

# Introduction to Basic Loss & Grief Support

## 2 Day Training Program

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**When:** Saturday 27th March & Sunday  
28th March 2010

**Time:** Saturday - 9.00 am - 4.30 pm  
Sunday - 9.00 am - 2.00 pm

**Where:** Gunnedah Hospital Education Centre  
(situated behind kiosk between Hospital  
and Alkira Hostel. Enter carpark via  
Marquis Street entrance).

**Cost:** \$60.00 (GST Exempt)  
Includes NALAG Membership

\$40.00 (GST Exempt)  
Without NALAG Membership

\$20.00 (GST Exempt)  
NALAG Members

**Registration:**  
To register please contact:

NALAG Gunnedah Branch  
Phone: **02 6742 3052**

**Places limited to 20.**  
**Book early.**

*When someone experiences a loss like divorce, miscarriage, loss of employment or when someone close to them dies it can affect many people.*

*Experiencing a loss can cause people to feel lots of different emotions; having training in grief support is helpful for you to know how to care and what to say to someone who is grieving.*



# Introduction to Basic Loss & Grief Support 2 Day Training Program

The Introduction to Basic Loss & Grief Support course will assist participants to provide support to grieving adults. During the course you will look at some of your own losses and hear other participant's stories of loss. The course aims to provide participants with an understanding of normal grief.

## Sessions include:

- Self Awareness & Values
- Personal Loss.
- The Process of Grief
- Communication and Listening skills
- Feelings & Beliefs
- The Role of the Volunteer

## Course Aims

To equip participants with an understanding of normal grief so as to assist their support of those suffering the effects of loss and grief.

## Learning Outcomes

At the conclusion of this course participants will have:

- become more familiar with helpful and unhelpful responses to supporting the bereaved;
- explored their own grief;
- an understanding of the key skills required to assist a grieving adult.

## Training Style:

Workshop/Seminar. The course is experiential in nature and participants will explore their own losses.

**Presenter: Trudy Hanson OAM**  
*Grief Counselor / Educator*

Trudy Hanson is the Manager of the NALAG Centre for Loss & Grief in Dubbo, New South Wales and Branch Co-ordinator for NALAG (NSW) Inc. She is a Grief Counsellor and Educator who has worked in the field of grief and bereavement for over 25 years. Trudy has a Diploma in Counselling and is a Graduate Member of the Australian Institute of Professional Counsellors. She holds a Cert IV in Workplace Training and Assessment. Trudy conducts education and training in the area of loss, grief, trauma and bereavement throughout NSW and is frequently called upon to lecture at Charles Sturt University Dubbo. Trudy has also worked in Suicide Prevention Health Promotion for the Greater West Area Health Service.

Drawing on her early involvement in the NSW State Emergency Service and the Volunteer Rescue Association for over 25 years together with her interest in loss, grief and trauma, Trudy has developed the **Psychological First Aid Training Program** – A Guide for First Responders Following the Immediate Aftermath of a Disaster. The development of the **Blue Healers** Depression, Stress and Anxiety Program and the **Bereavement Buddy** Grief Support Program is also to Trudy's credit.

Trudy has trained many professionals and volunteers in grief theory, intervention and counselling skills throughout NSW and has presented at the International Conference for Grief and Bereavement in London in 2005 and Melbourne in 2007.

She has a strong interest in Indigenous loss and grief, child and adolescent grief, traumatic and complex bereavement. In 2007 Trudy was awarded the Order of Australia Medal for her extended commitment to community service.

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Without NALAG Membership

\$20.00 (GST Exempt)  
NALAG Members

Max 20 participants.

## Registration:

To register please contact:

NALAG Gunnedah Branch  
Phone: **02 6742 3052**



**This course is brought to you by:**

**NALAG Centre for  
Loss & Grief, Dubbo**

Phone: 02 6882 9222  
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Welchman Street  
DUBBO NSW 2830

[www.nalag.org.au](http://www.nalag.org.au)

# Introduction to Basic Loss & Grief

## 2 Day Training Program



Course Start Date: Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> March 2010

**NALAG Centre for Loss and Grief**

Welchman Street, Dubbo NSW 2830

Phone: 02 6882 9222 Fax: 02 6884 9100

E: nalag@hwy.com.au

## Registration Form

(Please Print)

PERSONAL INFORMATION			
Surname:	First:	<input type="checkbox"/> Mr. <input type="checkbox"/> Mrs.	<input type="checkbox"/> Miss <input type="checkbox"/> Ms.
Street address:		P.O. Box:	
City:	State:	Post Code:	NALAG Member <input type="checkbox"/> Yes <input type="checkbox"/> No
Mobile No:	Home Phone No.:	Work Phone No:	
Email address: (please print carefully)		Occupation:	Please add me to your training and events email distribution list? <input type="checkbox"/> Yes <input type="checkbox"/> No

TAX INVOICE		
ABN 159 1065 0287		
PAYMENT OPTIONS		
(Please tick payment option)		
<input type="checkbox"/> Money Order / Cash	<input type="checkbox"/> Cheque	<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: Please circle
		\$
Cardholders Signature:	Date: / /	

For more information contact:
NALAG Gunnedah Branch Phone 02 67423052

Office Use Only	
Cheque	<input type="checkbox"/>
Money Order	<input type="checkbox"/>
Credit Card	<input type="checkbox"/>
Cash	<input type="checkbox"/>
Receipt No:	