

# Looking at Grief

A series of professional development workshops by The Grief Centre

## Getting to Grips with Grief – 5<sup>th</sup> March 2018

Explore helpful grief models and theories developed through the years to better understand the nature of grief. Where has research got to now? What can researchers tell us to equip us to effectively support those grieving?



### A workshop on grief theory with a very practical twist!

By looking at how traditional theories and perspectives on grief have changed and developed through the years, this half day workshop will equip helping professionals and support volunteers with a research-based understanding of grief as a dynamic process. It will also explore how theoretical models, current thinking, an understanding of diversity, and the use of clear and mindful language can assist in their grief support practice.

### It will cover:

- Why grief theory matters – Why bother with research?
- A helpful overview of the development of grief theory and grief models by key researchers over the last 100 years - Where are we at now?
- The debate over the new concept of ‘Complicated Grief’
- The contribution of research into diverse cultural and religious perspectives on grief
- Contemporary directions in grief theory, research, and practice
- What does research say about grief counselling and support groups?
- New Zealand research contributions
- Where are the research gaps?
- Using models of grief to enhance your grief support practice
- Using clear language and helpful metaphors to assist grief understanding, for all ages
- Grief resources available in NZ
- Why professional self-care is imperative when working in the grief support arena.

**Time:** 1pm – 4.30pm

**Venue:** All Saints Church Conference Centre, 90 Hamilton Road, Hataitai, Wellington

**Cost:** \$95 plus GST

### About the presenter - Tricia Hendry

Tricia is well-known as a grief, trauma, and resilience specialist, a published author, and a workshop presenter. Her presentations are engaging, informative, and interactive.

## Registration details

To register or ask for more details, email [events@griefcentre.org.nz](mailto:events@griefcentre.org.nz) or phone 09 418 1457



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