



2012

Workshops on
Loss and Bereavement

www.hospice-foundation.ie



2012 Workshops on Loss and Bereavement

Aim

This is a series of introductory workshops on a range of topics covering loss and bereavement.

Target Audience

The workshops are targeted at professionals and volunteers who may wish to learn more about loss and bereavement and for those working with people who have experienced a major loss.

Accreditation

Post Registration Category 1 approval has been applied for from An Bord Altranais. The Irish Association of Social Workers (IASW) accredit the 1-day workshops for two CPD points and the 2-day workshops for six CPD points. If you have other accreditation needs please contact us. A certificate of participation/attendance at the workshops is available on request.

Location

The workshops will be held in the Irish Hospice Foundation Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Time and Duration

Workshops will commence at **9.15am** and conclude at 4.15pm. Registration will commence at 9.00am

To maximise your own learning and as a courtesy to other participants, please plan to arrive on time and stay for the entire presentation.

Booking Details

Participants may attend one or more workshops. Please note as places are limited early booking is advised.

Application

All completed booking forms should be returned with a cheque or details of the address to which the invoice should be sent.

Fees

1-day workshop €95

2-day workshop €180

A 10% discount applies if 6 or more training days are booked.

Fees include light lunch/tea and coffee.

Payment

Please make cheques/postal orders payable to the Irish Hospice Foundation and forward to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2. We also accept credit card payments.

Cancellations

Cancellations up to 1 week prior to each workshop will be given a full refund minus an administration fee of €10. Thereafter no refunds will be made. If you are unable to attend a particular session, a substitute may attend in your place by prior arrangement with this office.

PROGRAMME January – June 2012

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2012 Workshops on Loss and Bereavement

Workshop 1

OVERVIEW OF LOSS AND BEREAVEMENT

Date	Time	Presenter
Thursday, 19th and Friday, 20th January 2012	9.15am – 4.15pm	Brid Carroll

Description

This workshop explores the journey of grief and loss for individuals who have experienced loss in various ways not just through death. It will illustrate ways that can enhance coping for the bereaved individual and help them process their grief. The workshop will help participants to understand the normal reactions to grief and loss and explore how reactions can be more complex and require greater interventions. Contemporary theories and models of grief and loss will be explored. The workshop will be experiential in nature and suitable for both professionals and those working with people who have experienced loss and bereavement.

Learning Outcomes

On completion of the workshop participants will be able to:

- gain enhanced skills and knowledge of grief and loss in various situations;
- allow for reflection on the impact of loss in one's life through the experiential element;
- have a greater understanding of the working models of grief, thus providing frameworks for the experience;
- through discussion will allow for an enriched experience of this difficult area in a safe setting;
- apply the learning to various losses in our present changing times.

Presenter Profile

Brid Carroll Coming from an educational background Brid, is a qualified Psychotherapist and Counselling Supervisor who has worked with a special interest in loss and bereavement issues for over twenty years. Brid presently counsels children, young people and families dealing with loss and change through death separation and illness. Presently she provides training with various groups in the areas of bereavement and loss and family systems throughout Ireland.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€180 (2-day workshop) includes light lunch/tea and coffee.

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Workshop 2

SCHOOLS AND LOSS

Date	Time	Presenter
Friday, 27th January 2012	9.15am – 4.15pm	Padraig McMorrow Pat Wilson

Description

This workshop will look at different forms of loss and how loss impacts on the lives of children at different ages. It will examine how school can be a support to these children. The workshop will use a video presentation and provide opportunities for interactive discussion.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the important role that schools can play at a time of loss in a student's/child's life;
- be aware of how the student's understanding of loss changes through their young and adolescent years;
- be familiar with approaches dealing with bereaved children;
- reflect on their own experiences of loss during their school years;
- develop plans in the event of a sudden or unexpected death in the school community.

Presenter Profiles

Padraig McMorrow is a retired Guidance Counsellor. At present, he is the Administrator of Kilkenny Bereavement Support, a voluntary organisation. He is involved in the recruitment and training of its volunteers.

Pat Wilson I.A.C.P. has many years experience in the field of counselling and psychotherapy. She is also an accredited supervisor, tutor and facilitator. She has a special interest in working with children and families dealing with all types of loss.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€95 (1-day workshop) includes light lunch/tea and coffee.

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Workshop 3

PROVIDING EFFECTIVE BEREAVEMENT SUPPORT

Date	Time	Presenter
Thursday, 2nd and Friday, 3rd February 2012	9.15am – 4.15pm	Dr. Susan Delaney

Description

This workshop will explore how to combine competence and compassion in supporting bereaved people on their grief journey. The workshop will be experiential in part and will also focus on practical inputs for improved bereavement support.

Learning Outcomes

On completion of the workshop participants will be able to:

- identify different levels of bereavement support;
- differentiate between normal and complicated grief reactions;
- utilise active listening techniques;
- understand the impact of personal loss issues on support provision.

Presenter Profile

Dr. Susan Delaney Clinical Psychologist, is the Bereavement Services Manager with the Irish Hospice Foundation. She has over 20 years experience working and teaching in the area of grief and loss and provides psychotherapy to bereaved clients at a Dublin hospice. She is the Co-ordinator of the Professional Certificate in Children and Loss and also teaches on the Post-Graduate Diploma in Bereavement Studies.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€180 (2-day workshop) includes light lunch/tea and coffee.

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Workshop 4

HIDDEN LOSSES – HIDDEN GRIEF

Date	Time	Presenter
Thursday, 23rd February 2012	9.15am – 4.15pm	Breffni Mc Guinness

Description

The practical and emotional support of friends, colleagues and family are key elements in helping people to come to terms with their losses. What happens though, when one is denied this support because the loss may go against what is acceptable in society (e.g. adoption, abortion, suicide, gay partnership)? This is where grief may become hidden.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the dynamics of grief and how some losses can become hidden;
- be able to recognise hidden grief;
- explore different aspects of hidden grief and how it affects people;
- understand what kind of supports can help with hidden grief.

Presenter Profile

Breffni Mc Guinness is the Training and Development Officer with The Irish Hospice Foundation (Bereavement). He is a Dramatherapist and member of the Irish Association of Creative Arts Therapists (IACAT). His special interests are in workplace bereavement, hidden losses and the use of creativity in working with people who are grieving.

Venue

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Fee

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Workshop 5

ANTICIPATORY GRIEF

Date	Time	Presenter
Friday, 24th February 2012	9.15am – 4.15pm	Ann Keating

Description

Many would argue that the grief process starts before death. What are the implications for family or friends of considering grief through the course of an illness? This workshop will explore the concept of anticipatory grief by examining whether preparation for and warning of a death can play a positive role in later grieving. The workshop will use presentations and discussion to support learning.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the concept of anticipatory grief;
- develop their own opinion on whether or not the grief process starts before death;
- consider ways of talking to and supporting families and friends as death approaches;
- identify resources and further supports.

Presenter Profile

Ann Keating has been a Medical Social Worker for over 27 years with a particular interest in loss and bereavement. She holds a Masters in Social Work during which she prepared a research dissertation Bereavement: A paradigm shift. She has recently retired from a Dublin hospice where she had worked for the past 21 years.

Venue

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Fee

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Workshop 6

INTIMATIONS OF MORTALITY: DEATH AND BEREAVEMENT IN OLD AGE

Date	Time	Presenter
Thursday, 1st March 2012	9.15am – 4.15pm	Marianne McGiffin

Description

‘All the world’s a stage and all the men and women merely players. They have their entrances and their exits, their acts being seven ages’.

(William Shakespeare. *As You Like It*. II: vii.)

This workshop considers what it may be like to come close to the inevitability of one’s own death, as well as to cope with bereavement in the later years of life. Current theory and research will be drawn upon. Reflection will also be mediated through accounts from world literature: biographical and fictional: drama, prose and poetry.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the variety of possible concerns of older adults to whom – by virtue of age – death draws ever nearer;
- reflect on the impact of spousal, sibling, multiple and sequential losses;
- understand what factors promote resilience in old age;
- understand complicated grieving in older adults and the risk factors for depression and suicide;
- be aware of interventions and resources: psychosocial and psychotherapeutic;
- be aware of current theories and research in this area.

Presenter Profile

Marianne McGiffin has recently retired as Director of Education at a Dublin hospice. Her professional background includes psychiatric and general nursing, third-level nurse education, counselling and complementary therapies. She is currently working as an acupuncturist and freelance lecturer.

Venue

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Fee

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Workshop 7

COMMUNICATING IN DIFFICULT CIRCUMSTANCES – A WORKSHOP FOR NON-CLINICAL STAFF

Date	Time	Presenter
Friday, 2nd March 2012	9.15am – 4.15pm	Dr. Susan Delaney

Description

This workshop provides training for non-clinical staff whose work brings them into contact with bereaved people. The workshop will focus on communication skills training, responding to people when they are distressed, angry or over-whelmed and the importance of self-care.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the different responses to loss;
- be familiar with active listening techniques;
- learn how to interrupt, transfer or terminate calls without giving offence;
- be aware of the impact on self when dealing with loss.

Presenter Profile

Dr. Susan Delaney Clinical Psychologist, is the Bereavement Services Manager with the Irish Hospice Foundation. She has over 20 years experience working and teaching in the area of grief and loss and provides psychotherapy to bereaved clients at a Dublin hospice. She is the Co-ordinator of the Professional Certificate in Children and Loss and also teaches on the Post-Graduate Diploma in Bereavement Studies.

Venue

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Fee

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Workshop 8

SUPPORTING HELPERS TO UNDERSTAND SUICIDE BEREAVEMENT

Date

Thursday, 8th March 2012

Time

9.15am – 4.15pm

Presenter

Ciaran Austin
John Hickey

Description

The aftermath of a death by suicide can be a traumatic and profoundly sad time for individuals, families or colleagues left behind. Such bereavement may be prolonged and very complicated. Fear for others, of contagion and related ill health are common. This workshop will examine what it is like to lose someone to suicide. It will bring about an understanding of this very specific grief process, detail common grief reactions and bring learning as to how best support those left behind after a suicide. This workshop will involve a personal account of suicide and share international best practice standards and challenges in postvention support.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the complex reactions to a death by suicide in the immediate and longer terms;
- develop their own skills in approaching the subject with a bereaved person and how to support them;
- learn how to engage with someone bereaved by suicide in varied settings (family, community and workplace);
- focus on what survivors need to heal and understand their post-traumatic growth.

Presenter Profile

Ciaran Austin has a managerial background with experience in co-ordinating helpline services for support organisations and most recently a suicide prevention crisis helpline, 1Life. At present, Ciaran is the Director of Services with Console, a nationwide charity providing counselling/psychotherapy services and a wide variety of other supports to anyone bereaved by, or at risk of suicide.

John Hickey is the National Clinical Co-ordinator with Console, managing all aspects to the therapeutic work in the organisation. John has many years of experience in the fields of addiction and recovery, adult education and suicide prevention and postvention. He is an accredited member of IAAAC, the Institute of Guidance Counsellors and The Psychological Society of Ireland. John has a particular interest in the areas of therapeutic group work and has published articles on depression in young school leavers and on the benefits and experiences of clinical supervision for front line treatment personnel.

Venue

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Fee €95 (1-day workshop) includes light lunch/tea and coffee.

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Workshop 9

COMMUNICATION – THE KEY TO MAKING A DIFFERENCE IN EARLY PREGNANCY LOSS, STILLBIRTH OR NEONATAL DEATH

Date	Time	Presenter
Thursday, 29th March 2012	9.15am – 4.15pm	Ron Smith Murphy

Description

This one-day workshop will provide insight and knowledge from parents' perspectives and experience in order to develop ways to communicate with and support families who have experienced an early pregnancy loss, stillbirth, or neonatal death. It is relevant to those in healthcare, community and voluntary settings who come into contact with these families. Through the day we will explore means of supporting bereaved parents and their other children, the importance of creating memories and of follow up for families. The workshop is rooted in personal experience and it includes an input on supporting yourself and your colleagues.

Learning Outcomes

On completion of the workshop participants will be able to:

- identify communication skills helpful for interacting with grieving families;
- understand the role of interdisciplinary teams in caring for grieving parents;
- be able to describe appropriate interventions for responding to someone who has had an early pregnancy loss, stillbirth, or newborn death;
- be able to explain how children, family and friends are affected by perinatal loss;
- identify needs of caregivers and describe ways to care for one's self.

Presenter Profile

Ron Smith Murphy is National Chairperson of A Little Lifetime Foundation (formerly ISANDS).

A Little Lifetime Foundation provides information, services and support to families facing the death of their baby or those already bereaved. We work daily with Health Care Professionals and others within the community to develop good practice in the area of infant death.

Ron has been involved in the life of A Little Lifetime Foundation since the death of her own daughter Ruth. She has contributed to the public debate on the needs of the bereaved family and has represented A Little Lifetime Foundation on a number of governmental agencies. Further details may be found at <http://www.alittlelifetimefoundation.ie>

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€95 (1-day workshop) includes light lunch/tea and coffee.

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Workshop 10

CHILDREN AND LOSS

Date	Time	Presenter
Thursday, 12th and Friday, 13th April 2012	9.15am – 4.15pm	Nuala Harmey

Description

This workshop explores the impact of loss through death/illness/separation on children. The impact of loss will be addressed in relation to child development and family coping strategies. Use of video, children's art and materials will be included.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the importance of developmental stages in loss;
- reflect on the emotional impact of working with grieving children;
- learn skills in the use of materials;
- develop skills in determining levels/and appropriate response/to child's response to loss.

Presenter Profile

Nuala Harmey is a Social Worker who currently provides a bereavement training service in the Childrens University Hospital Temple St, and is a special advisor to the Hospice Friendly Hospital programme. She trained in TCD and the Clanwilliam Institute. She has a particular interest in working with children who have experienced loss.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€180 (2-day workshop) includes light lunch/tea and coffee.

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2012 Workshops on Loss and Bereavement

Workshop 11

STOP ALL THE CLOCKS! – HOW THE CREATIVE ARTS CAN BE HELPFUL IN BEREAVEMENT SUPPORT

Date

Thursday, 26th April 2012

Time

9.15am – 4.15pm

Presenter

Breffni Mc Guinness

Description

Stop all the Clocks! Many people will recognise these words from WH Auden's poem Funeral Blues which was made famous in the film Four Weddings and a Funeral. It captures poignantly the experience of what grief can be like. The creative arts (including poetry, art, music, dance, drama and ritual) can be great resources to people who are grieving. They can provide different ways of expressing grief which go beyond words and help people to tap in to their own creativity. At the same time, they can provide an enjoyable way of engaging with the grieving process. This workshop will explore different creative arts and how these can be used when working with people who are bereaved. This will be an enjoyable and practical workshop. Previous experience or expertise in creative arts is not required.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the grieving process and the different levels of support that can help people who are grieving;
- learn about different creative arts (literature, art, drama, music, ritual);
- learn how creative arts can be used when working with people who are grieving;
- learn about practical applications from recent case studies in hospitals and hospices.

Presenter Profile

Breffni Mc Guinness is the Training and Development Officer with The Irish Hospice Foundation (Bereavement). He is a Dramatherapist and member of the Irish Association of Creative Arts Therapists (IACAT). His special interests are in workplace bereavement, hidden losses and the use of creativity in working with people who are grieving.

Venue

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Fee

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Workshop 12

PARENTAL GRIEF – SUPPORTING PARENTS FOLLOWING THE SUDDEN DEATH OF A CHILD

Date	Time	Presenter
Friday, 27th April 2012	9.15am – 4.15pm	Deirdre Dowling Ger O'Brien

Description

The death of a child has a profound and lifelong effect on a family. Although both parents are grieving the same child their grief can be very different. Parents can, with knowledge and understanding, adapt to each other's grieving style. The workshop will examine the affects of the sudden loss of a child on the parental relationship and how gender styles can influence and cause diversity in grief. The ways in which support workers can promote self-help and help parents in their grief will be explored.

Learning Outcomes

On completion of the workshop participants will be able to:

- gain an understanding of the affects of trauma on parents;
- understand the complexities of the loss of a child;
- identify different grieving styles i.e. masculine and feminine, and how it affects a couple's relationship;
- assist parents in normalising their grief;
- understand and accept differences within individual families;
- identify adequate resources and supports available to families.

Presenter Profiles

Deirdre Dowling holds a Degree in Community Studies, a H.Dip in Guidance and Counselling and recently completed a Postgraduate Diploma in Bereavement Studies. She has worked with the Irish Sudden Infant Death Association for the past four years. Deirdre raises awareness of parents' needs among professionals and co-facilitates parents' support groups.

Ger O'Brien holds a Degree in Psychotherapy and has worked as Bereavement Services Co-ordinator for the Irish Sudden Infant Death Association for the past 11 years. She provides crisis intervention, counselling and facilitates support groups. She has also worked on the bereavement training service in the Children's University Hospital, Temple Street. She has a particular interest in parental loss.

Venue

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2012 Workshops on Loss and Bereavement

Workshop 13

WORKING WITH PEOPLE FACING DEATH

Date	Time	Presenter
Thursday, 10th May 2012	9.15am – 4.15pm	Eileen Scott

Description

How do you talk to someone who is dying? This workshop will reflect on and analyze how we can help people facing death to carefully explore their emotional wellbeing.

We will look at the demanding, often challenging and conflicting issues that arise for people who are ill and what we might do or say to support them. The needs of adults and children will be covered.

The format will include a presentation, a review of related literature and it will be experiential and interactive throughout.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the complexities of talking to someone who is dying;
- reflect on their own experience and clients' experience of facing death;
- confidently begin to communicate with a person who is facing death in a safe and respectful manner;
- identify and begin to develop the use of different creative tools that might assist them in their own learning and in their direct work with clients;
- be aware of current theory and literature around this area.

Presenter Profile

Eileen Scott has been a Social Worker for nearly 19 years working in Scotland, Kuwait and Ireland. She worked as a Senior Medical Social Worker in Our Lady's Hospice and Blackrock Hospice for over 6 years. For nearly 7 years Eileen has been working with the Palliative Care Team covering the community and the local hospital in Co. Roscommon. She has a degree in Social Science and a Post Graduate Diploma in Psychosocial Palliative Care.

Venue

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Fee

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Workshop 14

ADOLESCENCE AND LOSS

Date	Time	Presenter
Friday, 11th May 2012	9.15am – 4.15pm	Dr Ray O'Donnchadha

Description

This workshop will explore the distinct issues which present when teenagers/adolescents experience loss, either through death, parental separation, or emigration. It will provide a theoretical framework for the adolescent stage in the development of the young person, and a theoretical framework for separation and loss. It will use experiential, interactive and small group learning techniques to allow the participants to formulate suitable approaches to working with young people who have experienced loss.

Learning Outcomes

On completion of the workshop participants will be able to:

- engage in experiential, interactive and reflective learning;
- learn about the psychology of adolescence; the underlying principles of separation, trauma and loss; how to identify their own feelings; and specific strategies for working with young people who have experienced loss.

Presenter Profile

Dr. Ray O'Donnchadha is a Psychotherapist, lecturer in Psychology and Author. He teaches psychology at Dublin University, Royal College of Surgeons in Ireland, St Nicholas Montessori Training College, and on the G.P. Professional Training programme in University College Dublin. He practices as a Jungian Psychotherapist at the Institute of Psychosocial Medicine in Dun Laoghaire. He is the author of 'The Confident Child', 'Be Confident' and 'A True Note on a Slack String'.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€95 (1-day workshop) includes light lunch/tea and coffee.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

2012 Workshops on Loss and Bereavement

Workshop 15

FAMILIES AND BEREAVEMENT

Date	Time	Presenter
Thursday, 17th and Friday, 18th, May 2012	9.15am – 4.15pm	Stephan Sperber

Description

As well as being an individual experience, bereavement is influenced by family relationships and functioning. The workshop will examine the interplay between individuals and their family dynamics, explore the use of bereavement risk assessments and assist participants in considering strategies for assisting and supporting bereaved families.

Learning Outcomes

On completion of the workshop participants will be able to:

- have a greater understanding of the feelings and behaviours associated with an individual's journey through grief;
- understand the dynamics present in families when faced with a bereavement;
- be equipped with knowledge of family and bereavement risk assessments.

Presenter Profile

Stephan Sperber is a Senior Social Worker who currently works with Milford Care Centre. He has worked within palliative care and bereavement since 2007. Stephan has worked within different community settings with families experiencing grief through separation and loss.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€180 (2-day workshop) includes light lunch/tea and coffee.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

Workshop 16

LOSS AND THE IMPACT OF FAMILY BREAKDOWN ON ADOLESCENTS

Date	Time	Presenter
Thursday, 24th May 2012	9.15am – 4.15pm	Francesca McGuinn

Description

This workshop will look at the impact of parental separation on teenagers and identify behaviours and pressures that might indicate a need for intervention. It will also look at the complexity of parental and familial systems influencing stepfamilies and issues for children in this 'new system'.

Teen Between is a specialised counselling service for young people who are experiencing difficulties as a result of their parents' separation or family transitions. The service continues to develop its skills and methodology but the overall theoretical perspective is systemic, seeing the young person's difficulties not only in the context of their family situation and marital breakdown, but also informed by the personal and social transitions of adolescence. Use of video and handouts will be included.

Learning Outcomes

On completion of the workshop participants will be able to:

- have an understanding of the impact of parental separation on adolescents and how they adjust to the changes in family life;
- review and update their knowledge base necessary for working with adolescents, particularly an understanding of adolescence as a life stage and the difficulties which may be associated with it;
- have a grounding in the counselling skills that are necessary in dealing with young people in this situation.

Presenter Profile

Francesca McGuinn originally trained and worked with Relate in the U.K. as a Couples Counsellor. She now works with Relationships Ireland and is a Counsellor and Co-ordinator of the Teen Between Service, counselling for teenagers who are experiencing family difficulties. Francesca is a trainer in the organisation delivering counselling courses as well as client based courses. She contributes regularly to TV3s Ireland AM as their Relationship expert. Francesca holds a Msc. in Psychotherapy from DCU. The Teen Between website address is www.teenbetween.ie.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee €95 (1-day workshop) includes light lunch/tea and coffee.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

2012 Workshops on Loss and Bereavement

Workshop 17

FINAL JOURNEYS

Date	Time	Presenter
Friday, 25th May 2012	9.15am – 4.15pm	Bryan Nolan

Description

Final Journeys 1 & 2 is an introductory programme aimed at enhancing the quality of the interactions between patients at end of life, their families and hospital staff. It is an interactive programme at introductory level aiming to develop a culture of awareness of end of life care among all staff and to support the development of communication skills in end-of-life care. It was developed through the Hospice Friendly Hospitals programme. This workshop gives managers or staff from acute and community hospitals and nursing homes an opportunity to engage in Final Journeys and to consider whether it is a programme that could be facilitated locally in their workplace.

Learning Outcomes

On completion of the workshop participants will be able to:

- be aware of the relevance of end of life care to their own roles and setting;
- be more comfortable, competent and confident regarding end of life care;
- be more comfortable, competent and confident regarding communication at end of life.

Presenter Profile

Bryan Nolan joined Beaumont Hospital in 1993 from the Rotunda Hospital where he had been Chaplain from 1987. He became Head Chaplain at Beaumont Hospital, Dublin in 1994 and co-ordinated pastoral care in the hospital, managing an inter-denominational team of chaplains and 180 lay volunteers. Bryan was a member of the multidisciplinary team, the critical incident stress management team, and of the staff care team in the hospital and an accredited team member for palliative care and I.C.U.

He was involved in the formation of policy with regard to death, dying and breaking bad news and the education of student and post-graduate nurses on care of the dying and their relatives, post-bereavement courses and parent support days and services. He has a Masters in Health Care Chaplaincy from D.C.U. and has trained as an addiction therapist with the N.C.E.A., Holy Cross College, Clonliffe, Dublin. Bryan is currently working with the Hospice Friendly Hospitals programme.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee €95 (1-day workshop) includes light lunch/tea and coffee.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

Workshop 18

GRANDPARENTS' GRIEF: A COMPLEXITY OF LOSSES

Date	Time	Presenter
Thursday, 31st May 2012	9.15am – 4.15pm	Brid Carroll

Description

This workshop will be experiential in nature and is suitable for both professionals and those who work with older people. The workshop will explore the identity and role of grandparents in contemporary society. It will examine the many losses experienced by grandparents through death, separation, divorce, emigration and the breaking of the grandparent/grandchild contact. The workshop will help participants to understand the profound sense of powerlessness and the cumulative effect of grief experienced by grandparents which is often unacknowledged. It will illustrate approaches that can enhance the coping mechanisms of bereaved grandparents.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand the loss experiences of grandparents more fully;
- through discussion come to recognise the complexities involved in grandparent loss;
- recognise the role both professionals and the public can have in supporting bereaved grandparents;
- develop helpful interventions in working with this unique population.

Presenter Profile

Brid Carroll Coming from an educational background Brid, is a qualified Psychotherapist and Counselling Supervisor who has worked with a special interest in loss and bereavement issues for over twenty years. Brid presently counsels children, young people and families dealing with loss and change through death separation and illness. Presently she provides training with various groups in the areas of bereavement and loss and family systems throughout Ireland.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€95 (1-day workshop) includes light lunch/tea and coffee.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

2012 Workshops on Loss and Bereavement

Workshop 19

LOSS AND BEREAVEMENT IN PEOPLE WITH INTELLECTUAL DISABILITIES

Date	Time	Presenter
Thursday, 7th and Friday, 8th June 2012	9.15am – 4.15pm	Dr. John McEvoy

Description

This workshop explores the impact of loss and the bereavement experiences of people with intellectual disability. Among the topics discussed are conceptual understanding of death; emotional knowledge and recognition skills; grief reactions of people with intellectual disabilities; and guidelines for intervention and support.

Learning Outcomes

On completion of the workshop participants will be able to:

- discuss the developmental, familial and cultural issues associated with loss, bereavement and grief and individuals with intellectual disabilities;
- outline what constitutes 'best practice' in supporting people with intellectual disabilities experiencing loss and bereavement;
- develop a range of different practical interventions in supporting people with intellectual disabilities in coping with and adjusting to loss.

Presenter Profile

Dr. John McEvoy is Principal Clinical Psychologist with Midway Services, Navan, Co. Meath. He has been working and conducting research with people with intellectual disabilities for nearly thirty years. John also lectures in psychology at Dundalk Institute of Technology and is a Research Associate with the Centre for Disability Studies, UCD.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€180 (2-day workshop) includes light lunch/tea and coffee.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

Workshop 20

ADDICTION AND LOSS

Date	Time	Presenter
Thursday, 14th and Friday, 15th June 2012	9.15am – 4.15pm	Eoin Stephens

Description

Both the process of addiction and the process of recovery from addiction can be seen as having loss and grieving as central themes. This workshop will look at the psychological dynamics common to different addictions in relation to these inevitable themes of loss and grieving, with an emphasis on how clients may be practically helped to work through their particular loss issues.

Learning Outcomes

On completion of the workshop participants will be able to:

- describe the main criteria which define an addictive attachment;
- outline the losses which occur as a result of the progression of an addiction;
- understand the necessity for the addictive attachment to be mourned in order for healthy recovery to take place;
- reflect on the possible role of earlier unresolved grief issues in the genesis of an addiction, and in recovery from the addiction.

Presenter Profile

Eoin Stephens is an Integrative Cognitive Behavioral Therapist specialising in Addictive Behaviours and Dual Diagnosis issues. He has worked at a senior level in the fields of addiction counselling and training, as well as in general private practice and supervision, for over twenty years, and is currently College President at PCI College, and a Director of CBT Solutions.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€180 (2-day workshop) includes light lunch/tea and coffee.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

2012 Workshops on Loss and Bereavement

Workshop 21

GRIEF IN THE WORKPLACE – PROVIDING EFFECTIVE SUPPORT TO GRIEVING EMPLOYEES

Date	Time	Presenter
Thursday, 21st June 2012	9.15am – 4.15pm	Breffni Mc Guinness

Description

Grief and loss are part and parcel of the workplace environment. Whether it is someone we know who has died in an expected or tragic way, the diagnosis of a terminal illness, or the breakup of a relationship, these aspects of our lives cannot be left at the door when we come to work. What is the best thing to do or say as a manager in such situations?

Learning Outcomes

On completion of the workshop participants will be able to:

- understand how grief and loss can impact on employees;
- support a bereaved employee and recognise when more help is needed;
- create a supportive work environment for employees who are bereaved;
- understand the key elements of a Workplace Bereavement Policy.

Presenter Profile

Breffni Mc Guinness is the Training and Development Officer with The Irish Hospice Foundation (Bereavement). He is a professional Dramatherapist having trained in NUI Maynooth and UCD. His special interests are in workplace bereavement, hidden losses and the use of creativity in working with people who are grieving.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€95 (1-day workshop) includes light lunch/tea and coffee.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

Workshop 22

SELF CARE FOR THE PERSON IN A CARING RELATIONSHIP

Date	Time	Presenter
Friday, 22nd June 2012	9.15am – 4.15pm	Dr. Ray O'Donnchadha

Description

The workshop will allow the participants to explore the conscious and unconscious issues which influence the behaviour of the person in a caring role. It will provide a theoretical framework for issues of power, control helping others and the dynamics of relationship. It will be facilitated in an experiential, interactive and reflective way, and will provide opportunities for the participants to engage in collaborative learning.

Learning Outcomes

On completion of the workshop participants will be able to:

- learn about the psychology of caring;
- learn about the dynamics of relationship;
- learn about the underlying/unconscious influence of power, helping and control;
- learn about the importance of separating from the person being cared for;
- learn how to develop strategies to support and protect themselves in the caring relationship.

Presenter Profile

Dr. Ray O'Donnchadha is a Psychotherapist, lecturer in Psychology and Author. He teaches psychology at Dublin University, Royal College of Surgeons in Ireland, St Nicholas Montessori Training College, and on the G.P. Professional Training programme in University College Dublin. He practices as a Jungian Psychotherapist at the Institute of Psychosocial Medicine in Dun Laoghaire. He is the author of 'The Confident Child', 'Be Confident' and 'A True Note on a Slack String'.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€95 (1-day workshop) includes light lunch/tea and coffee.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

2012 Workshops on Loss and Bereavement

Workshop 23

EXPLORING SPIRITUALITY AT END OF LIFE

Date	Time	Presenter
Thursday, 28th June 2012	9.15am – 4.15pm	Bryan Nolan

Description

The workshop will review spirituality and what it is in a contemporary Irish context. It will explore spiritual care at end of life and caring for those that are bereaved. The content is relevant to all who accompany those at end of life and their loved ones. The workshop will contain group work and discussion.

Learning Outcomes

On completion of the workshop participants will be able to:

- understand that spiritual needs emerge at end of life and in bereavement;
- understand that spirituality is more than religion;
- understand that holistic care includes spiritual care;
- be aware of and begin to address spiritual pain.

Presenter Profile

Bryan Nolan joined Beaumont Hospital in 1993 from the Rotunda Hospital where he had been Chaplain from 1987. He became Head Chaplain at Beaumont Hospital, Dublin in 1994 and co-ordinated pastoral care in the hospital, managing an inter-denominational team of chaplains and 180 lay volunteers. Bryan was a member of the multidisciplinary team, the critical incident stress management team, and of the staff care team in the hospital and an accredited team member for palliative care and I.C.U.

He was involved in the formation of policy with regard to death, dying and breaking bad news and the education of student and post-graduate nurses on care of the dying and their relatives, post-bereavement courses and parent support days and services. He has a Masters in Health Care Chaplaincy from D.C.U. and has trained as an addiction therapist with the N.C.E.A., Holy Cross College, Clonliffe, Dublin. Bryan is currently working with the Hospice Friendly Hospitals programme.

Venue

The Irish Hospice Foundation, Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2.

Fee

€95 (1-day workshop) includes light lunch/tea and coffee.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

BOOKING INFORMATION

Application

All completed booking forms should be returned with a cheque or details of the address to which the invoice should be sent.

Fees

1-day workshop €95

2-day workshop €180. Fees include light lunch and tea/coffee.

A 10% discount applies if 6 or more training days are booked.

Payment

Please make cheques payable to the Irish Hospice Foundation and forward to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2. We also accept credit card payments.

Cancellations

Cancellations up to 1 week prior to each workshop will be given a full refund minus an administration fee of €10. Thereafter no refunds will be made. If you are unable to attend a particular session, a substitute may attend in your place by prior arrangement.

On-Line Booking

Bookings can also be made on-line through our website: www.hospice-foundation.ie. Please note all bookings will be confirmed in writing. It should not be assumed that an on-line booking secures a place on a workshop until it has been confirmed by this office.

Venue

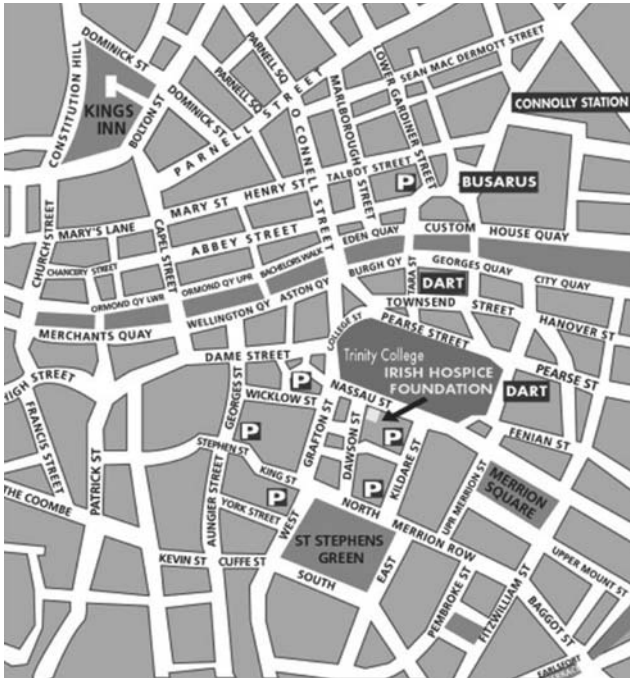
All workshops will be held in the Irish Hospice Foundation Education and Bereavement Resource Centre, Morrison Chambers, 4th Floor, 32 Nassau Street, Dublin 2 from 9.15am – 4.15pm.

Contact

If you would like further information about these workshops or would like to be included on our mailing-list for future trainings please call Iris Murray on 01 679 3188 or email: iris.murray@hospice-foundation.ie. From time to time we send out email alerts advising of upcoming training if you would like to be included on this circulation list contact Iris Murray with your email address.

To book a place on this workshop please read the booking information in this brochure (page 24) and return completed booking form with payment to Iris Murray, Irish Hospice Foundation, Morrison Chambers, 32 Nassau Street, Dublin 2. Cheques should be made payable to the Irish Hospice Foundation. If you would like further information or additional brochures please ring Iris on 01 6793188 or email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie

LOCATION MAP



Nearest car parks:

Dawson Car Park, School House Lane, Dublin 2
Setanta Car Park, Frederick Lane South, Dublin 2

Dart stations:

Pearse Station and Tara Street Station

Buses:

Information on bus services for Nassau Street can be obtained by contacting Dublin Bus
Tel. 01 872 0000
www.dublinbus.ie

Luas:

The nearest Luas stop to Nassau Street is St. Stephen's Green (the green line) www.luas.ie



BOOKING FORM

FULL NAME: _____

HOME ADDRESS: _____

JOB TITLE: _____

ORGANISATION: _____

ORGANISATION ADDRESS: _____

TEL. NO: (WK/DAY) _____ (HM/MOBILE) _____

EMAIL: _____

SPECIAL DIETARY REQUIREMENTS: _____

DISABILITY/SPECIAL REQUIREMENTS: _____

WHERE DID YOU HEAR ABOUT THE WORKSHOPS: (✓ relevant box)

Mailing List

Poster

IHF Website

Colleague

Advertisement

Other

(specify source) _____

(specify) _____

Please ✓ the box if you **do not** want to receive information about future courses and workshops

PTO →



BOOKING FORM

I would like to book a place on the following workshops:- (✓ relevant box)

- | | | |
|---|--------------------------|-------------------|
| 1. Overview of Loss & Bereavement | <input type="checkbox"/> | Fee: €180 (2-day) |
| 2. Schools & Loss | <input type="checkbox"/> | Fee: €95 (1-day) |
| 3. Providing Effective Bereavement Support | <input type="checkbox"/> | Fee: €180 (2-day) |
| 4. Hidden Losses – Hidden Grief | <input type="checkbox"/> | Fee: €95 (1-day) |
| 5. Anticipatory Grief | <input type="checkbox"/> | Fee: €95 (1-day) |
| 6. Death and Bereavement in Old Age | <input type="checkbox"/> | Fee: €95 (1-day) |
| 7. Communicating in Difficult Circumstances – a workshop for non-clinical staff | <input type="checkbox"/> | Fee: €95 (1-day) |
| 8. Supporting Helpers to Understand Suicide Bereavement | <input type="checkbox"/> | Fee: €95 (1-day) |
| 9. Early Pregnancy Loss, Stillbirth or Neonatal Death | <input type="checkbox"/> | Fee: €95 (1-day) |
| 10. Children & Loss | <input type="checkbox"/> | Fee: €180 (2-day) |
| 11. How the Creative Arts can be Helpful in Bereavement Support | <input type="checkbox"/> | Fee: €95 (1-day) |
| 12. Parental Grief – Supporting Parents following the Sudden Death of a Child | <input type="checkbox"/> | Fee: €95 (1-day) |
| 13. Working with People Facing Death | <input type="checkbox"/> | Fee: €95 (1-day) |
| 14. Adolescence and Loss | <input type="checkbox"/> | Fee: €95 (1-day) |
| 15. Families and Bereavement | <input type="checkbox"/> | Fee: €180 (2-day) |
| 16. Loss and the Impact of Family Breakdown on Adolescents | <input type="checkbox"/> | Fee: €95 (1-day) |
| 17. Final Journeys | <input type="checkbox"/> | Fee: €95 (1-day) |
| 18. Grandparents' Grief: A Complexity of Losses | <input type="checkbox"/> | Fee: €95 (1-day) |
| 19. Loss and Bereavement in People with Intellectual Disabilities | <input type="checkbox"/> | Fee: €180 (2-day) |
| 20. Addiction and Loss | <input type="checkbox"/> | Fee: €180 (2-day) |
| 21. Grief in the Workplace – Providing Effective Support to Grieving Employee | <input type="checkbox"/> | Fee: €95 (1-day) |
| 22. Self Care for the Person in a Caring Relationship | <input type="checkbox"/> | Fee: €95 (1-day) |
| 23. Exploring Spirituality at End of Life | <input type="checkbox"/> | Fee: €95 (1-day) |

A 10% discount applies if 6 or more training days are booked.

Payment (Please circle the method to be used i.e. A, B or C)

A I enclose a **cheque** made payable to **The Irish Hospice Foundation**

B Invoice the following: **Name and Organisation** _____

Address _____

C I wish to pay by **Credit Card**: (circle as appropriate) Visa Mastercard Laser

I authorise the Irish Hospice Foundation to deduct € _____ from my account.

Credit Card No:

Expiry Date: CVV2: This is the last 3 digits printed on the reverse of your card on the signature strip

Name of cardholder: _____

Address: (if different from overleaf) _____

Signature: _____

**Return completed booking forms to: Iris Murray, Irish Hospice Foundation,
 Morrison Chambers, 32 Nassau Street, Dublin 2. Tel: 01 679 3188 Fax: 01 673 0040
 Email: iris.murray@hospice-foundation.ie Website: www.hospice-foundation.ie**

The Irish Hospice Foundation is a not-for-profit organisation that promotes the hospice philosophy and supports the development of hospice care.

Our vision is that no one should have to face death without appropriate care and support. This includes support for families and loved ones, extending into bereavement.

The Irish Hospice Foundation runs a number of education and training programmes, primarily concerned with bereavement and loss.

The Irish Hospice Foundation
Morrison Chambers
4th Floor, 32 Nassau Street
Dublin 2
Tel: 01 679 3188
Fax: 01 673 0040
www.hospice-foundation.ie

LIVING 
TO THE END

Our current education and training programmes are:-
Postgraduate Diploma/MSc in Bereavement Studies
Professional Certificate in Children and Loss
Annual series of Workshops on Loss and Bereavement
Grief at Work lunchtime seminars

Information on all our training is available on
www.hospice-foundation.ie