

# Counselling the Bereaved

## A Workshop for Caregivers

"Counselling the Bereaved" is a one-day workshop designed for caregivers working with the bereaved in any situation, especially those bereaved by suicide.

Bereavement is such a personal experience that affects us all in different ways, however through examination of personal beliefs and feelings about loss, understanding the bereavement theory and learning a grief facilitation model, caregivers can increase their skills and confidence to facilitate the grief experience for those around them.

The workshop is designed to provide the basis for skill development through interactive discussions, audiovisuals and simulations to work with someone bereaved through death, suicide death or any other type of loss including loss of job, loss of child or divorce.

Community workshops cater for up to 20 participants. The fee is \$125 per person. Participants receive intensive practical skills training and coaching throughout the day giving them more confidence to deal with the grief after a loss and will include strategies for self-care when working with the bereaved.

Sponsorships are sometimes available. For further information about sponsorships or to book contact Lydia Necheava.

*"I didn't realise the continuing (bereavement) impact on those left behind, that a suicidal death has, compared with a death thru accident or "natural causes". It appears, although there are some similarities in the pain experienced, a death by suicide appears to have an additional dimension that is beyond any comparison. I needed to understand that dimension. Thanks for the course."*

K. Workshop Participant

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