



Continuing Bonds: Building Enduring Connections in Loss and Grief.

Applying ‘Continuing Bonds Theory’ to promote compassionate and healthy grief.

The push to “let go”, to “get over your loss” and to “move on” have finally been accepted as unhelpful strategies when working through loss and grief. The Continuing Bonds Theory (Klass, Silverman & Nickman 1996) has paved new understandings for the importance of connecting with ones’ loss and developing a new relationship with the loss. Although physically absent, the loved one or what has significantly been changed, remains present and impactful in the life of the bereaved.

With many decades of grief theory that focused on closure, acceptance, and moving on, it is no wonder that so many grieverers feel awkward or judged about maintaining ties with their deceased loved one after a certain period of time. Many now believe that healthy grief involves finding a new and different relationship with the person who is lost. This one-day workshop will provide an opportunity to develop processes and new understandings when working with loss and grief in our client work.

Drawing on the work of Robert Neimeyer (2018) the ‘Continuing Bonds Theory’ of loss and grief will be explored with opportunities to creatively experience the skills of connecting to loss. Participants can experience and incorporate many practical concepts with practice in the skills of building continuing bonds with the people that have been lost through death or with significant changes that have created loss in life.

A ‘Continuing Bond’ does not mean that people live in the past but rather it supports people to find ways of connecting to their loss without minimising or being debilitated by the experience. This offers an opportunity to bring lessons of the loss into the present moment. This work invites people to work with the paradox of life and explores ways to make sense of the past, the present and the future. Losses create a tension of both an absence and a presence for the bereaved which cannot be ignored in the bereavement process. Participants will learn to appreciate, to practice and to incorporate this approach more consciously in grief support work.

Learning objectives of this training:

1. Learn about the effectiveness and evidence of the Continuing Bonds Theory and its impact on the grieving process.
2. Experience creative processes in the context of building continuing bonds in loss and grief.
3. Learn how to provide support to your clients who are looking to connect to their loss.
4. Experience and explore many practical ideas and practice the skills of building continuing bonds with the people that have been lost through death.
5. Reaffirm self-care practices for the grief support person/ bereavement counsellor.



Beate Steller brings over 35 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 and Social Worker/ Counsellor 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 specialized 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. Beate completed in 2019 her second Master Degree in Ageing and Pastoral Studies and focused her research on Mindfulness Meditation Groups in Aged Care and its Relevance for Spiritual Growth and Wellbeing. 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 Focused 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.

SYDNEY: 27th March 2020
UTS SHORT COURSE ROOMS

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.

A certificate of attendance for 7 hours of face-to-face training is issued in the week following attendance at this event.

Morning Session

includes a short morning tea break

Welcome and overview of the day.

Continuing Bonds theory, its history and significance in grief work.

Insights from Robert Neimeyer and other authors in this field.

Strategies that provide support to clients who are looking to connect to their loss.

Experience and practice building creative processes in building continuing bonds in the loss and grief work.

Afternoon Session

includes a short afternoon tea break

Role plays and develop strategies that open up opportunities to build connections with the client's losses.

Experience and explore many practical ideas and practice the skills of building continuing bonds with the people that have been lost through death.

Reaffirm self-care practices for the grief support person/ bereavement counsellor.

Evaluation and Close.

“The Continuing Bonds Theory invites us to work with loss and grief in new creative ways, opening up possibilities of connecting with one’s loss even though it seems traditionally contradictory.”

Beate Steller

How will you benefit from attending this training?

- Discover and practice new understandings of working with client's losses.
- Acknowledge and normalise many grief related behaviours.
- Work with loss and grief in a ways that open novel possibilities to find meaning in the midst of significant change.
- Open grief-support work to creative expressions that unlock unexpected possibilities of personal growth.

Registration details:

Registration fee: **\$298**

A current PDP 'Student and New Graduate' discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.

We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

Register at www.PDPseminars.com.au or call us on 1300 887 622

This seminar has been designed to extend the clinical knowledge and applied skill of Psychologists, Counsellors, Psychotherapists, Coaches, Social Workers and Psychiatrists with little knowledge of Existential theory and practice.

Feedback from Beate's most recent presentations for PDP: (to be updated)

“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.”

“Practical, usable, and far more grounded than I had imagined!”

“Wonderful, valuable day – really opened my thinking on loss and grief leaving me feeling much more confident to support my grieving clients (and myself and family).”