

Grief, loss and trauma training

Why grief, loss and trauma training?

Many people have been emotionally and physically impacted by the 2010/11 natural disasters across Queensland. Most have moved through the recovery process and have or are moving on. Research has identified that the road to recovery for others in our communities will take longer. This course is designed to support and enhance the skill set of frontline workers and professionals who are working in the longer term with those affected.

Learning outcomes

This **free two-day workshop** is designed to offer an opportunity to explore and better understand the issues that might be faced in providing grief and bereavement support within disaster recovery.

At the conclusion of this workshop participants will be able to:

- Identify the range of issues faced, across the life-span, by people who have been affected by the recent floods and cyclones in Queensland.
- Describe and understand how contemporary grief, loss and trauma theory can be used as a framework for supporting individuals, families and communities affected by the recent natural disasters.
- Understand how to develop a range of appropriate support strategies, based upon contemporary theory and practice in the fields of trauma, grief and bereavement.
- Assist people to identify and utilise effective self-care strategies.
- Identify appropriate referral pathways and access to resources for those experiencing adverse bereavement outcomes following a natural disaster.

Who is delivering the training?

Department of Communities (Community Mental Health) is contracting Judith Murray who is an Associate Professor in Counselling Psychology at The University of Queensland, lecturing and supervising both in the Master of Counselling Program, a joint multi-disciplinary program offered by the Schools of Psychology and Social Work and Human Sciences, as well as the Master of Applied Psychology (Counselling) program.

In 2002 she established a Loss and Grief Unit at the Centre for Primary Health Care in the School of Population Health at The University of Queensland. This collaborative effort between university and government involved community resource development and education, training for professionals, research, grief counselling, and post-graduate education in loss and grief. During her time at Population Health she was also the Program Director of the Graduate Health Studies Program.

Her research interest have been of an applied nature in the areas of loss and include the development and systematic investigation of intervention and training programs in infant death, foster care of children, and spirituality in palliative care. She has also been a member of national consultative work in the area of suicide bereavement.

Who should attend

Department of Communities (DoC) and DoC funded Non Government Organisation staff. The training is aimed at those who have a professional knowledge of counselling and/or working with people who have been affected by disaster and/or trauma.

Workshop Details

Lunch, training materials, handouts and certificates of participation will be provided

The next session will be held on:

23 & 24 FEBRUARY 2012
9.00am to 4.00pm

MARLIN COAST NEIGHBOURHOOD CENTRE
2 REED ROAD
TRINITY PARK
VENUE CONTACT: (07) 4055 6440

CAIRNS QLD

This training is free, there will be no charge for participants.

How to Register

Places are limited to 25 participants.

As this training is **free** for Department of Communities and DoC funded Non Government Organisation staff, nominations will require authorisation from their executive management. Please email Melanie with the details of the nominated staff member including any special needs or dietary requirements to be catered for.

We appreciate the timeframe for the rollout of this training is very tight and therefore request that nominations are received by **17 FEBRUARY 2012**.

The contact person for this training is

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