

Looking at Loss and Grief

Professional Development Training by The Grief Centre

Traumatic Grief

21st May 2019 - Christchurch

Presented by Tricia Hendry

The nature and impact of traumatic grief and ways to provide support

This half day workshop is designed for anyone supporting those who have experienced traumatic loss in their lives. It will highlight key knowledge, latest research, core skills, and resources to help participants provide compassionate and appropriate support.

This workshop will cover:

- The nature of the trauma and grief processes
- The effects of trauma on the brain and the body - what does neuroscience research tell us?
- Common, and not so common responses
- Traumatic grief in infants, children, and teens
- The demands of multiple traumatic loss
- Vicarious/second hand trauma and grief
- When families, groups, workplaces, or communities share a traumatic loss
- Possible longer-term effects of traumatic grief
- Complex trauma - PTSD
- Culture's influence on the trauma and grief experience
- What is 'trauma-informed care'? Some practical tools and approaches
- Accessing extra help for recovery - What does the research say?
- Minimising re-traumatisation
- Basic de-escalation, grounding, and calming skills
- What is post traumatic growth?
- Resources and links
- The imperative of professional self-care – reducing your own risk of vicarious trauma and grief.

Further Information

- Date:** Tuesday 21st May 2019
Time: 9.30am - 1pm
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