



## Growth through Sharing

A one day workshop for individuals working in the field of grief and bereavement in Ottawa.

Date: March 7, 2014

Time: 8:00 am – 4:30 pm

Richelieu-Vanier Community Centre  
300 Des Pères-Blancs, Ottawa

### PURPOSE

The *Grief Resources Ottawa Workshop* (GROW) is an event for individuals in Ottawa who work in the field of grief and bereavement as professionals, students or volunteers. This workshop will give participants an opportunity to share knowledge, receive peer support/self-care, network, and learn through presentations, conversations and experiential workshops.

### SCHEDULE

8:00 – 8:20	Registration
8:20 – 8:30	Welcome, Housekeeping
8:30 – 9:30	Keynote Speaker
9:30 – 10:00	Question & Answers
10:00 – 10:30	Networking Activity
10:30 – 10:45	BREAK
10:45 – 12:15	1 <sup>st</sup> Block of Workshops
12:15 – 1:15	LUNCH
1:15 – 2:45	2 <sup>ND</sup> Block of Workshops
2:45 – 3:00	BREAK
3:00 – 4:00	3 <sup>RD</sup> Block of Workshops

4:00 – 4:30	Wrap-Up / Door Prize Draw
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**KEYNOTE SPEAKER: Eugene Dufour**  
**Walking With Suffering – The Difficult Path of Complicated Grief**

We are a house of four rooms: physical, emotional, social and spiritual. It is essential that we visit all of these rooms, even if it is to air out, in order to reach wholeness. This keynote address will explore complicated grief and will present practical ways of walking with people and families as they travel this difficult journey. Special emphasis will be on how to directly enter the four rooms of our lives in order to make peace with complicated grief. This workshop will present the current information on complicated grief and will engage the wisdom and experience of the participants to explore the journey of difficult grief.

Eugene Dufour is a Clinically Trained Individual, Marital and Family Therapist, Bereavement Specialist, Compassion Fatigue Educator/Therapist and a Critical Incident Stress Debriefing Facilitator. In 2002, Eugene was presented with the Commemorative Medal for Her Majesty Queen Elizabeth II, Golden Jubilee by the Governor General of Canada for his work in hospice palliative care. Eugene presently works at the STAR Family Health Team in Stratford Ontario and speaks internationally on the topics of bereavement, mental health, trauma, palliative care, pastoral care and critical incident stress.

**NETWORKING ACTIVITY**

**“It’s easier to GROW in a garden”**

Participants will be divided into small groups to find out more about each other. During this 30 minute activity, you will each have 4 minutes to introduce yourself, your professional interests and expertise, and anything else you might want to share. Preparing for this activity is recommended.

**WORKSHOPS**

**Workshop 1: Crossing Boundaries of Diversity in Caregiving using Meditation**  
*Presented by: Judith M. Campbell*

In this workshop, participants will be introduced to guided imagery as a form of meditation and will discuss its potential as a self-care tool for caregivers. A variety of meditation forms will be presented and the lifestyle and therapeutic value of meditation in reducing stress will be examined.

Educated in public health nursing and business management, Judith has had thirty years' experience in community and occupational health nursing. As assistant director of the Ottawa–Carleton Home Care Program from 1981 to 1986, she played a key role in the implementation of one of the first palliative home care programs in Canada.

Judith is author of four published books including *Energy Healing through Loss*. Judith leads *A Journey With Your Spirit* retreats for women, *Care for the Caregiver* retreats for caregivers and volunteers as a complementary therapist at Hospice Care Ottawa.

**Workshop 2: The Cost of Caring: Managing our Wellness in a Complex World**  
*Presented by: Tara Tucker, MD and Maryse Bouvette, RN*

Compassion Fatigue (CF) is the 'cost of caring' for others who are suffering. Those with CF may exhibit cynicism, loss of enjoyment at work, stress related illness, and lack of empathy. This highly interactive and experiential workshop will culminate in a personal plan for managing and preventing both CF and burn out.

Tara Tucker, MD, and Maryse Bouvette, RN, have been delivering this workshop for several years and have reached hundreds of healthcare providers. They have presented the material locally, and at national and international conferences. They are trained Compassion Fatigue Educators and are also doing research in the field. They are joint recipients of the AMS Phoenix Fellowship in 2012 and 2013, to support their work in the field of Compassion Fatigue.

**Workshop 3: The Art of Dying: An Exploration of the Connections Between Life and Death**  
*Presented by: Robin Macdonald*

The Hatha Yoga posture *shavasana*, the Corpse pose, gives us practice at dying. It is also a valuable tool for relaxation and renewal. In this workshop, participants will move between a guided practice of Shavasana and written reflections, embarking on an inward journey and dialogue between body and mind. This workshop is suitable for any level of physical ability. Please bring a journal and wear comfortable clothing.

Robin Macdonald is a certified Yasodhara Yoga teacher and has been teaching yoga at Yasodhara Ashram and centres across Canada for 12 years. In all of her classes and workshops, her aim is to create an atmosphere of self-directed learning and discovery. Robin currently works for Bereaved Families of Ontario – Ottawa Region, and has a background in Restorative Justice and Community Development. The common thread through her volunteer and professional endeavors has been to create safe spaces for honest communication, cultivating awareness and healing.

**Workshop 4: The Listening Circle**  
*Presented by: Dr. Brenda Saxe*

A facilitated listening circle for counselors and therapists to share their questions and concerns regarding the challenges of working in the area of grief and bereavement. Please come with a question or an example of a challenging case you are facing or have recently faced.

Dr. Brenda Saxe, PhD is a clinical psychologist and a founding member and former Director of the Centre for Treatment of Sexual Abuse and Childhood Trauma in Ottawa. She was a lecturer, trainer and supervisor in the Marital / Couple Therapy Program at St. Paul University for over 12 years. As well, she has a busy private practice dealing with a wide range of issues.

**Workshop 5: Telling our Stories: Storytelling as a Tool for Healing**  
*Presented by: Katherine Grier*

Participants will listen to a traditional story about grief and healing, discuss the potential of story to promote healing, share personal experiences of using story in this context and learn basic storytelling skills to take away.

Katherine Grier has been telling stories and leading related workshops for people of all ages since the early 1980s. Her interest in how stories allow us to explore and affirm our own lives informs her work -- e.g., co-founding the Parent-Child Mother Goose Program (a prevention program based on storytelling and oral language play), co-leading the Family Album Project (helping adult immigrants introduce themselves to a wider community through their stories), and leading a series of workshops for Bereaved Families of Ontario/Ottawa in which people, past the initial experience of grief, shaped their stories to support people more recently grief-stricken.

**Workshop 6: Helping Men Heal**  
*Presented by: Gordon W. MacKay*

Generally speaking men are conditioned to repress their emotions. Often this can make it difficult for caregivers to understand and support them effectively. Helping Men Heal is an interactive workshop where professionals explore the challenges and strategies for helping men deal with grief and mourning.

Gordon W. MacKay is a certified Integral Master Coach™ who specializes in both transitions coaching and executive coaching and has been working in the field of human development for more than twenty years.

**Workshop 7: The Body in Grief**  
*Presented by: Hilda Sabadash*

In this workshop, participants will learn:

- about the physical symptoms that accompany the emotional reaction to loss,
- the role of these symptoms in grief,
- the relationship between our emotional experiences of grief and how these emotions manifest physically in the body,
- ways to help care providers support awareness of the physical symptoms of grief in mourners

Hilda Sabadash is a retired registered nurse and a lay preacher in the United Church of Canada, Ottawa Presbytery and a former project coordinator for the Bereaved Families of Ottawa. Hilda has knowledge of a wide range of theories on grief, and trains professionals, volunteers and community members about grief and facilitating grief peer support groups.

**Workshop 8: Coping with Grief and Loss in the Muslim Arab Community**  
*Presented by: Ghassan Arabieh*

As the population of the Ottawa region is becoming increasingly multicultural, the need for a multiculturally-sensitive approach to providing appropriate and effective care becomes extremely crucial. This presentation is an attempt to equip health care providers with the knowledge and tools to deliver culturally-sensitive care for the bereaved among Muslim Arabs.

Ghassan Arabieh holds an MA in Counselling Psychology and a Diploma in social service work. Ghassan has worked in hospitals and community-based health care settings, providing counselling and psychotherapy. He has presented on issues pertaining to religion and spirituality, serves on several advisory committees and is currently working at the Catholic Centre for Immigrants. He also runs a small private practice.

**Workshop 9: Memoir of Mourning: Journey through Grief and Loss to Renewal**  
*Presented by: Claudia Chowaniec, PhD, CMC*

This is an interactive workshop facilitated by the author of *Memoir of Mourning: journey through grief and loss to renewal*. The workshop explores ways to balance the need to attend to personal grief work while managing professional responsibilities.

Claudia Chowaniec, PhD, CMC, is a published author, poet, and facilitator. *Memoir of Mourning: journey through grief and loss to renewal* was released in June, 2013. Claudia offers on-line support to people experiencing anticipatory grief through the Canadian Virtual Hospice web-site.

Claudia has been President of Precept Consulting for more than 35 years. She works extensively in Canada and the U.S. as a facilitator, advisor, and coach in the fields of strategic, business, and human resource planning, management development, organization restructuring, and board governance.