



## Grieving loss mindfully and with self-compassion.

### Incorporating a mindfulness approach in loss and grief work with clients.

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 to clients and practicing mindfulness as support people enables greater presence in this challenging client work.

Difficulty 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 (2015), 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.

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. 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 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
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 compassionate 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 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's 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**

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.

### **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.**

This training 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). “*