

The Skills Development Service Ltd presents
a one day training course:

New Approaches To Grief & Loss Work

Know everything about working with grief? Think again.
New therapy ideas.

What will the delegates take away from the course?

- Learn how different losses raise different issues - from bereavement to disability
- 7 key factors determining a client's loss experience - acting as both risk and protective factors
- Explore contributions of new psychological theories – from Stroebe's Dual Process Model to the contributions of Positive Psychology
- Discover specific issues relating to traumatic and multiple losses
- Distinguish between "normal" and "pathological" grief and its implications for therapeutic work
- Learn strategies for working with grief-based "obsessional review", guilt and anger problems

How would you deal with the following ?

- Carina (17 yrs) has experienced multiple losses in her life. Suffering from cerebral palsy, both her parents were killed in a car crash when she was 7 yrs old and she has been raised by her grandmother with minimal service support. Her grandmother has recently had a stroke and is no longer able to care and support Carina. Carina says she has had enough and wants to die.
- Maria (74 yrs) has suddenly moved into residential care following the death of her husband of 50 yrs. Because of the chaotic nature of the move, combined with family disputes, she has no photos or other mementoes whatsoever relating to her husband.
- Max (52 yrs) has recently lost his job in financial services. He anticipates that it is very unlikely that he will get another such job with comparable pay again. He spends all of his time ruminating about how much he hates the government, those with jobs and how unfairly he has been treated. Max has a past history of depression and alcohol abuse

This day will give you ideas on how to approach these and many other difficult cases in new and constructive ways

- **FREE CD-ROM** included containing presentation, guided reading list, evidence-based reference list, further resources
- Certificate of Attendance. Suitable for CPD and PREP.
- Demonstrations of techniques
- Lots of opportunities for raising questions and discussion with tutor and colleagues
- Post-seminar case support and consultancy available

Available for In-house Training

Book now and take advantage of our unique SPECIAL OFFER
see overleaf for details

New Approaches To Grief & Loss Work Course Outline:

(All times may vary depending on arrangements of your organisation)

09.30 Registration

10.00 Introduction

10.15 What determines loss experiences:

Contributory and protective factors in loss - implications for assessment

11.15 Refreshments

11.15 Managing the "despair of crisis" - a Brief Solution Focused Approach

11.45 A Positive Therapy approach to grief and loss

12.30 Lunch

13.30 Managing "obsessional reviews"

14.15 Managing guilt and anger within grief reactions

14.45 Refreshments

15.00 Suicidal & homicidal risk and grief

15.45 Case simulations and group discussion

16.30 Finish

SDS In-House Training

How to Book



- Call us on 0870 241 7294 or e-mail us on info@skillsdevelopment.co.uk briefly outlining your needs and providing us with your full address and contact telephone number.
- A written quotation, booking conditions and an outline of the proposed training will be sent to you within 48 hrs.
- If the topic you are interested in is not on our list, one of our training consultants will get back to you within the next two or three days to discuss your requirements.
- Please recognise that because of high demand, forward planning of between three and twelve months is often required. So please book your in-house training in advance and we will do everything possible to accommodate your needs.

Special Offer only for In-House Customers

- With every in-house day you have with us – we will issue a voucher enabling one person from your organization to attend one of our seminars completely **FREE**.
- You receive this voucher immediately after your in-house training day will have taken place.
- This is a unique opportunity for your staff to try our new topics totally free and for your organization to get "first hands" feedback on our new courses.



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