

Children

Crisis, Trauma & Grief

Working Creatively with Children

1 Day Skills Workshop

**Places
NOW LIMITED
Register today
to reserve your
place.**



Children are often exposed to a range of very stressful and horrendous events.

This workshop will explore how living through loss, grief and trauma affects children's behaviour. The course content is directed at children aged 5 - 12 years.

This workshop aims to:

- ◆ provide an overview of the loss, grief and trauma responses for children
- ◆ explore the large range of "tools" for working with children (e.g. creative workbooks, drama techniques, sand tray play, cards)
- ◆ provide participants with creative and effective play therapy support skills to assist children.

This workshop is interactive and allows hands on experience using case studies and role play.

A comprehensive workbook, morning tea and light lunch will be included in the price of the attendance fee.

When: Tuesday 30th March 2010

Time: 9.30 am - 4.30 pm
(Registration from 9.00 am)

Where: The Fairways Room
Tamworth Golf Club
Mahony Ave, West Tamworth

Cost: \$220.00 (GST Exempt) Non NALAG Members
\$200.00 (GST Exempt) NALAG Members

Join NALAG for \$40.00 and receive the \$20 discount on this workshop. See the Membership Form for further benefits.

**NALAG Centre for
Loss & Grief**

**National Association for
Loss & Grief (NSW) Inc**

Welchman Street
Dubbo NSW 2830
Ph: 02 6882 9222
Fax: 02 6884 9100



E: nalag@hwy.com.au
www.nalag.org.au



Children

Crisis, Trauma & Grief

Working Creatively with Children
1 Day Skills Workshop

Children are often exposed to a range of very stressful and horrendous events. Despite our best efforts to protect and minimise children's exposure to trauma, the world continues to roll out a parade of tragedies before our eyes.

Children these days are aware of, witness or are often exposed to murder, domestic violence, physical assault, sexual abuse, shootings and robbery in their communities. and the threat of terrorism worldwide.

For children, as for adults a distressing frightening experience can challenge their sense of security and the predictability of their world. These children are forever changed. What they have learned is that life is not safe. Children want to understand and know how to feel and keep safe.

Play, an activity "just for the fun of it", serves crucial functions for the young. It encourages creativity, imagination, and general intelligence. It enables children to practice new, more advanced behaviours. It teaches them to anticipate the future. At the same time, play allows for the discharge of children's' emotions.

Who is this workshop for?

This workshop is for those involved in the care and support of bereaved children including welfare students, counsellors, palliative care practitioners, psychologists, social workers, nurses, teachers, funeral directors, pastoral care workers, chaplains and clergy and volunteers.

About the Presenter

Trudy Hanson OAM - Grief Counselor /Educator

Trudy Hanson is the Manager of the NALAG Centre for Loss & Grief in Dubbo, New South Wales. She is a Grief Counsellor/Educator who has worked in the field of grief and bereavement for over 20 years.



Trudy has trained many professionals and volunteers in grief theory, intervention and counselling skills all over NSW and has presented at the International Conference for Grief and Bereavement in London in 2005.

She has a strong interest in Indigenous loss and grief, child and adolescent grief, traumatic and complex bereavement.

"This workshop is a blend of my experience as a grief counsellor, mother and grandmother, working in the field of loss grief and trauma intervention with children over many years. The workshop is based on the most current best practice methods. The aim of this workshop is to share my experience and provide participants with practical skills to assist children in need of support." **Trudy Hanson**

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Bookings and Enquiries:

To register for this course please complete a registration form and return with payment to:

Children - Crisis, Trauma & Grief
NALAG Centre for Loss & Grief
PO Box 379
DUBBO NSW 2830

By FAX:

02 6884 9100

For more information please contact:

Paula Hanson
Education and Promotions Officer
NALAG Centre
for Loss & Grief Dubbo
Ph: 02 6882 9222
E: paulah@hwy.com.au

NALAG (NSW) Inc

Education, Training & Conferences

The National Association for Loss & Grief (NSW) Inc. provides loss, grief, bereavement and trauma education throughout New South Wales.

NALAG (NSW) Inc. is committed to the education and training of volunteers, support workers, students, professionals and the wider public. NALAG attracts both local and national speakers from various disciplines to educate in the area of loss, grief and trauma throughout New South Wales.

Specific Programs Include

Seasons for Growth

Seasons for Growth is a program which explores the effects of change, loss and grief for children, adolescents and adults. The program helps us to understand that life is always changing, that one season follows the other and there are certain things we can do to accept and deal with "the seasons in our life". Seasons for Growth is a group peer support educational program.

Blue Healers

Depression, Stress and Anxiety Program

The *Blue Healers* is a program to help people manage mild to moderate depression, stress and anxiety and develop learning strategies for coping. The program runs for six weeks (one two hour session per week). The Program is run in a group setting and is based on psycho-education not counseling.

Bereavement Buddy Support Program

The *Bereavement Buddy Support program* provides education and support to those that have experienced the loss of a loved one. The program runs for 6 or 12 weeks (1 two and half hour session per week) and involves an education component as well as a support group component.

Seminars, Conferences, workshops

NALAG conducts various educational seminars, conferences and workshops throughout New South Wales each year. For an extensive and up to date list of our training and seminar schedule please visit our website www.nalag.org.au

Grief and Loss Volunteer Training

NALAG (NSW) Inc conducts the Introduction to Basic Loss & Grief Support Course a training program for Volunteers and the wider community in various locations throughout NSW. We are committed to continuing the education of all Volunteers and support their ongoing Professional Development which includes clinical supervision.

Information for Participants

Registering for Education Programs

If you would like to register for any of our advertised education please complete a Registration Form and return as directed.

To reserve a place in any of our programs, full payment must be received with the registration form 7 days prior to the course or seminar. Confirmation of registration and a tax invoice/receipt which can be used as your ticket to the event will be supplied for monies received.

Cancellation and Refund Policy

NALAG (NSW) Inc reserves the right to cancel education programs that do not achieve minimum participation in which case all fees will be refunded. An administration fee of 25% of the registration fee will apply to cancellations made up to 14 days prior to seminar or workshop commencement. For cancellations between seven and 14 days prior to the seminar or workshop, a 50% administration fee will be charged. **NO** refund will be made for cancellations less than 7 days prior to seminar or workshop. A substitute participant can be sent in your place at any time, please advise this change.

Confidentiality & Privacy Policy

NALAG (NSW) Inc acknowledges and respects the privacy of individuals and organisations and supports the National Privacy Principles contained in the Act. Accordingly NALAG (NSW) Inc will:

- only collect information with prior knowledge and consent
- only use the information provided for the purposes for which it was collected
- not disclose information to a third party without consent
- not disclose information to other institutions and authorities except if required by law or other regulation;
- remove information from records when it is no longer required (except where archiving is required). The information held on a client or client organisation will be up-to-date, relevant, non-obtrusive and objective. NALAG (NSW) Inc will take reasonable steps to correct inaccurate, incomplete or out-of-date information on a regular basis
- have processes and policies to protect the information that NALAG (NSW) Inc has under its control from:
 - a) unauthorised access
 - b) improper use
 - c) alteration
 - d) unlawful or accidental destruction and accidental loss.

Information collected by NALAG (NSW) Inc may be entered into the NALAG (NSW) Inc database which is kept private, secure and password protected.

Only NALAG (NSW) Inc staff may access information for the purposes stated above, except where there is a legal requirement to provide information to a government agency. For a full copy of the NALAG (NSW) Inc Privacy Statement please email nalag@hwy.com.au or call (02) 6882 9222.



Member Number

NALAG (NSW) Inc Membership Form

I hereby apply to become a Member of NALAG (NSW) Inc

Personal Information

| | | | | | | | | | |
|---------------------------------------|--|--------|-----------------|---------|--------------------------|-------------------------------|-----------|-------------------------------|----------------------------|
| Surname: | | First: | | Middle: | | <input type="checkbox"/> Mr. | | <input type="checkbox"/> Miss | |
| | | | | | | <input type="checkbox"/> Mrs. | | <input type="checkbox"/> Ms. | |
| Street address: | | | | | Birth date: | | Age: | Sex: | |
| | | | | | / / | | | <input type="checkbox"/> M | <input type="checkbox"/> F |
| City: | | | State: | | Post Code: | | P.O. Box: | | |
| | | | | | | | | | |
| Mobile Phone No: | | | Home Phone No.: | | | Work Phone No: | | | |
| | | | () | | | () | | | |
| Email Address: (please print clearly) | | | | | Occupation/Organisation: | | | | |
| | | | | | | | | | |

Would you like to join a NALAG Centre or Branch near you?

(Please tick which Centre or Branch you wish to join – this is optional)

| | | | |
|---|---|---|--|
| <input type="checkbox"/> NALAG Centre for Loss & Grief Dubbo | <input type="checkbox"/> NALA Gunnedah Branch | <input type="checkbox"/> NALAG Coffs Coast Branch | <input type="checkbox"/> I do not wish to join a Centre or Branch, please add me to the main list. |
| <input type="checkbox"/> NALAG Nambucca/Bellingen Shire Branch - Miindala | <input type="checkbox"/> NALAG Mid North Coast Branch | <input type="checkbox"/> NALAG Central Coast Branch | |

Signature

I agree to be bound by the rules of NALAG (NSW) Inc.

| | |
|------------|--|
| Signature: | |
|------------|--|

Subscription Rate - Tax Invoice ABN 159 1065 0287

(Please tick one option)

| | |
|---|---|
| <input type="checkbox"/> Individual - \$40.00 (Inc GST) | <input type="checkbox"/> Student/Pensioner - \$25.00 (please enclose copy of proof of status) |
|---|---|

Payment Options

(Please tick payment option)

| | | |
|--------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> Money Order | <input type="checkbox"/> Cheque (Made payable to: NALAG (NSW) Inc) | <input type="checkbox"/> Credit Card |
|--------------------------------------|--|--------------------------------------|

Credit Card Details

| | | | | | | | | | |
|------------------------|--|--|--|--|-------------------------------|--|-------------------------------------|---------|--|
| Cardholders Name: | | | | | Card Type: | | | | |
| | | | | | <input type="checkbox"/> VISA | | <input type="checkbox"/> MASTERCARD | | |
| Card Number: | | | | | Card Expiry Date: | | | Amount: | |
| | | | | | | | | \$ | |
| Cardholders Signature: | | | | | Date: | | | | |
| | | | | | / / | | | | |

| | | | |
|--|--|----------------------|--|
| Please return completed Membership form with payment to: | | Office Use Only | |
| NALAG Centre for Loss & Grief OR By Fax: PO Box 379 DUBBO NSW 2830 02 6884 9100 Or for more information contact: NALAG Centre for Loss and Grief Dubbo Welchman Street, Dubbo Phone: 02 6882 9222 Fax: 02 6884 9100 Email: nalag@hwy.com.au Visit our website at www.nalag.org.au | | Application Received | |
| | | DB Entry | |
| | | Payment | |
| | | Cheque | |
| | | Money Order | |
| | | Credit Card | |
| | | Cash | |
| Receipt No: | | | |

National Association for Loss & Grief (NSW) Inc



The National Association for Loss & Grief (NSW) Incorporated (NALAG) was founded in 1977 after the Granville train disaster. Our main aim is to build the capacity of individuals, organisations and communities in order to enhance well-being following loss, grief, bereavement and trauma. NALAG (NSW) Inc has been involved with the establishment of many of the loss and grief support groups throughout Australia and has recently developed the Blue Healers Depression Program.

NALAG (NSW) Inc is frequently called upon for training and advice by schools, corporations, government departments, media and individuals.

Our Services

NALAG (NSW) Inc aims to educate and support people who are grieving a loss through:

- Information and educational resources
- Referral service
- Individual grief support
- Group grief support
- Trauma response

(please note that the services listed above are not available through all NALAG Centres and Branches. Some Chapters have education functions only).

Loss and Grief

Someone who has experienced a loss can feel like being lost in a maze of conflicting emotions.

This is normal following significant loss. Knowing the experience is normal may not take away the pain, but will increase understanding of what is happening. It is important to know you will recover, that it will get better.

Some examples of Significant Losses:

- death of a significant person
- Divorce /separation
- Relationship breakdown
- retrenchment/unemployment/retirement
- loss of health/amputation/organ loss
- loss of homeland/culture/language
- loss of a pet
- loss of possession/burglary/car theft
- disability/loss of independence
- infertility
- miscarriage/pregnancy termination/stillbirth
- adoption
- stolen generation/loss of identity
- losses associated with caring for someone with a chronic or life threatening illness
- loss of dreams/expectations/hopes

Education

NALAG is committed to supporting education and training to volunteers, support workers, students, professionals and the wider public. NALAG attracts both local and international speakers from various disciplines to educate in the area of loss and grief.

Specific Programs Include:

Seasons for Growth

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Seminars, Conferences, workshops

NALAG conducts various educational seminars, conferences and workshops throughout the year. For an extensive list of our training and seminar schedule please visit our website.

Grief and Loss Volunteer Training

NALAG conducts basic Grief and Loss Support training for Volunteers and the wider community. We are committed to continuing the education of all Volunteers.

Healing Days/Remembrance Ceremonies

Healing Days and Remembrance Ceremonies are conducted on an annual basis. Members of the public are invited to attend the ceremonies.

Benefits of Membership

Over 500 professionals and non-professionals form the membership of NALAG (NSW) Inc. Membership is open to any interested member of the community. Annual Membership costs \$40.00 per person or institution or \$25.00 for concession.

Membership offers:

NALAG News subscription

This is a professional publication which is produced three times a year and contains journal articles, book reviews and updates on what NALAG is doing to promote grief and loss education.

The Bereavement Buddy E-Newsletter

This is the NALAG Centre's e-newsletter which is sent via email four times a year to keep you up to date with the Centre's commitment to grief support and education.

Concessional Education

As a member of NALAG you will receive a concession on any education we provide throughout the State.