

# Good Grief Training Workshops – Dawn Cruchet BN, MEd, CT

## Certified Grief Educator & Counsellor

FEBRUARY 2010

**Who?**

The following workshops are designed for social workers, teachers, physicians, psychologists, nurses, childcare educators, spiritual animators, counselors, behavior technicians, clergy, volunteers and anyone working with people to understand loss, the process of grieving and the dying process. Participants will explore personal attitudes and learn strategies and interventions for helping adults, children and adolescents who are coping with dying and grieving.

**What?**

### #1 Good Grief

*Participants of this interactive, experiential workshop will:*

- Learn about the process of grief
- Clarify personal thoughts, feelings and beliefs about grief
- Explore personal attitudes
- Identify interventions that are helpful to a griever
- Identify risk factors for complicated grief

### #2 Helping Children and Teens Deal with Death

*Participants of this interactive, experiential workshop will:*

- Learn about the process of grief
- Learn how child and teen grief differs from adult grief
- Identify common grief reactions in children and teens
- Clarify personal thoughts and beliefs about grief and children
- Learn helpful interventions with grieving children and teens

### #3 The Art of Dying – Understanding Palliative Care

*Participants of this interactive, experiential workshop will:*

- Learn about the physical, psychological, spiritual processes of dying
- Explore personal thoughts, feelings and beliefs about death and dying
- Learn helpful interventions to accompany the dying

### #4 Running on Empty – How do we refuel?

*Participants of this interactive, experiential workshop will:*

- Have the opportunity to share difficult and challenging situations
- Identify personal feelings and behaviors when we are running low emotionally
- Reflect and explore coping strategies
- Identify personal "soul food"

### #5 End-of-Life Issues

*Participants of this interactive, experiential workshop will:*

- Explore the issue of advance care directives, living wills, mandates
- Explore personal thoughts, feelings and reactions
- Learn helpful ways to open discussions about these topics

*Workshops can be customized for a specific group of people on a requested day*

- *minimum 5 people*
- *group rates*

**To register:**

To register contact me at:

[dawncruchet@sympatico.ca](mailto:dawncruchet@sympatico.ca)

or

514.232.3592

*Upcoming events –  
contact Dawn for more  
info*

**For Mount Royal Commemorative Services: 514.279.7358**

**Feb. 10, 2010                      May 12, 2010**

**Bereavement Support Groups begin**

**Wed. afternoons and evenings**

**Sat. April 24, 2010**

**25th Good Grief Workshop for Children and Teens**

**Thurs. May 6, 2010 “Memories” – suggestions for getting through  
anniversary dates followed by candlelighting and a Memory Walk to  
plant a memorial rose bush**

*Of interest*

**McGill’s Program in Whole Person Care has a wonderful series of  
films and seminars**

**<http://www.mcgill.ca/wholepersoncare>**

**The Council on Palliative Care has a helpful website that provides  
excellent resources.**

**<http://www.council-on-palliative-care.org/en/>**