masters in Social Work, an Advanced Diploma in Person Centred Counselling and is Relate Trained.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 19

ADDICTION AND LOSS

Date

Friday, 14th June 2019

Time

9.15am – 4.15pm

Presenter

Eoin Stephens

Description

Both the process of addiction and the process of recovery from addiction can be seen as having loss and grieving as central themes. This workshop will look at the psychological dynamics common to different addictions in relation to these inevitable themes of loss and grieving, with an emphasis on how clients may be practically helped to work through their particular loss issues.

Learning Outcomes

On completion of the workshop participants will be able to:

- describe the main criteria which define an addictive attachment;
- outline the losses which occur as a result of the progression of an addiction;
- understand the necessity for the addictive attachment to be mourned in order for healthy recovery to take place;
- reflect on the possible role of earlier unresolved grief issues in the genesis of an addiction, and in recovery from the addiction.

Presenter Profile

Eoin Stephens is an Integrative Cognitive Behavioural Therapist specialising in Addictive & Problematic Behaviours. He has worked at a senior level in the fields of addiction counselling and counsellor education, as well as in private practice, for over twenty years.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 20

MANAGING GRIEF AT WORK

Date	Time	Presenter
Thursday, 20th June 2019	9.15am – 4.15pm	Breffni McGuinness

Description

Grief can affect people at any time – whether through a death, relationship breakup, diagnosis of an illness or perhaps suicide. These are difficult experiences to deal with anyway, but how do we deal with these when we are at work? Do we just get on with things or is there a better way? As a manager, how can I support and respond to an employee who is bereaved? What do I say? What do I do? This workshop will look at best practice in dealing with grief in the Workplace. It will help participants to develop skills for effectively supporting people who are bereaved, identify key elements of a Workplace Bereavement Policy and signpost resources and supports that are available.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand different types of losses and how these can impact on employees;
- develop skills to provide effective support to an employee who is bereaved;
- understand the key elements of a Workplace Bereavement Policy;
- identify where to find helpful resources and supports.

Presenter Profile

Breffni McGuinness is the Training Manager with The Irish Hospice Foundation (Bereavement). His special interests are in workplace bereavement, hidden losses and the use of creativity in working with people who are grieving. He has published a number of articles on bereavement and has developed resources for workplaces on bereavement policies and supporting staff who are bereaved. He is a Dramatherapist and member of the Irish Association of Creative Arts Therapists (IACAT).

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 21

MINDFULNESS, SELF-COMPASSION AND THE JOURNEY OF BEREAVEMENT

Date

Friday, 21st June 2019

Time

9.15am – 4.15pm

Presenter

Dr Susan Delaney

Description

Through a combination of didactic presentation and experiential exercises this workshop will consider how mindfulness techniques can be used in bereavement with both children and adults.

Learning Outcomes

On completion of the workshop participants will be able to:

- be familiar with current mindfulness-based bereavement care models;
- experience how mindful practices can deepen therapeutic presence and help maintain practitioner well-being;
- be aware of simple practices to use with bereaved clients.

Dr Susan Delaney, Clinical Psychologist and mindfulness teacher, is the bereavement services consultant in the Irish Hospice Foundation. Susan runs the Complicated Grief Programme in IHF and teaches the Bereavement Counselling module on the MSc in Bereavement studies.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

Workshop 22

EXPLORING SPIRITUALITY AT END OF LIFE

Date	Time	Presenter
Thursday, 27th June 2019	9.15am – 4.15pm	Bryan Nolan

Description

The workshop will review spirituality and what it is in a contemporary Irish context. It will explore spiritual care at end of life and caring for those that are bereaved. The content is relevant to all who accompany those at end of life and their loved ones. The workshop will contain group work and discussion.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand that spiritual needs emerge at end of life and in bereavement;
- understand that spirituality is more than religion;
- understand that holistic care includes spiritual care;
- be aware of and begin to address spiritual pain.

Presenter Profile

Bryan Nolan is currently working as Communications and Development Coordinator (Final Journeys) with the Irish Hospice Foundation. Bryan has worked in healthcare since 1987 in both maternity and acute settings, he was at the core of end of life care provision and developed education resources and services for staff, patients and their relatives at end of life. Bryan has a Masters in Health Care Chaplaincy from D.C.U, he trained as an addiction therapist with the N.C.E.A. In 2007 Bryan joined the Hospice Friendly Hospitals programme as a Development Coordinator for the Louth Meath Hospital group and in 2009 became the National Communications Coordinator for Final Journeys. He has introduced and facilitated the programme in both acute and community settings. Currently Bryan delivers the Final Journeys suite of programmes which includes “Dealing with Bad News” (a four hour workshop for doctors and senior staff) and “What Matters Most” (difficult conversations over time, long stay settings). He is also providing workshops for both new and advanced facilitators for Final Journeys.

Venue

The Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06.

Fee

€100 (1-day workshop) includes light lunch/tea and coffee.

BOOKING INFORMATION

Application

All completed booking forms should be returned with fee or details of the address to which the invoice should be sent.

Fees

1-day workshop €100

2-day workshop €190

Fees include light lunch and tea/coffee.

A 10% discount applies if 6 or more training days are booked.

Payment

Please make cheques/postal orders payable to the **Irish Hospice Foundation** and forward to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06. We also accept credit/debit card payments.

Cancellations

Cancellations up to 1 week prior to each workshop will be given a full refund minus an administration fee of €10. Thereafter no refunds will be made. If you are unable to attend a particular session, a substitute may attend in your place by prior arrangement.

On-Line Booking

Bookings can also be made on-line through our website: www.hospicefoundation.ie.

Venue

All workshops will be held in the Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2, D02 YE06 from 9.15am – 4.15pm.

Contact

If you would like further information about these workshops or would like to be included on our mailing-list for future bereavement education and training updates please call Iris Murray on 01 679 3188 or email: iris.murray@hospicefoundation.ie.

BOOKING FORM

FULL NAME: _____

HOME ADDRESS: _____

JOB TITLE: _____

ORGANISATION: _____

ORGANISATION ADDRESS: _____

TEL. NO: (WK/DAY) _____ (HM/MOBILE) _____

EMAIL: _____

DO YOU WORK IN PALLIATIVE CARE OR HOSPICE YES/NO

SPECIAL DIETARY REQUIREMENTS: _____

DISABILITY/SPECIAL REQUIREMENTS: _____

WHERE DID YOU HEAR ABOUT THE WORKSHOPS: (✓ relevant box)

Mailing List Poster

IHF Website Colleague

Advertisement Other

(specify source) _____ (specify) _____

At the Irish Hospice Foundation, we are committed to protecting and respecting your privacy and our policy on this can be viewed on <https://hospicefoundation.ie/irish-hospice-foundation-website-privacy-policy/>

PTO →

BOOKING FORM

I would like to book a place on the following workshops:- (✓ relevant box)

- | | | | |
|---|--------------------------|-----------|------------------------|
| 1. Overview of Loss and Bereavement | <input type="checkbox"/> | Fee: €100 | (31/1/19) |
| 2. Schools and Loss | <input type="checkbox"/> | Fee: €100 | (1/2/19) |
| 3. Supporting Bereaved People | <input type="checkbox"/> | Fee: €100 | (21/2/19) |
| 4. Understanding Suicide and Supporting the Suicide Bereaved | <input type="checkbox"/> | Fee: €100 | (22/2/19) |
| 5. Communicating in Challenging Circumstances – a workshop for non-clinical staff | <input type="checkbox"/> | Fee: €100 | (28/2/19) |
| 6. Children and Loss | <input type="checkbox"/> | Fee: €100 | (21/3/19) |
| 7. Self-Care and Facing Loss for the Person in a Caring Relationship | <input type="checkbox"/> | Fee: €100 | (22/3/19) |
| 8. Dementia and Loss | <input type="checkbox"/> | Fee: €100 | (28/3/19) |
| 9. Illness and Loss: Living with the Seen and Unseen | <input type="checkbox"/> | Fee: €100 | (29/3/19) |
| 10. Supporting Adolescents Through Grief and Loss | <input type="checkbox"/> | Fee: €100 | (4/4/19) |
| 11. Loss and the Impact of Family Breakdown on Children and Adolescents | <input type="checkbox"/> | Fee: €100 | (5/4/19) |
| 12. Working with People Facing Death | <input type="checkbox"/> | Fee: €190 | (11/4/19
& 12/4/19) |
| 13. Prolonged Grief Disorder/Complicated Grief: What is it and how can we help? | <input type="checkbox"/> | Fee: €100 | (10/5/19) |
| 14. Loss and Bereavement in People with Intellectual Disabilities | <input type="checkbox"/> | Fee: €100 | (17/5/19) |
| 15. Foster Care and Loss | <input type="checkbox"/> | Fee: €100 | (23/5/19) |
| 16. Managing Loss in Adoption, Living Life Well | <input type="checkbox"/> | Fee: €100 | (24/5/19) |
| 17. Supporting Parents Through the Journey of Perinatal Loss | <input type="checkbox"/> | Fee: €100 | (6/6/19) |
| 18. Infertility and Loss | <input type="checkbox"/> | Fee: €100 | (7/6/19) |
| 19. Addiction and Loss | <input type="checkbox"/> | Fee: €100 | (14/6/19) |
| 20. Managing Grief at Work | <input type="checkbox"/> | Fee: €100 | (20/6/19) |
| 21. Mindfulness, Self-Compassion and the Journey of Bereavement | <input type="checkbox"/> | Fee: €100 | (21/6/19) |
| 22. Exploring Spirituality at End of Life | <input type="checkbox"/> | Fee: €100 | (27/6/19) |

A 10% discount applies if 6 or more training days are booked.

Payment (Please circle the method to be used i.e. A, B or C)

A I enclose a **cheque/postal order** made payable to **The Irish Hospice Foundation**

B Invoice the following: **Name and Organisation** _____

Address _____

C I wish to pay by **Credit/Debit Card**: (circle as appropriate) Visa Mastercard Debit

I authorise the Irish Hospice Foundation to deduct _____ from my account.

Credit Card No:

Expiry Date: CVV2: This is the last 3 digits printed on the reverse of your card on the signature strip.

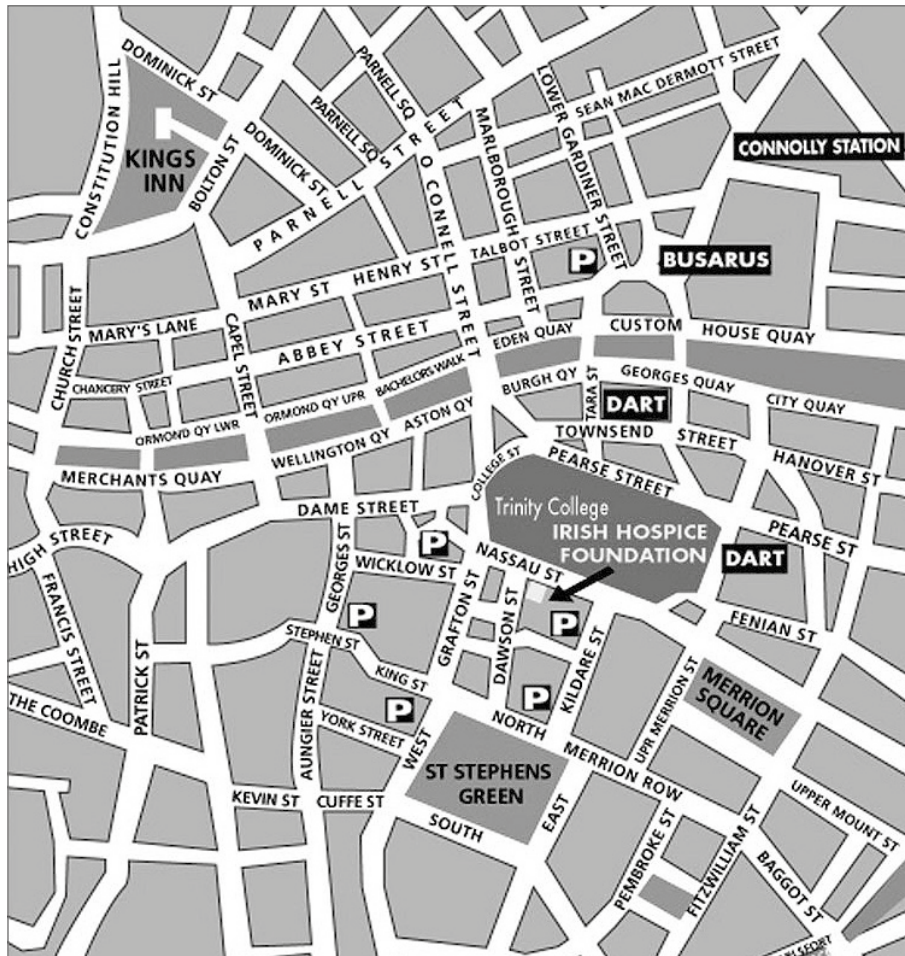
Name of cardholder: _____

Address: (if different from overleaf) _____

Signature: _____

**Return completed booking forms to: Iris Murray, Irish Hospice Foundation,
 Morrison Chambers, 32 Nassau Street, Dublin 2, D02 YE06. Tel: 01 679 3188 Fax: 01 673 0040
 Email: iris.murray@hospicefoundation.ie Website: www.hospicefoundation.ie and www.bereaved.ie**

LOCATION MAP



Nearest car parks:

Dawson Car Park, School House Lane, Dublin 2
Setanta Car Park, Frederick Lane South, Dublin 2

Dart stations:

Pearse Station and Tara Street Station

Buses:

Information on bus services for Nassau Street can be obtained by contacting Dublin Bus
Tel. 01 872 0000 www.dublinbus.ie

Luas:

The nearest Luas stop to Nassau Street is Dawson Street (the green line) www.luas.ie



Striving for the best care
at end of life for all

The Irish Hospice Foundation (IHF) is a national charity dedicated to all matters relating to dying, death and bereavement in Ireland. The IHF promotes the hospice philosophy and supports the development of hospice care and relies on public donations to support its initiatives.

Our vision is that no one should face death or bereavement without the care and support they need. This includes support for families and loved ones, extending into bereavement.

The Bereavement Education & Resource Centre of the IHF was established in 2003. It provides education and training as well as a public and professional information service on loss and bereavement.

Bereavement Education & Resource Centre

The Irish Hospice Foundation

Morrison Chambers

4th Floor, 32 Nassau Street

Dublin 2, D02 YE06

Tel: 00 353 (0) 1 679 3188

Fax: 00 353 (0) 1 673 0040

www.hospicefoundation.ie

www.bereaved.ie

Our current education and training programmes are:-

- MSc Loss & Bereavement/MSc Loss & Bereavement (Counselling)

- Professional Certificate in Children and Loss

- Annual series of Workshops on Loss and Bereavement

- E-Learning

- Staff Development

Information on all our training is available on
www.hospicefoundation.ie and www.bereaved.ie