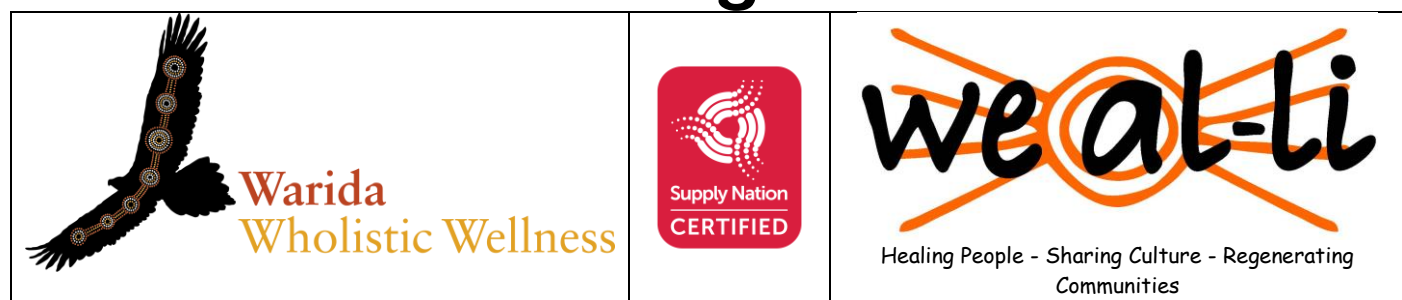


Training Brief



Title of Workshop:	Grief and Loss Counselling: Responding to Loss and Grief in Aboriginal Families and Communities
ABN / ACN:	ABN 57 628 153 855 / ACN 628 153 855
Mobile:	0438 253 202
Email:	Bianca@warida.com.au
Warida Wholistic Wellness has Public Liability (\$20 m) and Professional Indemnity Insurance (\$20 m). Policy copies available on request	
The target group:	All organisational staff, community groups and members
Workshop Aims and Objectives	The aim of this 3 day workshop is to consolidate and deepen theoretical understanding of grief and loss and the relationship to inter-generational trauma. From this theoretical base, further develop skills and capacity for delivering culturally safe practices which support clients to heal physically, mentally, emotionally and spiritually.
Participant Learning Outcomes:	<p>The workshop objectives are to:</p> <ul style="list-style-type: none"> • Create and maintain a safe learning space for participants to deepen their understanding of issues of loss and grief in their own lives and in the lives of their clients. • For participants to deepen their experience of deep listening and understanding of issues of loss and grief. • Understand the relationship of grief and loss to the impacts of inter-generational trauma and collective traumatic loss. • Define loss and grief and the difference between healthy grief and toxic grief. • Identify feelings and behaviours after a loss through the use of a loss history map. • Implement both personal and organisational self-care through outlining a self-care maintenance plan and a resource wheel for personal and community support in grief support work. • Understand the different models of grief and loss. • Explain body awareness work in relation to loss and grief. • Explain and map an action plan for relationship building within your organisation, with clients and with other relevant services.
Audio/visual requirements.	Projector and Audio with laptop interface.
Venue set up	Circle is ideal. If possible, the venue should have easy, direct access to an outside area that will allow the facilitator to break up the in-room sessions with short outdoor activities.
Maximum number of attendees	25