



Grieving loss with mindfulness and with self-compassion.

Skills and strategies for transforming painful processes in loss and grief.

This course will present a mindful approach to working through loss, grief when learning new ways to cope with a changed world. The workshop will draw on John Kabat Zinn's (2016) work which suggests that 'The challenge of mindfulness is to work with the very circumstances in which you find yourself regardless of how discouraging and stuck you feel.' Promoting a mindful approach and practicing mindfulness as a way to be with strong emotions and sensations enables greater presence in this challenging client work.

Difficulty in facing vulnerabilities and feeling impatient about the process is a common reaction to which 'self compassion' becomes a critical component of support in the grief journey. Kristin Neff, Ph.D (2017), 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?"

Approaching loss and grief from a mindful framework does not mean that the pain of the loss is diminished, however; it does allow us to respond with a different perspective. Beate´ will draw on her own research and experience of applying mindfulness with her clients 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 difficult time. Often opportunities for making meaning and living life with more awareness can grow.

Practitioners who use these techniques tend to become aware of triggers when listening to client's grief stories and how these can hinder the support offered to clients.

Learning objectives of this training:

1. Learn and practice a mindfulness approach when supporting clients through their bereavement.
2. Appreciate the importance of connecting to our losses by applying the Continuing Bonds Framework.
3. Incorporate the principles of mindfulness in grief education with clients.
4. Understand current resources and research related to loss and grief work.
5. Recognise how supporting those who are grieving can impact on your own wellbeing.
6. Learn how to practice self-compassion and how to encourage our clients to become more companionate with themselves.
7. Identify personal and professional self-care strategies to 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 Social Worker/Counsellor and as 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 is currently completing her research in Mindfulness Meditation Groups with older people who are experiencing multiple losses and is curious if this practice promotes wellness and spiritual growth. 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.

SYDNEY: 1st November 2019
UTS SHORT COURSE ROOMS

BRISBANE: 20th June 2019
PARK REGIS NORTH QUAY

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.

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

Includes a short afternoon tea break.

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 a mindfulness approach to holding grief as a journey of understanding and wisdom.
- Become more present and fearless in loss and grief work.
- Prevent burnout and model one of the most critical healing skills in loss and grief work by developing greater Self Compassion.

Registration details:

Standard registration: **\$288**

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

Feedback from Beate’s most recent presentations for PDP:

“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).”