



Grief Interventions for Situations that Impact over the Life Course *AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS*

When: Monday, October 2nd to Sunday, October 29th, 2017 (4 weeks) ONLINE weekly at your discretion
Cost: \$240 (Students \$120) Registration Deadline: Monday, September 25, 2017
This workshop will be offered only if there is sufficient enrolment.

Grief is not just about death. Grief is experienced in response to many life situations that involve loss such as divorce, job loss, family caregiving, health decline and other age-related challenges. In this 4-week online workshop, you will gain insight into providing compassionate practice from a loss perspective. You will learn to apply an innovative coping tool specifically developed with methods to address nondeath related situations of adversity and loss.

Week one: Losses that Impact

- Defining situational loss.
- Acknowledging 5 types of situational loss.
- Defining grief in the context of nondeath loss.
- Introducing the 3-A Approach as a coping tool to process the situation loss(es).

Week two: Grief after Loss

- Identifying determinants that influence grief expression.
- Applying death related grief models to nondeath related situations
- Unlocking the 4th "A" to remove barriers in order to move forward from loss.
- Acknowledging 16 habitual styles of coping with loss.

Week three: Approach for Addressing NonDeath Losses

- Assessing from a nondeath loss perspective
- Assisting in providing 3 elements of a regimen to follow to enhance resiliency
- Assisting in using conventional grief methods to readjust and transform from situational loss
- Assisting in exploring techniques for lifting mood and working through resistance.

Week four: Compassion Fatigue, Burnout as an Impacting Loss

- Experience with workplace loss/grief as a professional
- Acknowledging compassion fatigue and burnout
- Assessing compassion fatigue and burnout
- Assisting through self-nurturing

Eleanor Silverberg is the director of Jade Self Development Coaching. As a social worker, coach, grief specialist for nondeath losses and author, Eleanor specializes in assisting people who are receiving care, providing care or servicing others so they can readjust and transform from adversity and loss. She offers a resiliency enhancing regimen to follow in both her acclaimed books *Caregiving with Strength* and *Keeping It Together* featuring the innovative 3-A coping tool that she developed. Her 3-A Approach: Acknowledge, Assess, Assist has been academically published, widely accepted and presented at several prominent conferences. Eleanor holds a BA in Psychology, Master of Social Work, Certificate in Bereavement Education and over 20 years of Independent Grief Studies.