



## Helping clients to prepare for a good death

**Supporting clients and carers to live more purposefully and prepare for death.**

With the increasing challenges of an ageing population, more and more professionals are confronted with the losses people face in their end stage of life. There is an intensity and richness that we experience when working with clients that are dying and throws us out of our comfort zone.

We all want “quality of life” and a “good death”. But what does that really mean and how can we support our clients on their final journey? This course incorporates principles of palliative care, which means affirming life and regarding dying as a natural and normal process. You will have an opportunity to develop skills, identify resources and ideas that will enable you to support your clients and carers more confidently during this final stage.

Some of the topics covered include identifying the greatest challenge for caring for the dying and identifying the losses and normal grief responses. We will hear four stories of what constitutes a ‘good death’ and coming to terms with a ‘bad’ diagnosis.



**Beate Steller** brings over 35 years of experience in a variety of industries to her role as a principal Training and Development Consultant. Beate also currently works as a Social Worker providing counselling and supervision and also works as a Spiritual Care Team Leader in aged and palliative care. She has been an adult educator since 1992, for organizations including the Centre for Community Welfare Training, the Australian College of Applied Psychology, the Professional Development People and Lifeline Sydney. In the last ten years Beate has specialised in grief and loss education/counselling, transition counselling and applied mindfulness. She started her own inner work over three decades ago with Yoga and Vipassana and walked the Camino in Spain in 2015. She has been a board member of NALAG (National Association for Loss and Grief) since 2009. 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 Australian Association of Social Workers, the N. S. W. Health Services Profession (as a Registered Nurse), and Spiritual Care Australia.

Strategies of supporting people to sort out any ‘unfinished business’ will be explored and how to approach ‘difficult conversations’ about the inevitable. Having conversations that promote quality of life based on the principles of Dignity Therapy will be presented. Euthanasia will be discussed and also information provided on what happens to the body during this last stage of life. Self-care strategies will be identified to ensure we don’t burn out in this very intense but extremely rewarding work with our clients.

### Learning objectives of this training:

1. Identify different responses to end of life losses.
2. Explore and appreciate the issues to be considered when caring for the dying.
3. Identify some of the emotional and spiritual needs of people who are dying.
4. Describe the support needed for carers.
5. Name the principles of supportive communication with the dying.

**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](http://www.PDPseminars.com.au) to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.**



**ACA:** Members can accrue 6 CPD points.



**AASW:** Members can accrue 3 CPD hours.



**ACWA:** Members can accrue 3 CPD hours.

**PACFA:** Members can accrue 3 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 3 active hours.

**Session Outline**  
**3 hours**

What do people need on the End of Life journey?

Brief overview of loss and grief theories and anticipatory loss in the context of

end of life care.

*15 minute tea break*

How to listen and what to say when a person is on the palliative care journey. Applying Dignity Therapy.

Developing a tailored self-care plan based on a compassionate approach to life and self.

***“Working with people who are aware that their life is coming to an imminent close is a great privilege, as generally they are living with a heightened sense of awareness. This course will provide you with an opportunity to guide and support these client’s / patients in a way that will allow them to re-discover their own inner resources and capabilities.”***

Beate Steller

**How will you benefit from attending this training?**

- Become more confident and at ease in your conversations with clients about end of life concerns.
- Develop an awareness of the dying process, focusing on emotional and psychological needs.
- Know how to support clients and carers who are experiencing anticipatory loss.

**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](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

**This training workshop is suitable for medical and allied health professionals.**

**Feedback form Beate’s recent presentation for PDP:**

*“Very enjoyable, interesting and professional.”*

*“Beate, was a fantastic presenter. Extremely knowledgeable & skilful. A real delight. Thankyou.”*

*“This was a refreshing P.D. Learned and consolidated so much, in a practical and real way.”*

*“Thank you for a wonderful, informative and energising workshop. I have learnt so much personally and professionally.”*

*“Engaging presenter. Practical Approach. Good exercises were educative and relevant.”*

*“Enjoyed the day – new learning and affirming current knowledge. Loved the you tube clips – visual diagrams helped. Practical ideas that I can implement with client and supervises.”*

*“A great presentation. Helpful and practical training presented in a very engaging way.”*

*“Thankyou. Very practical and interactive workshop. I can take away new tools to use with my clients.”*

*“Outstanding presenter – very engaging, very warm and kind. Was great to use practical examples and I enjoyed the seminar so very much.”*