

LOSS, DEATH AND BEREAVEMENT

Loss, Death and Bereavement is an introductory one-day workshop which is open to any health staff in the Community.

Total Number of workshops held since 1994	-	79
Total Number of staff attended	-	899

AIM

To enable staff to gain more confidence in dealing with issues of Loss, Death and Bereavement.

LEARNING OUTCOMES

At the end of the workshop, participants will be able to:

1. Recognise the significance of loss in their lives.
2. Gain an understanding of the impact of bereavement.
3. Identify ways of offering bereavement care and support to families and staff.

Outline of Workshop

Introduction

- Ground rules
- Aim and Learning Outcomes
- Grief and the HCW

Activity 1 - Facing Loss

- Group exploration of types of loss

Activity 2 - Other People's Experience of Loss

- Audio tapes and discussion

Activity 3 - Personal Exploration of Loss

- Preparing a personal life line
- Interviewing another person about their losses
- Improved listening skills exercise

Activity 4/5 - Facing Death

- Death as a taboo subject
- Euphemisms for Death
- What the person facing death may need to know
- Fears of dying

Activity 6

- Planning your own funeral
- What to do when someone dies

Activity 7/8

- Other people's experience of death

Activity 9

- Sudden and unexpected death

Activity 10/11 - Bereavement

- Bereavement feelings and physical effects
- Models of grief

Activity 12

- Helping people grieve
- Factors that affect bereavement outcome
- Resources and support for patients, their families and staff
- Opportunities for further training

Additional Training opportunities for staff:**The Rowans' Courses**

- Working with Loss Course
- Skilled Helper Course
- Bereavement Forum Study days
- Training by the Palliative Care Team*