

Booking

This workshop is hosted by Cruse Bereavement Care (Devon), a charity providing free information and support to anyone bereaved by death. This is delivered by local volunteers, who are specially trained in bereavement in order to help their clients understand their grief and to cope better with their loss.

In 2008/9 the Devon Area gave one-to-one support to over 1000 bereaved people, many of whom live in isolated & rural areas. Cruse Bereavement Care depends entirely on donations and fundraising.

The cost for the day is £65 (Cruse volunteers: £45), including a buffet lunch, coffee and tea. Please specify any special dietary requirements on the attached booking form, which should be sent, with a cheque made payable to 'Cruse, Devon', to the Area Administrator, 17 Devon Square, Newton Abbot, TQ12 2HR. For further queries, telephone: 01392 490963.

St Leonard's Church has limited parking, so it is recommended that you use the Topsham Road buses or walk from the city centre, only a short distance away. The Church Centre is on the corner of Weirfield Road, opposite Barnardo Road, next to the Royal School for the Deaf, where there may be parking available for small fee.

Comments from previous participants

Lyn received this feedback from a recent workshop she facilitated on Mindfulness:

'It was really enjoyable. She took a great interest in individuals and delivered a well-structured and thought-provoking day. Her manner was relaxed and empathic throughout and she had a sure command of her subject... very enlightening.'

'Lyn has a gentle, sometimes humorous, but clear way of presenting facts, encouraging student participation through lively discussion and exercises, and facilitating a diverse group with apparent ease.'

'I liked the relaxed but hugely informative approach. It was gentle and allowing, and also encouraging, especially for trying the exercises.'

'I now have a much better idea of how I can introduce this into my own life and thereby use it with clients.'

'I liked the pace and the breadth of knowledge.... and excellent handouts...'

'Lyn has the ability to create a relaxed atmosphere in which learning is easy.'



The Anguish of Loss

A CPD training day for counselling and psychotherapy practitioners, and other professionals, who wish to deepen their understanding and knowledge of the anxiety and despair that clients suffer after loss, presented by

Lyn Carew

M.Sc, BACP, BABCP (Accred.)

Saturday 7 November 2009

9.30 a.m. – 4.30 p.m.

St Leonard's Church Centre Topsham Road, Exeter EX2 4NG

Format of workshop

Accepting and transcending the anxiety and sadness of change

Common themes connected with the experience of all kinds of loss will be explored. The main aim is to understand our own and the client's experience.

Themes may include:

- the transference of symptoms from the departed to the bereaved;
- the understanding of transitional rituals to work towards resolution of “unfinished business” with those who have departed through death or other kinds of departure (e.g. lost relationship);
- the understanding and resolving of the characteristics of trauma;
- the exploration of the nature and function of anxiety.

There will be a balance of taught sessions exploring the themes of anxiety and trauma alongside experiential exercises within small groups, with partners or alone.

Lyn's aim is to structure the content of the workshop around the participants' requirements as far as possible.

Lyn Carew MSc, BACP, BABCP (Accred)



Lyn has 20 years' experience of working as a Psychotherapist in Mental Health teams in the NHS. She also works as a therapy trainer, supervisor and workshop facilitator.

She runs workshops which focus on an Integrative and Cognitive Behaviour Therapy approach to help counsellors and therapists to understand the maintaining factors that keep us locked into the fear, pain and trauma brought about through life's challenging circumstances.

She encourages understanding of the common features of anguish, trauma and loss, whilst seeking to move through those turbulent waves, gently accepting the emotions of change. She believes we can get carried away by the surge of the wave brought by our clients and it is important to learn to surf the emotional waves together.

Her approach considers the intricate interactions of body, mind, emotion, behaviour and spiritual concepts.

Booking Form

I would like to attend this training day and enclose a cheque for the £65 fee (£45 for Cruse volunteers), incl. a buffet lunch, coffee & tea, payable to 'Cruse, Devon'.

Full Name (printed):

.....**Title:**

Address:.....

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.....**Postcode:**

Email:

Tel No(s):.....

Mobile:

Your agency/ practice:

Special dietary requirements:.....

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PLEASE RETURN THIS FORM, WITH YOUR CHEQUE, TO:
AREA ADMINISTRATOR, CRUSE OFFICE,
17 DEVON SQUARE, NEWTON ABBOT,
TQ12 2HR ENCLOSING A S.A.E IF YOU REQUIRE A CONFIRMATION.

Cancelled: Full refund available up to 8 weeks before event (less £10 administration fee) and then part-refund until 4 weeks before, or alternatively, if you were willing to donate your fee to Cruse, this would be greatly appreciated.