

Workshops on Loss and Bereavement 2017



The Irish
**Hospice
Foundation**

Striving for the best care
at end of life for all

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

2017 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.

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Workshop 1

OVERVIEW OF LOSS AND BEREAVEMENT

Date

Thursday, 26th January 2017

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 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 Co-ordinator 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

Friday, 27th January 2017

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, D02 YE06.

Fee

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

Workshop 3

SUPPORTING BEREAVED PEOPLE

Date

Thursday, 9th February 2017

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 co-ordinates 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

SUPPORTING THE SUICIDE BEREAVED

Date

Friday, 10th February 2017

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.

It will also look at :

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 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;
- learn the importance of self-care, support and supervision.

Presenter Profile

Máire Ní Dhomhnaill (MIACP) is an accredited counsellor who has worked in the Family Centre, Castlebar since 2002. During this time she has gained considerable experience in working with individuals and families who have been bereaved by suicide by providing therapy to individuals, families and through group bereavement support work. She works closely with many agencies in the county in suicide prevention, post-vention and positive mental health. Since 2011 Máire coordinates and is the liaison person for The Mayo Suicide Liaison Service. This is a post-vention service which supports those who are bereaved by 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. The Mayo Suicide Liaison Service Model is recognised as a good way of working and subsequent to its establishment a number of other similar services have been commenced around the country.

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

COMMUNICATION IN CHALLENGING CIRCUMSTANCES – *a workshop for non-clinical staff*

Date

Thursday, 23rd February 2017

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, D02 YE06.

Fee

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

Workshop 6

PLANNING AHEAD – *Advance Care Planning and Advance Healthcare Directives*

Date

Friday, 24th February 2017

Time

9.15am – 4.15pm

Presenter

Aoife O'Neill

Description

The workshop will look at the process of Advance Care Planning, what is it and how do we do it? Relevant aspects of the Assisted Decision Making (Capacity) Act will be examined, particularly Advance Healthcare Directives and functional capacity. Participants will have the opportunity to enhance their skills in communicating about future and end of life wishes including Advance Healthcare Directives.

Learning Outcomes

On completion of the workshop participants will be able to:

- have an understanding of Advance Healthcare Directives/Assisted Decision Making (Capacity) Act 2015;
- have an understanding of Advance Care Planning;
- have developed confidence around having discussions regarding Advance Care Planning and Advance Care Directives.

Presenter Profile

Aoife O'Neill has worked with the Irish Hospice Foundation for nine years specifically in the area of end of life care in long term care settings. She co-ordinates the Network of Community Hospitals/Nursing Homes, Quality of Life at End of Life, in the greater Dublin area. She develops and facilitates training/education for staff in both acute and community/long term settings. She has a B.Soc.Sc degree and Masters in Social Work and has also 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, D02 YE06.

Fee

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

Workshop 7

EMERGENCY FRONTLINE STAFF DEALING WITH BEREAVED FAMILIES

Date

Friday, 10th March 2017

Time

9.15am – 4.15pm

Presenter

Adrian O'Grady

Description

Loss is an inevitable part of the emergency frontline life. Handling the communication and supporting the grieving at this tragic time is a difficult task that many shy away from due to lack of training and understanding. Turning from a traumatic scene to holding a family member's hand is a difficult task which requires great skill. This workshop sets out to equip emergency frontline staff with the skills, knowledge and best practice around grief, loss and managing traumatic stress.

Learning Outcomes

On completion of the workshop participants will be able to:

- define the terms grief, bereavement and mourning;
- differentiate between bereavement and trauma theories;
- understand grief and trauma reactions;
- understand coping skills and strategies for resolving grief;
- communicate clearly with the bereaved;
- prepare for the rare situations of sudden grief;
- support bereaved and traumatised people;
- recognise our own self-care requirements at traumatic scenes.

Presenter Profile

Adrian O'Grady is a Station Officer with Dublin Fire Brigade and Ambulance Service. He has 22 years of experience working as a Firefighter, Paramedic and Officer. He is a qualified Psychotherapist (MIACP), and is the director of the CISM team in Dublin Fire Brigade, providing crisis intervention, individual and group support and counselling to members of the Brigade and the public. He holds an MSc. In Bereavement studies and has trained as a complicated grief therapist with the IHF. He is a tutor in Paramedic Studies, and in Individual and Group Crisis Intervention with ICISF. He is a steering committee member of CISM Network 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 8

DEMENTIA AND LOSS

Date

Thursday, 30th March 2017

Time

9.15am – 4.15pm

Presenter

Breffi 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

Breffi 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, D02 YE06.

Fee

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

Workshop 9

RESILIENCE – *Staying Well At Work*

Date

Friday, 31st March 2017

Time

9.15am – 4.15pm

Presenter

Bryan Nolan

Description

This workshop is for healthcare staff who encounter death as a regular part of their work environment – for example those working with people who have received bad news, are dying or have died and their families. The aim of the workshop is to provide a platform for healthcare staff to reflect on and understand the potential impact this work may have on them. The workshop will explore ways of staying resilient, a team approach and maintaining a sense of wellbeing while doing this work.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the impact of loss and grief at work;
- understand the importance of acknowledging that End of Life Care is rewarding but can be tough at times;
- understand the importance of giving support and seeking support;
- understand the importance of self-care and developing strategies that help.

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, D02 YE06.

Fee

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

Workshop 10

CHILDREN AND LOSS

Date

Thursday, 6th April 2017

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 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 11

INFERTILITY AND LOSS

Date

Friday, 7th April 2017

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 Profile

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, D02 YE06.

Fee

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

Workshop 12

GRIEF IN THE WORKPLACE – *providing effective support to grieving employees*

Date

Thursday, 27th April 2017

Time

9.15am – 4.15pm

Presenter

Breffi 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

Breffi 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, D02 YE06.

Fee

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

Workshop 13

LOSS AND THE IMPACT OF FAMILY BREAKDOWN ON ADOLESCENTS

Date

Friday, 28th April 2017

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. The workshop is active and collaborative with a mix of presentation, experiential exercises, group work and case studies. 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

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

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 May 2017

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 15

SUPPORTING ADOLESCENTS THROUGH GRIEF AND LOSS

Date

Thursday, 18th May 2017

Time

9.15am – 4.15pm

Presenters

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 Co-ordinator 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 16

LOSS AND GRIEF IN OLD AGE

Date

Friday, 19th May 2017

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, D02 YE06.

Fee

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

Workshop 17

LOSS AND BEREAVEMENT IN PEOPLE WITH INTELLECTUAL DISABILITIES

Date

Friday, 26th May 2017

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, D02 YE06.

Fee

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

Workshop 18

ADDICTION AND LOSS

Date

Thursday, 15th June 2017

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 19

EXPLORING THE RELATIONSHIP BETWEEN CULTURE, RELIGION AND BEREAVEMENT

Date

Friday, 16th June 2017

Time

9.15am – 4.15pm

Presenter

Ann D'Arcy

Description

The workshop will explore understanding of culture and the interplay between culture and religion. These understandings will be applied to bereavement theory and practice.

Learning Outcomes

On completion of the workshop participants will be able to:

- have a deeper understanding of the relationship between culture and religion;
- have a greater awareness of the cultural influences that impact on how we view bereavement in an Irish/Western context in relation to theory and practice;
- have an understanding of some of the components necessary for attempting to develop a culturally competent bereavement service.

Presenter Profile

Ann D'Arcy is a Social Worker and has been employed as the Bereavement Co-ordinator in Our Lady's Hospice and Care Services for the last eleven years. Prior to this post, she has worked in adult and children's oncology service plus child protection and welfare. She primarily works with children and adults who have been bereaved through illness and trains and supervises bereavement support volunteers. She has started her PhD in UCC. Her PhD topic is exploring the bereavement needs of immigrants coming from Christian or Muslim faith traditions with a view to developing a service that is culturally sensitive.

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

DEATH AT THE TIME OF BIRTH – *Supporting Parents Through the Journey of Perinatal Loss*

Date	Time	Presenter
Thursday, 22 nd June 2017	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 21

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

Date

Friday, 23rd June 2017

Time

9.15am – 4.15pm

Presenter

Dr Susan Delaney

Description

Complicated grief (CG) 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:

- understand why complicated grief develops;
- differentiate between normal and complicated grief;
- learn effective interventions in the treatment of complicated grief;
- be introduced to an evidence-based treatment protocol.

Presenter Profile

Dr Susan Delaney, Clinical Psychologist, is the Bereavement Services Manager in the Irish Hospice Foundation and also runs the Complicated Grief Programme. She is a member of the international Train the Trainers group with Dr Kathy Shear at Columbia University and teaches the Bereavement Counselling module on the in-house post-graduate diploma 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

Thursday, 29th June 2017

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, 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. 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, 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 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.

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 and Bereavement | <input type="checkbox"/> Fee: €100 (1-day) |
| 2. Schools and Loss | <input type="checkbox"/> Fee: €100 (1-day) |
| 3. Supporting Bereaved People | <input type="checkbox"/> Fee: €100 (1-day) |
| 4. Supporting the Suicide Bereaved | <input type="checkbox"/> Fee: €100 (1-day) |
| 5. Communication in Challenging Circumstances – A workshop for non-clinical staff | <input type="checkbox"/> Fee: €100 (1-day) |
| 6. Planning Ahead – Advance Care Planning and Advance Healthcare Directives | <input type="checkbox"/> Fee: €100 (1-day) |
| 7. Emergency Frontline Staff Dealing with Bereaved Families | <input type="checkbox"/> Fee: €100 (1-day) |
| 8. Dementia and Loss | <input type="checkbox"/> Fee: €100 (1-day) |
| 9. Resilience – Staying Well at Work | <input type="checkbox"/> Fee: €100 (2-day) |
| 10. Children and Loss | <input type="checkbox"/> Fee: €100 (1-day) |
| 11. Infertility and Loss | <input type="checkbox"/> Fee: €100 (1-day) |
| 12. Grief in the Workplace – Providing Effective Support to Grieving Employees | <input type="checkbox"/> Fee: €100 (1-day) |
| 13. Loss and the Impact of Family Breakdown on Adolescents | <input type="checkbox"/> Fee: €100 (1-day) |
| 14. Working with People Facing Death | <input type="checkbox"/> Fee: €190 (2-day) |
| 15. Supporting Adolescents through Grief and Loss | <input type="checkbox"/> Fee: €100 (1-day) |
| 16. Loss and Grief in Old Age | <input type="checkbox"/> Fee: €100 (1-day) |
| 17. Loss and Bereavement in People with Intellectual Disabilities | <input type="checkbox"/> Fee: €100 (1-day) |
| 18. Addiction and Loss | <input type="checkbox"/> Fee: €100 (1-day) |
| 19. Exploring the Relationship between Culture, Religion and Bereavement | <input type="checkbox"/> Fee: €100 (1-day) |
| 20. Death at the time of Birth – Supporting Parents through the Journey of Perinatal Loss | <input type="checkbox"/> Fee: €100 (1-day) |
| 21. Complicated Grief: How to Recognise it and How to Treat it | <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** **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**



Striving for the best care
at end of life for all

The Irish Hospice Foundation (IHF) is your national charity dedicated to all matters relating to dying, death and bereavement in Ireland. We receive no core funding from the State. We rely on public generosity to keep our services going.

We're working to ensure highest quality end-of-life care and bereavement support. The problem is, it's not available for everyone, when they need it, where they need it. Our mission is to change that.

In fact, we work hard every day to make significant impacts in four crucial areas – areas that affect the lives of every family in Ireland:

1. Improving access to quality end-of-life care

Everyone has the right to a good death and bereavement support.

2. Raising standards and investing in expertise

With quality training and education, Ireland will be able to deliver the required improvements in end-of-life care in all settings.

3. Supporting those who deliver the services

We support those who care for patients and families in all settings by providing resources and building capacity.

4. Campaigning for quality end-of-life care

It's vital that we raise our voice making the political and public case on your behalf so that the very best end-of-life care and bereavement support become national priorities.



☐ I would like to be kept up to date with IHF's work and receive newsletter and fundraising appeals.

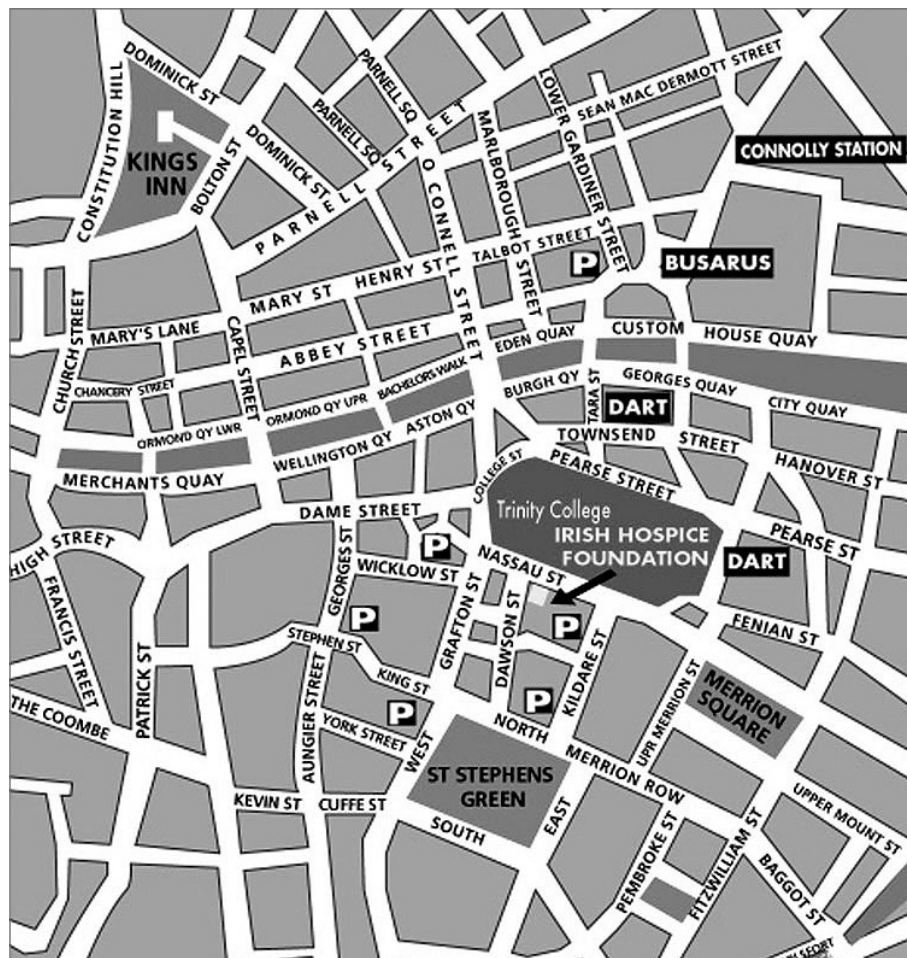
Please provide your contact details below and return this form to the Irish Hospice Foundation, Morrison Chambers (4th Floor), FREEPOST, 32 Nassau Street, Dublin 2, D02 YE06.

Name: _____

Address: _____

Telephone: _____ E-mail: _____

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



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:-

- 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