

## Fees

Successful applicants will have to pay 300 € for the whole training, 50 € per each encounter.

Students: 40 € per encounter.

Plamienok will cover the remaining training costs under following conditions: Full attendance of all workshops (under exceptional situations, one encounter may be missed). If participants miss more than one encounter, they will have to reimburse Plamienok for the total cost of the training. The total cost of the training is 900 €. Accepted applicants will have to sign a training contract.

If you have financial difficulties, please contact us to consult special conditions of paying the fee.

## Place

PLAMIENOK n.o.

Educational Center for Paediatric End of Life Care  
Zadunajska str. No 6, Bratislava, Slovakia

Telephone: 00421 903 505 550/00421 908 686 897

Email: [info@plamienok.sk](mailto:info@plamienok.sk), <http://www.plamienok.sk>

## How to Apply

Please, fill in the application form at [www.plamienok.sk](http://www.plamienok.sk).

All applicants will be invited for a personal interview.

## Deadline of Application

29. 11. 2013



If you are interested, please contact:

Katarína Mistríková

Telephone: 00421 903 505 550

E-mail: [mistrikova@plamienok.sk](mailto:mistrikova@plamienok.sk)

## How to Find Us

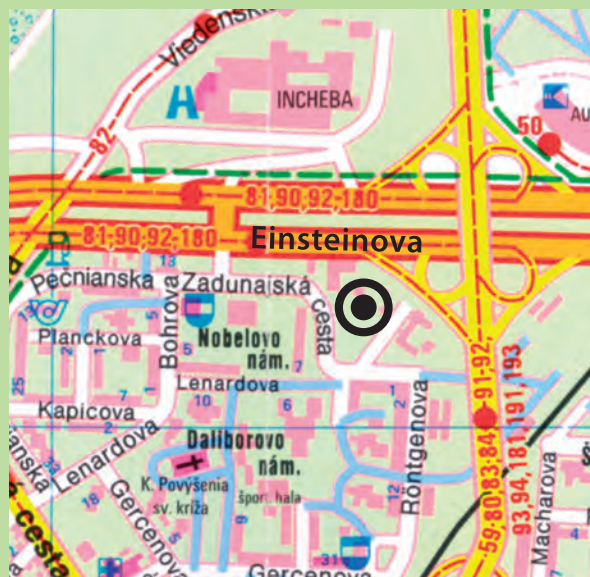
Take the bus No 93 from the Main Railway Station, get off at the Zochova bus stop, take the bus No 80 (direction Kopčany) and get off at the bus stop Einsteinova or Záporožská. The journey lasts 13 minutes.

Take the bus No 70 from the Main Bus Station Mlynské Nivy, get off at bus stop Nový Most and take the bus No 88 direction Mlynské Nivy via Petržalka and get off at the bus stop Einsteinova or Záporožská. The journey lasts 11 minutes. Our Educational Centre is in a walking distance (5 minutes) from the Záporožská or Einsteinova bus station.

Einsteinova: 80, 88, 92, N80

Dvory: 59, 83, 84, 91, 92, 93, 94, 191, N93

Aupark: 50, 80, 83, 84, 88, 91, 93, 94, 191, N80, N93



# BEREAVEMENT TRAINING COURSE

Educational Centre  
for Paediatric End of Life Care

6<sup>th</sup> Edition 2014



For Health Care Professionals (doctors, nurses, social workers, psychologists, pedagogues, chaplains) and students interested in bereavement.

*"We are one people, one community and the death of one is the concern of all. In the face of death man can achieve grandeur, but if he turns his back on death he remains a child, clinging to a land of make believe. For death is not the ending of the pattern of life's unwinding but a necessary interruption. Through the painful work of grieving we rediscover the past and weave it afresh into a new reality. There is not easy way through the long valley but we have faith in the ability of each one to find his own way, given time and the encouragement of the rest of us".*

Bereavement is a process that we all have to face at a certain time in our life. We cannot avoid death and the grief and pain we experience when we lose someone we love. Unfortunately when this happens, families and professionals are caught unprepared not knowing how to ease pain and suffering. There are lot of things professionals can do to help families to go through the bereavement process but these techniques are not taught enough at universities. Good will and a kind attitude are necessary but are not enough to transform a time of sorrow into an opportunity for personal growth. This course concentrates on a method that can help health care professionals and advanced students to do their work in a more rewarding and efficient way.

### AIMS

- Gaining awareness of your own losses.
- Learning techniques to deal with grief and bereavement.
- Learning the methodology of Creative Accompaniment as a working model in paediatric end of life care.
- Learning how to work with siblings.
- Acquiring skills for working with adolescents and young adults.
- Techniques to look after yourself and avoiding "burnout".

At the end of the course, successful participants may be offered a volunteer work or employment at **Plamienok's Grief Counseling Centre**.

### CHARACTERISTICS OF THE TRAINING

The training combines theory and practice. Many of the exercises are experiential. Participants will have to be prepared to work at an intense emotional level. An amount of reading and work online is an essential part of the course. The course is conducted in English, therefore a good command of the language is necessary.

### METHODOLOGY

We use the method of Creative Accompaniment, a holistic working model that integrates psychodynamics principles, gestalt therapy and psychodrama.

**NUMBER OF PARTICIPANTS:** up to 22.

### FORMAT AND DATES

The training consists of six weekend workshops.

Workshop 1: 18<sup>th</sup> – 19<sup>th</sup> January  
Workshop 2: 15<sup>th</sup> – 16<sup>th</sup> February  
Workshop 3: 15<sup>th</sup> – 16<sup>th</sup> March  
Workshop 4: 26<sup>th</sup> – 27<sup>th</sup> April  
Workshop 5: 24<sup>th</sup> – 25<sup>th</sup> May  
Workshop 6: 14<sup>th</sup> – 15<sup>th</sup> June

### TIMETABLE

Saturdays from 9:00 to 13:00 and 14:00 to 18:00  
Sundays from 09:00 to 13:00

### PROGRAMME

#### Workshop 1: "Facing our own losses"

Preparing the ground. The concept of mourning, grief and bereavement. Phantoms, fears and fantasies. Silence as a therapeutic tool. Listening to our body and mind. The importance of sound and creativity in the bereavement process. The Tana Toraja philosophy: "we have to give in order to receive". The transpersonal dimension.

#### Workshop 2: "Making contact"

The first telephone conversation. Building up the setting. The use of genograms. Techniques for dealing on the phone with different situations: the angry client, the desperate couple, the deprived family, the state of shock.

#### Workshop 3: "Meeting the family"

The first interview. The family of origin. Understanding the chaos. Strategies to cope with sadness and despair. Prevention of family disintegration. Finding the network support. Suggestions for "rainy days". Indicators of bereavement complications. The co-dependent family. Restoring hope.

#### Workshop 4: "The bereaved child and the child within"

Finding the child in us. Playing as a healing tool. The importance of the developmental stages. Anna Freud revisited. Attachment, separation and loss. The use of literature and fairy tales in the bereavement process. The magic of films.

#### Workshop 5: "The adolescent in no man's land"

Adolescence as a developmental phenomenon. Varieties of adult responses to adolescent losses. The development of sexuality. The search for identity and the fear of death. Anger, resentment and the quest for control. Special difficulties in bereavement with acting out adolescents (self injury, destructive behaviour, school refusers). Working in groups with bereaved adolescents.

#### Workshop 6: "Summing up and saying goodbye"

The art of separation. The importance of mindfulness to carry on with life. Working unfinished business. Understanding the loss as a growing process. Looking for new paths. How to care of ourselves to prevent burnout.

This course has been created and will be conducted by:

**Iván Gómez**

Director of **Plamienok's Grief Counseling Centre**. Psychologist. Gestalt Therapist. Member of the School of Creative Accompaniment, Valencia (Spain) and of the Valencia Association of Family Therapy. Co-director of the training courses of the Valencia Cancer Programme. He lectures on communication techniques at several universities and hospitals in Spain and South America. He is co-author of the book *"An Unwanted Journey: Creative Accompaniment in Paediatric Palliative Care"* which will be published in January 2014. He coordinates the Master Degree in Palliative Care at the Valencia Catholic University.

