

19th IPOS WORLD CONGRESS 2017
ACADEMY WORKSHOP DESCRIPTION

Workshop title: **Bereavement across the life span: Individual and group strategies for providing bereavement care**

Workshop chairs: Sue Morris, PsyD, Dana-Farber Cancer Institute, Boston, USA

Length and Language: Half-day workshop. The workshop will be held in English.

Workshop description:

Clinicians typically receive little training in grief and bereavement throughout the course of their education. Despite increasing efforts to improve general palliative care medical education, training about bereavement care is lacking. While the majority of bereaved individuals will cope with their losses without requiring professional intervention, a significant number will experience suffering from complicated or prolonged bereavement reactions. Therefore, providing bereavement care, including the assessment of risk, is best conceptualized within the framework of prevention and is considered to be an essential component of quality end-of-life care by the hospice and palliative care movement.

In this workshop, the nature of grief will be presented from a psychological perspective paying particular attention to the importance of loss and change following the death of a cancer patient across the lifespan. An overview will be given about the experience of normal grief, including the death of a child, the death of a spouse and the death of a parent. Risk factors for poor bereavement outcomes will also be discussed, including witnessing difficult deaths in a hospital setting. Utilizing different teaching methods, such as case examples, experiential exercises, videos and break-out groups, a number of cognitive behavioral therapy (CBT) strategies will be taught that participants will be able to use in their own bereavement work for different types of losses.

Learning objectives:

1. The learner will be able to describe the central psychological factors of grief.
2. The learner will be able to list the risk factors for poor bereavement outcomes.
3. The learner will be able to outline three strategies for working with different groups of bereaved individuals (child-loss, spouse-loss and parent-loss), based on CBT that can be used with individuals or support groups in the oncology setting.



Dr. Sue Morris is the Director of Bereavement Services at Dana-Farber Cancer Institute, a Harvard Medical School teaching hospital, in Boston, USA. She also oversees the Bereavement Task Force at Boston Children’s Hospital and consults with various Harvard teaching hospitals about the development of hospital-based bereavement programs. Dr. Morris studied Clinical Psychology in Sydney, Australia, specializing in adult mental health and cognitive behavior therapy. Dr. Morris moved to the USA in 2010 to work at Dana-Farber Cancer Institute and during this time, also completed the degree, Doctor of Psychology.

Dr. Morris has worked in bereavement for the past 20 years in both Sydney and Boston. She is the author of several self-help books, including *Overcoming Grief* and *An Introduction to Coping with Grief*, published in London by Constable Robinson. Recently, she was the first author of a publication in the *Journal of Pediatric Health Care*, entitled *The Development of a Hospital-Wide Bereavement Program: Ensuring Bereavement Care for all Families of Pediatric Patients*. Dr. Morris also lectures on the topic of bereavement for the Harvard Medical School Center for Palliative Care continuing medical education courses and teaches medical students, residents and fellows about grief and loss. She currently holds the position of Instructor in Psychiatry at Harvard Medical School.