

Legacy Therapy and other End-of-Life Interventions for Palliative Patients and their Families

AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS

When: Monday March 5th to Sunday April 1st, 2018 (4 weeks) ONLINE weekly at your discretion

Cost: \$240 (Students \$120) Registration Deadline: Monday, February 26, 2018

This workshop will be offered only if there is sufficient enrolment.

Course Objectives:

- Exploring our thoughts, beliefs, assumptions about dying and death and creating an awareness of how these can impact the work we do with people at end of life.
- Becoming familiar and comfortable with end of life therapies, such as legacy therapy, and developing an understanding of how to engage clients and their families in these supportive approaches.
- Examine potential impact on clients and caregivers that controlling the end of life process enables.
- Building an understanding of the importance of complementary and wellness therapies.

Week 1 – Dying & Death from a Cultural Perspective

- Exploring Western society's views of dying and death.
- What is a "good" death? Is there a "right" way to die?
- Dying and death – still taboo or experiencing a "renaissance" in popular culture?
- Social media and dying on line: New Frontier or the Wild West?

Week 2 – Therapies at End-of-Life: Meaning Making as Legacy

- Setting the foundation: Tasks of dying; ego integrity vs despair; existential distress; loss of future self.
- Exploration of end of life therapies (e.g. legacy therapy, dignity therapy).
- The value-add offered by complementary therapies.

Week 3 – Planning for the Future

- Supporting advanced care planning discussions: Kitchen table talks beat intensive care unit deliberations every time.
- Advanced care planning tools.
- Support and psycho-education for caregivers/substitute decision makers.

Week 4 – Walking with

- Patient-centred care at end of life – its more than just words
- Dying Bill of Rights.
- Holding space – the gifts of non-judgement and no personal agenda.

Amanda Clark, MSW, RSW, is a Hospice Counsellor with Heart House Hospice in Mississauga. Amanda has worked with people at end of life in both community and in-patient settings for over 13 years. Her compassion, understanding, and ability to quickly connect with individuals has allowed her to support individuals where they are at. Amanda's style is eclectic and with the focus of being present and agenda free. Education and learning is a passion of Amanda's and her leadership has allowed her to support the learning of many social work interns as they build confidence and develop the skills needed to work with people who are dying.

Corinne Smirle, MSW, RSW, is a clinical social worker and counselor in community-based practice, and a researcher of knowledge exchange practices and evidence-based tools with the National Institute for Care of the Elderly (NICE). In her community counseling work, Corinne supports and advocates for clients and family members as they navigate the grief of post-diagnosis challenges and living with the "new normal". Corinne has a particular passion for providing psycho-social and practical support to older individuals experiencing acute, chronic, and terminal health issues, and facilitating psycho-education and therapeutic groups for family members. Her ultimate aim is to help lessen the cultural stigmas around discussions of dying and death.