

GOOD GRIEF

Working with dying, death, bereavement and loss

A 2-day workshop for professionals

"Goodbyes are only for those who love with their eyes. Because for those who love with heart and soul there is no such thing as separation." Rumi

Giving voice to sorrow

So long as we live, we cannot avoid the subject of dying, bereavement and death. With the publication of the DSM V, there is a danger of grief being pathologised and the bereft medicated.

The need for an environment which normalises the suffering that follows on the heels of loss and grief is as important as ever.

The gestalt approach to grief that continues 'too long' is simply a grieving process that is fixed, or unfinished. And for many, grief can remain unfinished because—unable to bear witness to other people's grief—society already has many ways of inhibiting the grieving process.

This weekend workshop is designed to explore the grieving process from a variety of perspectives. To assist this, there will be experiential work such as looking at your own loss history (which may or may not include actual lost loved ones through death). We will then begin or continue the inner work required of us as therapists to help create a 'spacious mind' — a prerequisite for being with someone who is dying or bereft.



In order to provide the appropriate environment to help people to engage fully in the process of living, dying and death, we need to explore our attitudes. If we have unfinished grief, how then do we help others face their own fears around living, dying and death; how do we help them deal with impending loss or to become more able to face the world without their loved one in it?

Theoretical perspectives

When dealing with loss, it is useful to address early life issues—loss and attachment styles— and how this can impact the grieving process. We will take a tour these and examine the work of Elizabeth Kubler-Ross, her five stages of grief, together with more recent models.

Spiritual Perspectives

There are many views on what happens after death. We will examine our own views on this issue and how best to work with people whatever their belief, drawing upon the work of spiritual masters and great teachers such as Sogyal Rinpoche (Tibetan Book of Living and Dying), Ram Dass, Steven Levine, Helen Luke, Clarissa Pinkola Estes and Irvin Yalom.

Religious and Cultural Perspectives

Not all religions and cultures have the same 'norms'. We will look at the rites and rituals involved in the grieving process in a variety of religions, cultures and traditions including Christian, Hindu, Islamic, Jewish and Sikh— not forgetting the Humanistic tradition and the agnostic and atheist viewpoints.

Grief Through the Ages

There are various ways of coping with grief, some functional, some not. We will explore these in order to recognise norms and to ascertain how to be of more assistance in some specialist areas such as grieving children and adolescents.

End of life ~ therapist as hopeful presence

A frequently~asked question is *"when someone is dying, how should we 'be' with them?"*

There's no one-size-fits-all answer to such a question, of course. First and foremost we need to respect the beliefs and wishes of the person who is dying and sometimes more is asked of us. So, woven throughout this workshop, we will be addressing

the end-of-life scenario and looking at some of the guidance given by the spiritual masters and great teachers on this subject.

To book

Please visit my website and go to the Workshops page.

Alternatively, email me for more information or to book.

Certificates of Attendance will be distributed and this seminar can count towards 12 hours of CPD.

Contact

Tel

07762 738238

Email

lynn.somerfield@gmail.com

Website

www.lynnsomerfield.com

Lynn Somerfield

I have worked as a transpersonal psychotherapist and workshop leader since 1998. I am in private practice, working in London and Bedfordshire and also a staff member at CCPE, a transpersonal psychotherapy training centre in Maida Vale, London.

I run workshops and seminars on a variety of topics.

Please visit my website for more information.