



Workshops on Loss and Bereavement

2014





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2014 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.

Accreditation

Professional accreditation is under application from The Irish Association of Social Workers and An Bord Altranais. We have applied for CPD Recognition to the Irish College of General Practitioners. 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.

Time and Duration

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

To maximise your own learning and as a courtesy to other participants, please plan to arrive on time and stay for the entire presentation.

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 a cheque 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. We also accept credit/laser/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 2014

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Workshop 1

OVERVIEW OF LOSS AND BEREAVEMENT

Date

Thursday, 23rd and Friday, 24th January 2014

Time

9.15am - 4.15pm

Presenter

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 who has worked with a special interest in loss and bereavement issues for over twenty years. Brid presently counsels children, young people and families dealing with loss and change through death separation and illness. Presently she provides training with various groups in the areas of bereavement and loss and family systems throughout Ireland.

Venue

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

Fee

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

To book a place on this workshop please read the booking information in this brochure (page 25) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospicefoundation.ie Website: www.hospicefoundation.ie and www.bereaved.ie

Workshop 2

SCHOOLS AND LOSS

Date

Friday, 31st January 2014

Time

9.15am - 4.15pm

Presenter

Padraig McMorro
Pat Wilson

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 use a video presentation and 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

Padraig McMorro is a retired Guidance Counsellor. At present, he is the Administrator of Kilkenny Bereavement Support, a voluntary organisation. He is involved in the recruitment and training of its volunteers.

Pat Wilson I.A.C.P. has many years experience in the field of counselling and psychotherapy. She is also an accredited supervisor, tutor and facilitator. She has a special interest in working with children and families dealing with all types of loss.

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.

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Workshop 3

SUPPORTING BEREAVED PEOPLE

Date

Thursday, 13th February 2014

Time

9.15am - 4.15pm

Presenter

Anne Dodd

Description

This workshop will explore how to combine competence and compassion in supporting bereaved people on their grief journey. Contemporary theories and models of grief and loss will be introduced. The workshop will be experiential in part and will also focus on practical inputs for improved bereavement support.

Learning Outcomes

On completion of the workshop participants will be able to:

- identify different levels of bereavement support;
- identify different patterns of grieving and how these impact on bereavement support provision;
- utilise active listening techniques;
- appreciate the impact of personal loss issues on support provision.

Presenter Profile

Anne Dodd holds a Degree in Counselling and Psychotherapy from the Institute of Integrative Counselling and Psychotherapy and is a member of IACP and WGII. She has recently completed an MSc in Bereavement Studies with the Royal College of Surgeons in Ireland. She works in private practice with both individuals and couples and has a particular interest in gender differences in grieving.

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 4

FAMILIES AND BEREAVEMENT

Date

Thursday, 20th and Friday, 21st February 2014

Time

9.15am - 4.15pm

Presenter

Ann Keating

Description

As well as being an individual experience, bereavement is influenced by family relationships and functioning. This 2-day workshop will examine the interplay between individuals and their family dynamics, explore the use of bereavement risk assessments and assist participants in considering strategies for assisting and supporting bereaved families. The format will be a mixture of lecture and group discussions, - examining current theories on bereavement and loss, with experiential components – providing plenty of opportunity to discuss challenging family casework. As aspects of this workshop are experiential, it is advisable that those recently bereaved do not attend.

Learning Outcomes

- On completion of the workshop participants will be able to:
- have a greater understanding of the feelings and behaviours associated with an individual's journey through grief;
- understand the dynamics present in families when faced with a bereavement;
- be equipped with knowledge of family and bereavement risk assessments;
- will understand the principles of using family Genograms, using life lines and mapping of family dynamics;
- will be equipped with skills for working more confidently with families as they face their journey through the life cycle of loss and bereavement.

Presenter Profile

Ann Keating is a Medical Social Worker working in hospice for 21 years. Ann currently works as a part-time lecturer in end of life care and bereavement and loss. She is a trained supervisor to medical social workers working in health settings and end of life care.

Venue

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

Fee

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

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Workshop 5

SUPPORTING THE SUICIDE BEREAVED

Date

Friday, 28th February 2014

Time

9.15am - 4.15pm

Presenter

Máire Ní Dhomhnaill

Description

Coping with the loss of a loved one to suicide is one of the most challenging and distressing of all grief responses. Research suggests that everyone at some point of their life will be affected by a suicide. It may be a family member, a neighbour, a friend, a colleague or someone in our community or a well-known public figure. It is important to honour and respect the evolving needs of the suicide bereaved in the hours, days, weeks, months and years following the death. This workshop will give:

A general overview: which will include some background information, myths, causes of suicide and the participants will get an understanding of the many issues which will help them in their work with the bereaved. It will also include references to current research, initiatives and good practice guidelines.

The Impact of Suicide: which will look at both the common grief reactions with a particular emphasis on the complexities of suicide bereavement.

Supporting the suicide bereaved: "Research in suicide bereavement indicates that a significant proportion of the bereaved will want and require support outside their close family and social network" (Petrus Report 2005). The different needs of the bereaved at different stages of the grief journey and how we may best respond will be discussed. It will be an opportunity to look at different approaches for individuals, families, groups, and children. Participants will be given time to have an open discussion on their own personal experiences, ask questions or explore concerns/issues they may have.

Learning Outcomes

On completion of the workshop participants will be able to:

- gain knowledge and information on the many aspects of suicide and an understanding of how they may affect our work in supporting the suicide bereaved;
- learn how to support the suicide bereaved taking into account the uniqueness of each individual's journey, the different stages of their grief and the evolving needs;
- identify your own personal strengths and the challenges in supporting the suicide bereaved;
- understand the importance of self-care, support and supervision.

Presenter Profile

Máire Ní Dhomhnaill is an accredited Counsellor, a member of IACP and is based in The Family Centre, Castlebar, Co. Mayo since 2002. A large part of her work is supporting the suicide bereaved through both individual work and co-facilitating suicide bereavement support groups. In 2011 Máire took on the role of Project Co-ordinator for The Mayo Suicide Liaison Project, this is a postvention project which supports families following a suicide. Máire has taken a lead role in developing a protocol for Mayo agencies "Responding to a Suicide" which is now in place in Co. Mayo. Currently plans are underway to roll out this model of support for families in the Western Region.

Venue

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Fee

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Workshop 6

DEMENTIA AND LOSS

Date

Thursday, 20th March 2014

Time

9.15am - 4.15pm

Presenter

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 and Development Officer with The Irish Hospice Foundation (Bereavement). He is a Dramatherapist and member of the Irish Association of Creative Arts Therapists (IACAT). His special interests are in workplace bereavement, hidden losses and the use of creativity in working with people who are grieving.

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.

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Workshop 7

WHAT MATTERS TO ME

Date

Friday, 21st March 2014

Time

9.15am - 4.15pm

Presenter

Bryan Nolan
Aoife O'Neill

Description

What Matters to Me is part of the suite of Final Journeys workshops provided by the Irish Hospice Foundation. This workshop specifically caters for staff providing end of life care in long term care settings for older people, including community hospitals, community nursing units and nursing homes. The workshop explores the factors influencing end of life care in long term care for older people. It highlights the impact of good communication on end of life care and the importance of seeing the person as an individual whose wishes and preferences should be central to care provided. During the day participants will have the opportunity to reflect on what they do really well in their setting and what they want to do differently.

Learning Outcomes

On completion of the workshop participants will be able to:

- gain insight into what good end of life care is including the concept of 'living to the end';
- gain insight into the specific challenges of providing end of life care in older persons' care settings;
- be more aware of how to identify what matters most to the residents in their care;
- feel more confident in communicating with residents themselves in relation to what they would want at end of life, how to initiate conversations and respond to difficult questions;
- feel more confident in working with families

Presenter Profile

Bryan Nolan is currently working as Communications and Development Co-ordinator (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 Co-ordinator for the Louth Meath Hospital group and in 2009 became the National Communications Co-ordinator 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.

Aoife O'Neill has worked with the Irish Hospice Foundation for seven years specifically in the area of end of life care in long term care for older people. She co-ordinates the Network of Community Hospitals, Quality of Life at End of Life in the greater Dublin area and also facilitates the 'What Matters to Me' course for staff in these settings. She has a B.Soc.Sc degree and Masters in Social Work and has practiced in the areas of physical and intellectual disability, child protection, and mental health.

Venue

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

Fee

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Workshop 8

CHILDREN AND LOSS

Date

Thursday, 3rd April 2014

Time

9.15am - 4.15pm

Presenter

Nuala Harmey

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 Harmey, a Social Worker by profession, established the bereavement service in the Children's University Hospital Temple Street and was a special advisor to the Hospice Friendly Hospitals programme. She trained in TCD and the Clanwilliam Institute. She has a particular interest in working with children who have experienced loss and does so in several organisations.

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.

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Workshop 9

PARENTAL GRIEF – SUPPORTING PARENTS FOLLOWING THE SUDDEN DEATH OF A CHILD

Date

Friday, 4th April 2014

Time

9.15am – 4.15pm

Presenter

Deirdre Dowling
Ger O'Brien

Description

The death of a child has a profound and lifelong effect on a family. Although both parents are grieving the same child their grief can be very different. Parents can, with knowledge and understanding, adapt to each other's grieving style. The workshop will examine the affects of the sudden loss of a child on the parental relationship and how gender styles can influence and cause diversity in grief. The ways in which support workers can promote self-help and help parents in their grief will be explored.

Learning Outcomes

On completion of the workshop participants will be able to:

- gain an understanding of the affects of trauma on parents;
- understand the complexities of the loss of a child;
- identify different grieving styles i.e. masculine and feminine, and how it affects a couple's relationship;
- assist parents in normalising their grief;
- understand and accept differences within individual families;
- identify adequate resources and supports available to families.

Presenter Profile

Deirdre Dowling holds a Degree in Community Studies, a H.Dip in Guidance and Counselling and recently completed a Postgraduate Diploma in Bereavement Studies. She has worked with the Irish Sudden Infant Death Association for the past four years. Deirdre raises awareness of parents' needs among professionals and co-facilitates parents' support groups.

Ger O'Brien holds a Degree in Psychotherapy and has worked as Bereavement Services Co-ordinator for the Irish Sudden Infant Death Association for the past 11 years. She provides crisis intervention, counselling and facilitates support groups. She has also worked on the bereavement training service in the Children's University Hospital, Temple Street. She has a particular interest in parental loss.

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.

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Workshop 10

GRIEF IN THE WORKPLACE – PROVIDING EFFECTIVE SUPPORT TO GRIEVING EMPLOYEES

Date

Thursday, 10th April 2014

Time

9.15am – 4.15pm

Presenter

Breffni McGuinness

Description

Grief and loss are part and parcel of the workplace environment. Whether it is someone we know who has died in an expected or tragic way, the diagnosis of a terminal illness, or the breakup of a relationship, these aspects of our lives cannot be left at the door when we come to work. What is the best thing to do or say as a manager in such situations?

Learning Outcomes

On completion of the workshop participants will be able to:

- understand how grief and loss can impact on employees;
- support a bereaved employee and recognise when more help is needed;
- create a supportive work environment for employees who are bereaved;
- understand the key elements of a Workplace Bereavement Policy.

Presenter Profile

Breffni McGuinness is the Training and Development Officer with The Irish Hospice Foundation (Bereavement). He is a Dramatherapist and member of the Irish Association of Creative Arts Therapists (IACAT). His special interests are in workplace bereavement, hidden losses and the use of creativity in working with people who are grieving.

Venue

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Fee

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Workshop 11

LOSS AND THE IMPACT OF FAMILY BREAKDOWN ON ADOLESCENTS

Date

Friday, 11th April 2014

Time

9.15am – 4.15pm

Presenter

Bernadette Ryan

Description

This workshop will look at the impact of parental separation on teenagers and identify behaviours and pressures that might indicate a need for intervention. It will also look at the complexity of parental and familial systems influencing stepfamilies and issues for children in this 'new system'.

Teen Between is a specialised counselling service for young people who are experiencing difficulties as a result of their parents' separation or family transitions. The service continues to develop its skills and methodology but the overall theoretical perspective is systemic, seeing the young person's difficulties not only in the context of their family situation and marital breakdown, but also informed by the personal and social transitions of adolescence. Use of video and handouts will be included.

Learning Outcomes

On completion of the workshop participants will be able to:

- have an understanding of the impact of parental separation on adolescents and how they adjust to the changes in family life;
- review and update their knowledge base necessary for working with adolescents, particularly an understanding of adolescence as a life stage and the difficulties which may be associated with it;
- have a grounding in the counselling skills that are necessary in dealing with young people in this situation.

Presenter Profile

Bernadette Ryan Msc is an experienced Psychotherapist and Relationships Counsellor. She works with Relationships Ireland as a Relationships Counsellor, Teen Between Counsellor, Trainer and Facilitator of separation support groups and parenting while separated groups. Bernadette holds a Masters degree in Psychotherapy from Dublin City University.

Venue

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Fee

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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, 8th and Friday, 9th May 2014

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 is a Medical Social Worker working in hospice for 21 years. Ann currently works as a part-time lecturer in end of life care and bereavement and loss. She is a trained supervisor to medical social workers working in health settings 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

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Fee

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Workshop 13

STOP ALL THE CLOCKS! – HOW THE CREATIVE ARTS CAN BE HELPFUL IN BEREAVEMENT SUPPORT

Date

Thursday, 15th May 2014

Time

9.15am – 4.15pm

Presenter

Breffni McGuinness

Description

Stop all the Clocks! Many people will recognise these words from WH Auden's poem Funeral Blues which was made famous in the film Four Weddings and a Funeral. It captures poignantly the experience of what grief can be like. The creative arts (including poetry, art, music, dance, drama and ritual) can be great resources to people who are grieving. They can provide different ways of expressing grief which go beyond words and help people to tap in to their own creativity. At the same time, they can provide an enjoyable way of engaging with the grieving process. This workshop will explore different creative arts and how these can be used when working with people who are bereaved. This will be an enjoyable and practical workshop. Previous experience or expertise in creative arts is not required.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the grieving process and the different levels of support that can help people who are grieving;
- learn about different creative arts (literature, art, drama, music, ritual);
- learn how creative arts can be used when working with people who are grieving;
- learn about practical applications from recent case studies in hospitals and hospices.

Presenter Profile

Breffni McGuinness is the Training and Development Officer with The Irish Hospice Foundation (Bereavement). He is a Dramatherapist and member of the Irish Association of Creative Arts Therapists (IACAT). His special interests are in workplace bereavement, hidden losses and the use of creativity in working with people who are grieving.

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.

To book a place on this workshop please read the booking information in this brochure (page 25) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospicefoundation.ie Website: www.hospicefoundation.ie and www.bereaved.ie

Workshop 14

INTIMATIONS OF MORTALITY: DEATH AND BEREAVEMENT IN OLD AGE

Date

Friday, 16th May 2014

Time

9.15am – 4.15pm

Presenter

Marianne McGiffin

Description

'All the world's a stage and all the men and women merely players. They have their entrances and their exits, their acts being seven ages'.
(William Shakespeare. *As You Like It*. II: vii.)

This workshop considers what it may be like to come close to the inevitability of one's own death, as well as to cope with bereavement in the later years of life. Current theory and research will be drawn upon. Reflection will also be mediated through accounts from world literature: biographical and fictional: drama, prose and poetry.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the variety of possible concerns of older adults to whom – by virtue of age – death draws ever nearer;
- reflect on the impact of spousal, sibling, multiple and sequential losses;
- understand what factors promote resilience in old age;
- understand complicated grieving in older adults and the risk factors for depression and suicide;
- be aware of interventions and resources: psychosocial and psychotherapeutic;
- be aware of current theories and research in this area.

Presenter Profile

Marianne McGiffin retired as Director of Education at a Dublin hospice in 2010. Her professional background includes psychiatric and general nursing, third-level nurse education, counselling and complementary therapies. She is currently engaged in Hospital Chaplaincy, having completed her post-graduate education and training in 2012. She also works as a sessional lecturer with a special interest in the physical, psycho-social and spiritual aspects of ageing.

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.

To book a place on this workshop please read the booking information in this brochure (page 25) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospicefoundation.ie Website: www.hospicefoundation.ie and www.bereaved.ie

Workshop 15

INFERTILITY AND LOSS

Date

Thursday, 22nd May 2014

Time

9.15am - 4.15pm

Presenter

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 Profiles

Patricia Gilbert is an experienced Social Worker and Counsellor having worked in Family and Child Care and in recent years with Adoption Routes and the Fertility Counselling Service Northern Ireland. She is an accredited member of the British Association for Counselling and Psychotherapy (BACP) and the British Infertility Counselling Association (BICA). She is a member of the Accreditation Board of BICA and is a founder member of the Irish Fertility Counsellors' Association.

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. She has worked within both the statutory sector (Social Services) and the Voluntary Sector (Barnardos and Adoption Routes) in Northern Ireland.

Gerry is employed by the Fertility Counselling Service NI to provide counselling to anyone who is affected by infertility. She continues to work with a range of adoption social work tasks and provides adoption and fertility related training.

Gerry is an accredited member of BICA which she joined in 2003 and a member of the BICA Executive since February 2010. She represents BICA on PROGAR (BASW's Project Group on Assisted Reproduction) and 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.

Fee

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

To book a place on this workshop please read the booking information in this brochure (page 25) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospicefoundation.ie Website: www.hospicefoundation.ie and www.bereaved.ie

Workshop 16

FINAL JOURNEYS

Date

Thursday, 29th May 2014

Time

9.15am - 4.15pm

Presenter

Bryan Nolan

Description

Final Journeys is a 1-day workshop which aims to:

- improve end-of-life care through raising awareness and empowering staff to become more competent, confident and comfortable when dealing with patients and families;
- enhance the communication skills of hospital staff so that they are better able to deal with people who are nearing the end of their life.

This course is for all healthcare staff and those who care for people at end of life. It is a highly interactive course that draws on the experience and stories of participants using discussion, DVDs and opportunities to share examples of good practice.

Over 3,000 healthcare staff from across Ireland and Northern Ireland have completed Final Journeys. An independent evaluation of the course (by researchers at University College Dublin in 2011) showed that the course has been phenomenally successful, with over 99% of participants (of the 625 people covered by the evaluation) saying that the course was very good or excellent, and over 92% saying that it had a positive impact on their ability to communicate with patients and families at end of life.

Learning Outcomes

On completion of the workshop participants will be able to:

- be aware of the relevance of end of life care to their own roles and setting;
- be more comfortable, competent and confident regarding end of life care;
- be more comfortable, competent and confident regarding communication at end of life.

Presenter Profile

Bryan Nolan is currently working as Communications and Development Co-ordinator (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 Co-ordinator for the Louth Meath Hospital group and in 2009 became the National Communications Co-ordinator 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.

Fee

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

To book a place on this workshop please read the booking information in this brochure (page 25) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospicefoundation.ie Website: www.hospicefoundation.ie and www.bereaved.ie

Workshop 17

COMPLICATED GRIEF: HOW TO RECOGNISE IT AND HOW TO TREAT IT

Date

Friday, 30th May 2014

Time

9.15am – 4.15pm

Presenter

Dr Susan Delaney

Description

Complicated grief is a largely misunderstood disorder which effects between 2 and 5% of bereaved people. It is characterised by significant impairment in functioning and an inability to engage satisfactorily with everyday life. It does not respond well to traditional therapy methods and new protocols are being developed to treat it; notably Shear's Complicated Grief Therapy.

Learning Outcomes

On completion of the workshop participants will be able to:

- differentiate between normal and complicated grief;
- recognise and diagnose complicated grief;
- understand why complicated grief develops;
- learn effective interventions in the treatment of complicated grief;
- be familiar with an evidence-based treatment protocol for complicated grief.

Presenter Profile

Dr Susan Delaney, Clinical Psychologist, is the Bereavement Services Manager in the Irish Hospice Foundation. She has practised and taught in the area of loss and bereavement for over 20 years and currently teaches the Bereavement Counselling module on the in-house post-graduate diploma in Bereavement Studies. Susan is a member of an international group of trainers with Dr Kathy Shear at Columbia University and is developing a Centre of Excellence for the study and treatment of complicated grief within the Irish Hospice Foundation.

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 18

LOSS AND BEREAVEMENT IN PEOPLE WITH INTELLECTUAL DISABILITIES

Date

Thursday, 12th June 2014

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 Midway Services, Navan, Co. Meath. He has been working and conducting research with people with intellectual disabilities for nearly thirty years. John also lectures in psychology at Dundalk Institute of Technology and is an Adjunct Senior Lecturer with the School of Psychology, UCD.

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.

To book a place on this workshop please read the booking information in this brochure (page 25) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospicefoundation.ie Website: www.hospicefoundation.ie and www.bereaved.ie

Workshop 19

COMMUNICATION IN CHALLENGING CIRCUMSTANCES – A WORKSHOP FOR NON-CLINICAL STAFF

Date

Friday, 13th June 2014

Time

9.15am – 4.15pm

Presenter

Barbara Sweeney

Description

This workshop provides training for non-clinical staff whose work brings them into contact with bereaved people. The workshop will focus on communication skills training, responding to people when they are distressed, angry or over-whelmed and the importance of self-care.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the different responses to loss;
- be familiar with active listening techniques;
- learn how to interrupt, transfer or terminate calls without giving offence;
- be aware of the impact on self when dealing with loss.

Presenter Profile

Barbara Sweeney works as a lecturer/tutor in the Education Department in St. Francis Hospice, Dublin. She also lectures on the Masters in Palliative Care in Trinity College Dublin. Barbara's previous work experience includes 15 years of clinical practice in Palliative Care in both hospice (in-patient unit and daycare) and community settings (Clinical Nurse Specialist). Barbara holds a Higher Diploma in General Nursing, a Specialist Degree in Palliative Care, a Post-Graduate Higher Diploma in Adult and Community Education and a Master's in Education.

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 20

ADDICTION AND LOSS

Date

Thursday, 19th June 2014

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 Behaviours and Dual Diagnosis issues. He has worked at a senior level in the fields of addiction counselling and training, as well as in general private practice and supervision, for over twenty years, and is currently College President at PCI College, and a Director of CBT Solutions.

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.

To book a place on this workshop please read the booking information in this brochure (page 25) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospicefoundation.ie Website: www.hospicefoundation.ie and www.bereaved.ie

Workshop 21

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

Date

Friday, 20th June 2014

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 psychology at St Nicholas Montessori Training College, and 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 22

EXPLORING SPIRITUALITY AT END OF LIFE

Date

Thursday, 26th June 2014

Time

9.15am - 4.15pm

Presenter

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 Co-ordinator (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 Co-ordinator for the Louth Meath Hospital group and in 2009 became the National Communications Co-ordinator 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.

Fee

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

To book a place on this workshop please read the booking information in this brochure (page 25) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospicefoundation.ie Website: www.hospicefoundation.ie and www.bereaved.ie

BOOKING INFORMATION

Application

All completed booking forms should be returned with a cheque 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 payable to the Irish Hospice Foundation and forward to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2. We also accept credit/laser and 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. Please note all bookings will be confirmed in writing. It should not be assumed that an on-line booking secures a place on a workshop until it has been confirmed by this office.

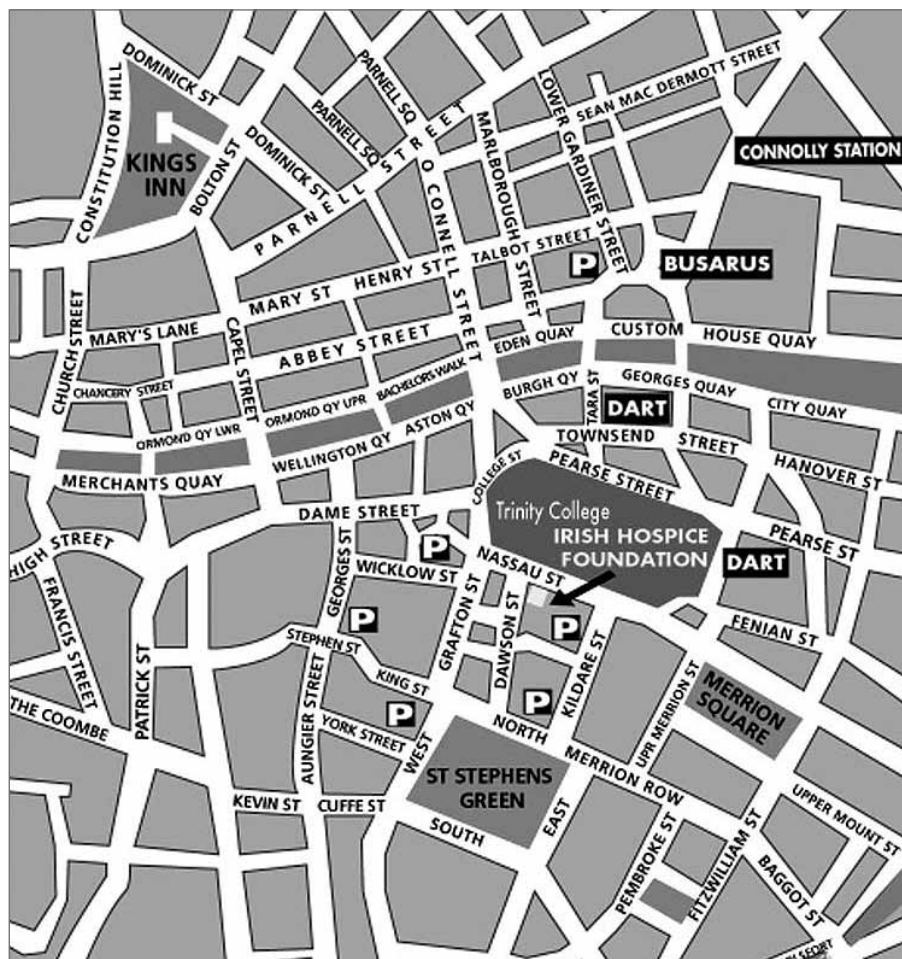
Venue

All workshops will be held in the Irish Hospice Foundation, Bereavement Education & Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2 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 trainings please call Iris Murray on 01 679 3188 or email: iris.murray@hospicefoundation.ie. From time to time we send out email alerts advising of upcoming training if you would like to be included on this circulation list contact Iris Murray with your email address.

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
St. Stephen's Green (the green line) www.luas.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) _____

Please ✓ the box if you **do not** want to receive information about future courses and workshops

BOOKING FORM

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

- | | | | |
|--|--------------------------|-----------|---------|
| 1. Overview of Loss & Bereavement | <input type="checkbox"/> | Fee: €190 | (2-day) |
| 2. Schools & Loss | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 3. Supporting Bereaved People | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 4. Families and Bereavement | <input type="checkbox"/> | Fee: €190 | (2-day) |
| 5. Supporting the Suicide Bereaved | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 6. Dementia and Loss | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 7. What Matters To Me | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 8. Children & Loss | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 9. Parental Grief – Supporting Parents following the Sudden Death of a Child | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 10. Grief in the workplace – Providing Effective Support to Grieving Employees | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 11. Loss and the Impact of Family Breakdown on Adolescents | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 12. Working with People Facing Death | <input type="checkbox"/> | Fee: €190 | (2-day) |
| 13. How the Creative Arts can be Helpful in Bereavement Support | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 14. Death and Bereavement in Old Age | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 15. Infertility and Loss | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 16. Final Journeys | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 17. Complicated Grief: How to Recognise it and How to Treat it | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 18. Loss and Bereavement in People with Intellectual Disabilities | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 19. Communication in Challenging Circumstances – a workshop for non-clinical staff | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 20. Addiction and Loss | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 21. Self Care and Facing Loss for the Person in a Caring Relationship | <input type="checkbox"/> | Fee: €100 | (1-day) |
| 22. Exploring Spirituality at End of Life | <input type="checkbox"/> | Fee: €100 | (1-day) |

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** made payable to **The Irish Hospice Foundation**

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

Address _____

C I wish to pay by **Credit Card**: (circle as appropriate) **Visa** **Mastercard** **Laser/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. Tel: 01 679 3188 Fax: 01 673 0040
 Email: iris.murray@hospicefoundation.ie Website: www.hospicefoundation.ie and www.bereaved.ie



THE IRISH HOSPICE FOUNDATION

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
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:-

Postgraduate Diploma/MSc in Bereavement Studies

Professional Certificate in Children and Loss

Annual series of Workshops on Loss and Bereavement

Grief at Work lunchtime seminars

E-Learning

Staff Development

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



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ESTABLISHED 1819

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THE IRISH
HOSPICE
FOUNDATION

Living to the end