

**TED BOWMAN - Lecture and Workshop**  
**Saturday, 27<sup>th</sup> September. 2008**  
**Blackledge Theatre, Godolphin School, Salisbury**  
**9.30 am – 4.00 pm**



This will be the third year that the Salisbury branch of Cruse has hosted a lecture and workshop by Ted Bowman. For those of you who are not familiar with his work, Ted is an American professor and author, who describes himself as an educator and trainer. He has lectured and written about all aspects of grief and loss, and his sincerity and charismatic manner of dealing with such a serious subject has been immensely helpful to those of us who are supporting anyone who has been bereaved.

This year there will be two lectures, one in the morning and one after lunch. These are as follows:

**Meeting at a Busy Intersection: Dying, Death, and Chronic Sorrow** (Morning)

For many, death is preceded by a chronic condition. Living with or providing care for someone with a chronic condition can result in chronic sorrow. Further, after a death, chronic sorrow can occur, especially when there is a death of a child or a death that shatters dreams, plans and assumptions.

In this interactive session, participants will explore a framework for grieving, which includes normative perspectives on shattered dreams and chronic sorrow. Insights about caring for self and others when the grief continues will be presented and discussed. Psychological and spiritual resources that can aid in normalizing some experiences and in "growing" one's life will be woven throughout the session. Practical suggestions will be emphasized, ones consistent with quality grief and bereavement care.

**Professional Boundaries, Compassion Fatigue and Self-Care** (Afternoon)

The costs to carers, whether volunteer or professional, who routinely address dying and death can be huge. Compassion fatigue and burnout are occupational hazards. Traditional self-care methods are insufficient responses for this erosion of the spirit. More is required. Resiliency and hope for dying and bereft persons cannot be effectively fostered by depleted helpers. In this practical workshop, the interplay of caring, resiliency and helper fatigue will be presented and discussed. Promotion of resiliency, the ability to bounce back from adversity, requires support, limit setting, resources, and self-care. Care for carers must be a priority!

The cost for the whole day will be £25 per person and £20 for a Cruse voluntary support worker. The cost for a half day will be £15 for either. Tea and coffee will be included, but participants should bring their own lunch. A booking form will be sent out in the near future, but this notice will remind you to put the date in your diary if you are interested.