

Looking at Loss and Grief

Professional Development Training by The Grief Centre

Healer Heal Thyself

30th October 2019 - Auckland

A one day workshop presented by Liese Groot-Alberts

To be effective and stay healthy in our role we need to take care of ourselves first.

Self-care in this context is viewed as having two aspects. Firstly, we need to nurture ourselves physically, emotionally, intellectually and spiritually. The second aspect is more challenging but vitally important; for without self-reflection and self-awareness, we are less likely to be able to facilitate meaning, healing and hope in others and are more likely to project our own issues and needs onto those we care for. We are also more likely to develop 'burnout' or 'compassion fatigue' at great personal cost.

This workshop will aim for participants to get a better understanding of:

- True empathy and compassion
- The impact of empathic and compassionate care
- The needs and responsibilities of health care professionals towards self-care
- What causes compassion fatigue, overload and burnout
- How to diagnose the warning signs
- The difference between self-nurturing and self-awareness
- The practice of self-reflection and self-awareness when working with people dealing with loss, grief and trauma, thus developing phronesis/ practical wisdom
- How to heal overload, burn out and compassion fatigue

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 30th October 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

www.griefcentre.org.nz

Providing transformative support through loss and grief