



Grieving loss mindfully and with self-compassion.

Incorporating a practical, mindfulness approach in grief education with clients.

This course will present a mindful approach to working through loss, grief when learning new ways to cope with a changed world. Mindfulness is a way of reducing stress and anxiety in a clinically proven approach. The workshop will draw on John Kabat Zinn's (2011) work which suggests that 'the challenge of mindfulness is to work with the very circumstances that you find yourself in – no matter how unpleasant, how discouraging, how limited, how unending and stuck they may appear to be. It is right here that the real work needs to happen. Right in that moment, you touch the core of your being and invite mindfulness to enter and heal.' Promoting a mindful approach to our clients and practicing mindfulness ourselves will help us to be more present to loss and grief work.

Often we can be very hard on ourselves when we experience significant loss and grief and are impatient with ourselves. We have trouble facing our vulnerabilities when we walk with grief. For this reason, having 'self compassion' is a critical component of the grief journey. As Kristin Neff, Ph.D (2015) as one of the world leading experts on 'self compassion' points out: 'Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?'

Working through loss and grief is always a unique and personal journey. Approaching this process from a mindful framework does not mean that the pain of the loss is diminished. It merely means that we learn to respond to it from a different perspective.

With simple mindfulness-based exercises we are able to restore mind, body and spirit. Experience and learn

how to teach easy to follow meditations that calm the body and mind. The mindful loss and grief journey may allow a space for transforming and healing grief and finding the spiritual and emotional resilience needed to move through this challenging time. Often opportunities for making meaning and living life with more awareness can grow.

Reflecting and noticing our client's reactions to their losses provides us with an opportunity to apply a mindfulness approach to our work. It is about becoming aware of our own triggers and pain reactions when we listen to some of our client's stories. Learn to become less controlled by them, which in turn makes us more available to 'be present' with our clients. Reflect on how our own reactions can hinder us in supporting our clients to work through complex loss and grief.

Learning objectives of this training:

1. Learn and practice a mindfulness approach when supporting clients through their bereavement.
2. Incorporate the principles of mindfulness in grief education with clients.
3. Understand current resources and research related to loss and grief.
4. Recognise how supporting those who are grieving can impact on your wellbeing.
5. Learn how to practice self-compassion and how to encourage our clients to become more compassionate with themselves, too.
6. Use a practical understanding of a range of personal and professional self-care strategies to identify and develop a tailored self-care plan.



Beate Steller brings over 30 years of experience in a variety of sectors and industries to her role as a principal Training and Development Consultant. Beate also currently works as a Spiritual Wellbeing Co-ordinator in aged and palliative care. She has been an adult educator since 1992, for the Centre for Community Welfare Training, the Australian College of Applied Psychology and Lifeline Sydney. For over a decade Beate has specialised in grief and loss education/counselling and transition counselling and has been on the Board of NALAG (National Association for Loss and Grief) since 2009. She had her first book published in 2017 called *Tech-connect –*

Staying Meaningfully Connected in Aged Care. She has both graduate and post-graduate qualifications in Adult Education, Social Work and Nursing, holds a Certificate IV in Assessment and Workplace Training and is currently completing her second Master Degree in Ageing and Pastoral studies at Charles Sturt University. She has worked with people from Indigenous and culturally diverse backgrounds. Beate also holds professional membership with the AASW, the NSW Health Services Profession (as a Registered Nurse), and Spiritual Care Australia.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



JACA: Members can accrue 12 CPD points.



AASW: Members can accrue 6 CPD hours.



ACWA: Members can accrue 6 CPD hours.

PACFA: Members can accrue 6 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

Morning Session

Overview of current research and models of loss and grief and their relevance to mindfulness.

Mindfulness and its benefits when working with grief.

Grieving mindfully, living mindfully.

Afternoon Session

Self-reflection exercise on how supporting those who are grieving impacts personal wellbeing.

The role of Self-compassion in grief work.

Identifying and developing tailored self-care plan.

Evaluation and closing.

“Grieving mindfully introduces ancient and effective mindfulness practices and encourages us to use them to become more mindful of inner life as the grief process unfolds.”

(J. Brantley, Director of Mindfulness Based Stress Reduction Program, 2005)

How will you benefit from attending this training?

- Discover through a mindfulness approach the option of holding grief as meaningless pain or as a journey of understanding and wisdom.
- By promoting a mindful approach with your clients and practicing mindfulness yourselves you will become more present and fearless in loss and grief work.
- By developing greater Self Compassion we prevent burnout and model one of the most critical healing skills in loss and grief work.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

Who should attend?

Professionals working in the field of loss, grief and bereavement, such as social workers, counsellors, therapists, psychologists and other allied health professionals

Feedback form Beate's recent presentations:

“Very good!! Great info. Lots of links to resources.”

“So much great content. Beate is fabulous.”

“Would have loved two days. Loved the body map and image exercise.”

“Very informative and practical – thank – you!”

“Excellent” “Fantastic”

“It was the best PDP Seminar I have attended. Informative, educational, hands on. Everyone was involved it was interactive, different variety of resources used. Really enjoyed it.”

“Great learning today. Thank you.”

“Beate shares a lot of relevant, hands on stories that brings reality to the theory and information. Beate is a wonderfully warm engaging presenter.”