



UNDERSTANDING GRIEF AND LOSS

PRESENTED BY: HELEN TOMLINSON &
ANITA NODWELL

Helen Tomlinson is a bereavement counsellor working within the ARBOR (Active Response Bereavement Outreach) program at Anglicare WA, providing support for individuals, families and communities affected by suicide. Helen is passionate about working with families experiencing grief and loss in all its forms across the lifespan, particularly in palliative and bereavement settings. Helen has a BSc (Hons) in Psychology, Postgraduate Certificate in Grief, Loss & Trauma Counselling, and a Masters in Counselling.

Anita Nodwell has worked with Anglicare WA for 12 years. During this time she has specialised in grief and loss counselling both in family separation and suicide bereavement. Currently Anita is a clinician within the Anglicare WA ARBOR (Active Response Bereavement Outreach Program) program. The ARBOR program offers specialised cross-cultural grief and loss counselling, volunteer peer-support/lived-experience and therapeutic groups for people who have lost loved ones to suicide. Anita is also in an educator within Anglicare, facilitating workshops and group programs for clients experiencing grief. She is also an ASIST Trainer Applied Suicide Intervention Skills Training) and a Workplace Trainer and Assessor.

Date: 24 August 2018

Cost: \$240 per person (incl. GST)

Time: 9:30am - 4:30pm

Location: East Perth

Seminar overview

This one day workshop will

- Explore what "loss" is and how loss manifests in everyday life
- Review the different bereavement models
- Explore what is normal and complicated grief
- Address engaging and working with bereaved clients
- Provide an understanding into disenfranchised grief
- Explore self-care strategies for bereavement workers

Who is this seminar suitable for?

This workshop is suitable for professionals and health workers who work in the area of bereavement and/ or grief and loss, terminal illness and family separation.

By the end of this seminar, participants will:

- Have an appreciation and understanding of grief and loss
- Have a knowledge of the different past and present grief models
- Recognise the different stages of grief in clinical work
- Assist bereaved clients through the grief process

If you wish to attend please submit a registration form.

Bookings essential

9263 2122

or email training@anglicarewa.org.au

  anglicarewa.org.au/training-services