

WEDNESDAY NOVEMBER 14TH, 2018 | 8:30 AM - 2:30 PM
MARKHAM 50 E VALHALLA DR. EDWARDS VILLAGE HOTEL

9:00 AM

Exploring the Faces of Loss: Caring, Supporting, Empowering

C. Elizabeth Dougherty

This workshop will explore the language of loss while also examining tools and resources to support individuals, families, and ourselves.

Workshop participants will:

1. Examine the impact of loss within the context of person and family centred care.
2. Be encouraged and learn how to engage in the dialogue of loss with individuals and families.
3. Explore self-care as an essential element of professional practice in hospice palliative care.

Elizabeth is a social worker and educator with extensive experience supporting individuals facing complex illness, uncertainty and grief. She has a community-based private practice and offers telephone and online counselling across Canada. Elizabeth collaborates on multiple initiatives advocating for greater access to Palliative Care while also teaching courses, seminars and workshops to care providers. Elizabeth is an Assistant Clinical Professor (Adjunct) with the Department of Family Medicine, Division of Palliative Care at McMaster University.

10:30 AM

Standing in the Fire: Bearing Witness and other Strategies for Supporting Grieving Youth

Andrea Warnick

"I feel as though I'm going crazy" or "I'm worried if I feel it will be like falling into a black hole" are common sentiments from grieving youth. Grieving as a youth can be particularly isolating as most youth gravitate to their peers – for support – who "just don't get it."

This presentation will highlight ways youth experience and express grief; practical strategies for support; and ways to avoid the fix-it trap. A particular emphasis will be placed on the difficult but important art of bearing witness to their grief.

Andrea Warnick is a grief therapist whose passion lies in helping families and communities support children who are grieving. With a degree in nursing, a Masters degree in Thanatology and experience both in Canada and abroad, Andrea brings to her work a mixture of medical and psychosocial expertise.

Andrea developed and teaches the Certificate Program in Children's Grief and Bereavement at the Hincks-Dellcrest Centre; is a member of the Canadian Virtual Hospice team, and has a counselling practice in Toronto.

1:00 PM

Understanding Grief – Healing with Reasonable Expectations

Wendy Graham

This session will explore What's Grief Work? Participants will gain a greater understanding of why it is called work; what happens to us; and the psychological, social and environmental variables that impact this work.

We will also discuss why the work takes so long, examining the interplay of variables and how the journey may change along the way. Care providers will walk away with a greater understanding of how they can help in this journey – what to expect, what to say, what not to say, and how to convey support.

Wendy began counselling, as a volunteer at Bethel Hospice. With a Masters in Counselling Psychology from Yorkville University and as a licensed Registered Psychotherapist Wendy's role in hospice programming, and grief and bereavement counselling has progressively expanded to include program development and delivery, and counselling. Over the past 25 years Wendy has supported numerous communities and hospices first at Bethel Hospice, at Matthews House Hospice, in private practice and most recently at Hospice Vaughan.

Sponsored by



AGENDA

8:30 AM REGISTRATION AND BREAKFAST



9:00-10:15 a.m.

Exploring the Faces of Loss: Caring, Supporting, Empowering

C. Elizabeth Dougherty

10:15 a.m. to 10:30 a.m. BREAK



10:30 a.m. to 12:00 p.m.

Standing in the Fire: Bearing Witness and other Strategies for Supporting Grieving Youth

Andrea Warnick

12:00 PM LUNCH



1:00 p.m. to 2:30 p.m.

Understanding Grief – Healing with Reasonable Expectations

Wendy Graham

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