

Looking at Loss and Grief

Professional Development Training by The Grief Centre

After A Suicide

22nd May 2019 - Christchurch

Presented by Tricia Hendry

The nature of suicide, it's grief impact, and tools for effective support

606 people died by suicide in 2017 in New Zealand. In fact, between 1 July 2007 and 30 June 2017 5,536 of Aotearoa's sons and daughters ended their own lives. Many tens of thousands of people, of all ages, grieve their loss and experience a difficult, demanding kind of grief in the years that follow.

This half day workshop is designed to equip helping professionals and volunteers with key knowledge, skills, and resources to be able to provide compassionate, appropriate support for those bereaved by suicide.

This workshop will cover:

- Understanding the nature of suicide
- A research update - myths and facts
- What NZ and global statistics show us
- Common society attitudes to a suicide death - their impact and the language we use
- Reflection on personal perspectives and personal language about suicide
- Why those bereaved by suicide should be understood as a priority vulnerable population
- Why suicide prevention is essential for effective suicide prevention
- Common suicide grief reactions - what makes grief suicide unique?
- The 'trauma factor'
- The haunting of *Why?* - finding meaning
- The influence of cultural diversity, and of religious and spiritual diversity
- Common suicide grief experiences - coping with stigma
- Responding to those bereaved - what they say they need most
- Bereaved children and teens - common reactions, ways to explain suicide to them
- When families, groups, workplaces, or communities grieve - the dynamics they play
- If grief becomes 'prolonged' or 'complicated', and other red flags
- The potential transformative nature of suicide grief
- Talking safely about suicide
- Funerals and rituals after a suicide death - what to be mindful of and why
- The imperative of professional self-care - reducing your own risk

Further Information

- Date:** Wednesday 22nd May 2019
Time: 1pm - 4.30pm
Venue: Christchurch Community House, 301 Tuam Street,
Christchurch Central, Christchurch 8011
Cost: \$95 plus GST



To register please email events@griefcentre.org.nz

www.griefcentre.org.nz

Transformative support through loss and grief