

# WORKING WITH GRIEF AND LOSS

*Exploring Newer Ways of Understanding and Working with  
People Experiencing Grief*  
Friday 22 October 2010

**TRAINING OUTLINE:** Grieving used to be understood as a linear process - after a loss you began the grieving and progressed through various stages to "closure". This is not the experience of most people who experience profound grief - there is an unpredictability and circularity to grief that can be confusing, distressing and lonely for those going through it. This workshop will challenge some common assumptions of "being stuck in" grief. The training will examine concepts and skills that can be used when working with the confusion, intense sadness, loneliness and pain attendant on deep loss. Specific attention will be paid to:

- Exploration of non-linear models of grief and loss
- The reconstruction of meaning as a central dynamic of grief
- Grieving as an interpersonal process linked to our sense of self
- Gendered differences in the experience of grief by men and women, respectively
- Different types of grief and loss, including disenfranchised grief and ambiguous grief
- Skills in being able to work in a respectful way with clients who are intensely grieving
- Exploration of participants' own experience of and understanding of grief and loss

*The workshop will be a combination of content knowledge and skills practice.*

**Date:** Friday 22 October 2010, 9.00 am - 4.00 pm  
**Registration:** 8.45 am  
**Venue:** The Cedar Centre, 36 Baker St. Toowoomba (on the southern side of USQ)  
**Cost:** \$192.50 per person. The cost includes lunch, morning and afternoon tea, and all handouts.

**Participants:** The training is oriented to counsellors and therapists, family intervention workers, school guidance officers, social workers, psychologists, health workers, etc.

## About The Trainers:

**KENT SMITH** is a social worker and family therapist based in Toowoomba. He has worked in the community sector, for government and for the United Nations for over 30 years, and has experience working with issues of sexual abuse and sexual assault, torture and trauma, male violence, grief and loss and relationship issues.

**PETER BRENNAN** is a social worker and family therapist in private practice. He is a Clinical Member of the Queensland Association for Family Therapy. He has over 35 years experience and has worked in a variety of settings. He has extensive experience working in the areas of grief, loss and trauma.

**TAX INVOICE/REGISTRATION FORM**

Date of Invoice: 16 September 2010

Peter Brennan  
PO Box 4601  
Toowoomba East  
Qld 4350

Phone 0421 548 004  
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pbrennan@halenet.com.au

ABN 28 690 734 002

*Please post or fax this form back to reserve a place in the training and indicate below your method of payment*

**GRIEF and LOSS**

Date of Training: Friday 22 October 2010, The Cedar Centre, 36 Baker St  
Toowoomba

Registration at 8.45 am

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Contact: Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Dietary Requirements: *please circle* Vegetarian/ Coeliac/ Gluten Intolerant  
Lactose Intolerant/Other.....

Amount Payable: \$175 + \$17.50(GST) = \$192.50

*Full payment is to be made before the training  
No refunds if less than 48 hours notice is given before the training day*

**Method of Payment:**

- Personal payment by cheque or money order (please make cheque or money order payable to "Peter Brennan" and post to the above address).
- Employer payment by cheque or Electronic Funds Transfer - Internet Banking. Please email me for my account details.

***Confirmation of your place in the training will be made by phone or email after receipt of the completed registration form***