



GRIEF & LOSS

Responding to the Darkness in Our Work

with Vikki Reynolds, PhD. RCC

THURSDAY, APRIL 28TH 2016 | 9AM-2PM

WOODWARDS SKYROOM

Lunch will be provided

In this experiential workshop Vikki will lay some ground work for understanding responses to loss and hardship in our work from a place that holds the dignity and respect for workers and our residents. This will require we look at the social structures of oppression and structural violence that make up the landscape of our work, and look at the psychological ideas that aren't so useful, like vicarious trauma, as they blame us for not being "resilient" enough. Instead we'll consider responses to loss that can give a foot up on being harmed and disconnected in the work and honour our humanity and our pretty fabulous ways of "Showing up & doing the hard things". We'll also consider Holding on and Letting Go, strategies for honouring clients' lives and our own best work held in a tension alongside the pain of loss. Finally we'll strategize ways to creatively and collectively respond to our heart break and suffering that are generative and hope filled.

- ★ UNPAID TRAINING UNLESS AUTHORIZED BY YOUR MANAGER ★
- ★ FINDING YOUR OWN COVERAGE IS REQUIRED ★
- ★ PLEASE RVSP : KIMBERLEYW@PHS.CA ★