



## Supporting grieving children and young people

### Age appropriate loss interventions and practical strategies to promote healing.

Nearly 50% of Australia's children experience the loss of separation or divorce. Their experience to this loss is often minimized or not recognised in the community. Often the focus is on behaviour management for children who are acting out and not on acknowledging their significant loss experience and working respectfully through their losses.

Managing change, loss and grief is an inevitable part of children and young peoples' lives as they deal with issues such as separation, divorce death and other significant loss experiences. This workshop is based on the theory that believes that the better children learn to manage and grow through these changes the more resilient they become as they face further changes in their adult life. A worker's greatest contribution to the success of children or adolescents integration of significant losses experiences is understanding the implications of loss experiences, knowing loss and grief from a child's developmental perspective and strategies of helping children to work through age appropriate interventions will be explored.

Donnelly (2014) argues that parents who surround their children in cotton wool and deny them the

independence and risk associated with growing up also contribute to a lack of resilience and ability to overcome challenges. Loss and change is a normal part of life. We need to start teaching our children constructive ways of holding and healing these losses already in kindergarten.

This workshop draws from the "Seasons for Growth" program which is an Australian grief and loss support program for children and young people. The workshop will invite "story telling" as a strategy and emphasise the important role of feeling, thinking, questioning and deciding and doing in order to heal life's hurts and to bring about change.

#### Learning objectives of this training:

1. Identify different responses children and young people have to loss.
2. Describe the skills that develop to assist in managing grief reactions.
3. Assess normal loss and grief responses.
4. Explore practical strategies that assist children and young people to come to terms with their loss so to promote healing and growth.



**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.**

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Our continuing professional development events meet the quality standard recognised by 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.*

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

### **Morning Session**

Welcome and overview of the day.

Identifying the greatest challenges when working with children's loss and grief. Descriptions of loss and grief with Children. Linking life and change to the seasons.

Body maps – understanding the range of normal loss responses.

Alice's Baby DVD and how is children's grief different to adult's grief.

Developmental stages and loss responses.

Frameworks that help us work with grief and loss.

Seasons for growth program – activities that help children work through their grief and loss.

Benefits of "life story work" in loss and grief.

### **Afternoon Session**

Creating rituals, use of play and opportunities that help in the healing process.

Self-care for professionals and the grieving child/young person.

Creating a toolkit for loss and grief work.

Evaluation and closing.

***"The more proactively we support children and young people to manage their losses and changes the more resilient and less anxious they will face their future challenges."*** Beate Steller

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

- Become more confident in identify different responses children and young people have to losses and understand the developmental stages of children's responses to change.
- Experience practical strategies that assist children and young people to come to terms with their losses so to promote healing and resilience.
- Develop a clear understanding how children's process of mourning is different to an adult's grief journey.

### **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 resources.
- 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.**

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."*