

# Looking at Loss and Grief

Professional Development Training by The Grief Centre

## Embracing Difference to create a Bridge for Healing

**3rd April 2019 - Auckland**

**A one day workshop presented by Liese Groot-Alberts**

*“The lament of a Broken Heart: mourning and grieving in different cultures. How acceptance of difference creates a bridge for healing and hope.”*

Being connected provides a platform for healing. True connection enables us to stand beside each other, honouring the differences that are apparent between us.

In this workshop we will explore difference and we will look at how it can affect the relationship we have with our clients and their grief-journey. We will examine theoretical models and conduct small group explorations on specific topics. We will also have self-reflection time for participants, creating further insight into their own life and practice.

### **This workshop will look at:**

- Understanding the theory of terror/anxiety management in relationship to different cultures.
- Exploring cultural anxiety buffers and awareness of individual conceptions of worldview and faith.
- Understanding the conditions that need to be in place for true connection.
- Reflections on when non-judgment becomes judgment.
- Knowing the barriers and strengths we bring with us when working with different cultures and the impact of self-worth/self-esteem on levels of tolerance and acceptance.

### **About Liese:**

Liese works internationally as a public and keynote speaker, palliative care educator, presenter of loss, grief and bereavement trainings and clinical supervisor for healthcare professionals. Liese has specialised in conducting trainings and seminars in trauma, loss, grief and bereavement, palliative care, as well as self-care for the carer, resilience and spirituality. Her passion is working with difference and finding strength and hope in connectedness.

## Further Information

- Date:** Wednesday 3rd April 2019  
**Time:** 9.30am - 5pm  
**Venue:** Potters Park Events Centre, 164 Balmoral Road, Balmoral, Auckland  
**Cost:** \$150 plus GST



**To register please email [events@griefcentre.org.nz](mailto:events@griefcentre.org.nz)**

[www.griefcentre.org.nz](http://www.griefcentre.org.nz)

*Transformative support through loss and grief*