

# Cruse Conference 2015

7-8 July, Warwick University

**New insights**  
in bereavement care



 Cruse  
Bereavement  
Care

**Cruse  
Conference  
2015**

**New insights  
in bereavement care**

A two-day exploration of grief and bereavement issues, featuring world-class speakers alongside a packed programme of seminars, workshops and networking opportunities.

Bereavement theory and practice is constantly evolving; join the UK's leading bereavement charity to explore the latest developments and enhance your skills in the company of other practitioners and professionals.

**Book online and  
save £30**

**Plus! Early booking  
discounts if you book  
before 5 June 2015**

**Book online at  
[www.cruse.org.uk/conference](http://www.cruse.org.uk/conference)**



**Tuesday 7 July 2015**

- 08.45 Registration with tea/coffee available from 09.15
- 10.00 Conference welcome: Chair
- 10.05 Conference opening: CEO
- 10.25 Plenary 1:  
Robert A Neimeyer**
- 11.30 Workshops/Seminars
- 12.45 Lunch and networking
- 14.15 Plenary 2:  
Yasmin Gunaratnam**
- 15.15 Tea/Coffee
- 15.45 Workshops/Seminars
- 17.00 End (for day delegates)
- 18.15 Networking in Panama Suite bar (residential delegates)
- 19.15 Dinner (residential delegates)

**Wednesday 8 July 2015**

- 07.30 Breakfast from 07.30 (residential delegates)
- 08.45 Registration (day delegates)
- 09.20 Welcome
- 09.25 Plenary 3:  
James Turner**
- 10.25 Tea/Coffee
- 10.55 Workshops/Seminars
- 12.10 Lunch and networking
- 13.40 Workshops/Seminars
- 14.55 Tea/Coffee
- 15.25 Plenary 4:  
David Trickey**
- 16.25 Closing session: Cruse Chair and CEO
- 16.30 End

# Cruse Conference 2015

## Keynote speakers

### Robert A Neimeyer PhD

Intervening in meaning: new directions in grief therapy

### Yasmin Gunaratnam

Social pain: dying and loss for migrants

### James Turner

Metaphors and the therapeutic encounter: results of an extended research study as applied to grief work

### David Trickey

Children and young people bereaved by suicide: what hinders and what helps



For more information see  
[www.cruse.org.uk/conference](http://www.cruse.org.uk/conference)  
or email  
[conference@cruse.org.uk](mailto:conference@cruse.org.uk)

**Robert A Neimeyer PhD** is Professor in the Department of Psychology, University of Memphis, where he also maintains an active clinical practice. He has published 27 books, including *Techniques of Grief Therapy: Creative practices for counseling the bereaved* and *Grief and the Expressive Arts: Practices for creating meaning* and over 400 articles and book chapters. He serves as editor of the journal *Death Studies* and is working to advance a more adequate theory of grieving as a meaning-making process.

**Yasmin Gunaratnam** is Senior Lecturer in the Sociology Department at Goldsmiths College, University of London. Her recent research includes a British Academy Fellowship on the palliative care philosophy of 'total pain'. Yasmin's latest book *Death and the Migrant* brings together her interest in stories with her sociological research on transnational dying and intercultural care. Her co-edited collection *Narrative and Stories in Care* was 'highly commended' in the British Medical Association Book Awards 2010 and her recent project, 'Case Stories' looks at social pain, migration, dying and bereavement ([www.case-stories.org](http://www.case-stories.org)).

**James Turner** has worked in mental health since 1985 in a number of clinical settings. For 20 years he held NHS posts initially as a staff nurse and later in management and leadership roles. He is currently a Principal Lecturer at Sheffield Hallam University, where he is Professional Lead for End of Life and Supportive Care. Recent research activity has involved an evaluation of a 'Hospice to Home' service, and extended studies into the use of metaphor. He remains clinically active as a Cognitive Analytic Therapy (CAT) Practitioner.

**David Trickey** is a Consultant Clinical Psychologist specialising in traumatised and bereaved children and young people at the Anna Freud Centre in London and at Cambridge Clinical Psychology Services. In 2009 he became Lead Consultant Clinical Psychologist of a Child Trauma and Bereavement Service as it became a Social Enterprise and he acts as an Expert Witness or Advisor for the Courts and the Police. He is widely published and is part of the group that advises the national Child and Young Person – Improving Access to Psychological Therapy (CYP-IAPT) project on the use of outcome measures.

Save £30 when you book online: [www.cruse.org.uk/conference](http://www.cruse.org.uk/conference)

This is an overview of the workshops and seminars.

For full details go to:  
[www.cruse.org.uk/conference](http://www.cruse.org.uk/conference)

## **A grief like no other, surviving the violent death of someone you love**

*Kathleen O'Hara*

Death by murder, suicide, drink-driving, drug overdose, war, terrorism or any sudden event creates a different kind of grief, with heightened shock, trauma and often symptoms of PTSD. Challenges include dealing with the criminal justice system, media attention, stigma and shame. This workshop will look at what the survivor may be experiencing and how to help.

## **Art therapy workshop to support people working with bereaved clients**

*Chris Davis*

Creating and using images offers a different way of exploring and expressing the impact of bereavement work on the people who are supporting those who are bereaved. No artistic skills are required – just a willingness to use some materials and have a go!

## **Bereavement bookclub**

*Jo McCarthy*

This session will be an interactive discussion forum on how literature (novels, diaries, biographies, poetry etc) about grief can help us better understand bereavement. Participants are encouraged to bring a book that they would recommend (possibly even to read a passage). The session will also explore ways of setting up a simple library.

## **Complicated grief: the Early Intervention Project**

*Michelle Cook*

The Cruse Early Intervention Project offers early intervention support for anyone at risk of developing complicated grief who

has been bereaved within the previous six months. This workshop will introduce the programme and offer an experiential exercise on how complicated grief may develop.

## **Continuing bonds: exploring grief with photography**

*Jane Harris and Jimmy Edmonds*

Using our joint skills in photography, filmmaking and psychotherapy this workshop will look at creative ways to help us grieve. As a record of life before and after a death, photographs are a valuable therapeutic tool as we begin to reshape and to trust the world again.

See [www.beyondgoodbye.co.uk](http://www.beyondgoodbye.co.uk)

## **Depression and assessing risk of suicide after bereavement**

*Colin Murray Parkes*

This workshop will consider the causes of depression after bereavement, assessing the risk of suicide and how to address it.

## **Demystifying mental health issues: Cruse and Mind, working together, sharing experience**

*Anna Tierney and Mary Fotheringham*

With the reduction in mental health services available on the NHS, there are more referrals to the voluntary sector. This workshop is aimed at promoting a better understanding of some of the issues. This workshop will explore and explain some common mental health problems and go on to look at how one Cruse Area works with these referrals.

## **Drug and alcohol related bereavement**

*Fiona Turnbull*

This workshop will examine the experiences facing people bereaved through drug and alcohol use. It will introduce Cruse and Adfam's partnership project to develop peer support and information for people bereaved in this way. We will also do some small group work around three clusters of

issues: shame and stigma; guilt and blame; circumstances of death.

### **Learning to notice and use metaphor and pictorial metaphor in your encounters: a reminder and a journey**

*James Turner*

Jim's recent extended research project has looked at understanding the role of metaphors in the therapeutic encounter using Cognitive Analytic Therapists as the 'field'. The findings are translatable to all those working in the therapeutic encounter and this workshop will present some of the findings that may help in encounters with your clients. This workshop will help you examine what you are doing well, and develop skills to enhance your practice.

### **Managing bereavement in the workplace**

*Liz Thomas*

This workshop will cover the impact grief can have upon the workforce and organisation and how this can be managed.

### **Measuring the impact of services for bereaved children and young people**

*David Trickey*

This workshop will briefly summarise the research that indicates that services for bereaved children and young people can be effective, and will consider what outcome measures were used in such research. It will then look specifically at the way in which the Strength and Difficulties Questionnaire has been used. It will then consider a small number of other measures that might be of use and give delegates a chance to consider their own particular services and how they might measure their outcomes.

### **Perinatal loss: the wider impact**

*Cheryl Titherly*

This workshop will explore the nature of perinatal loss and look at the wider impact of pregnancy and baby loss on parents, subsequent pregnancies and professionals.

### **Reconstructing the continuing bond: accessing the back story of the relationship**

*Robert A Niemeyer*

**Please note: this workshop is in two parts and delegates should attend both.**

Drawing on attachment-informed and two-track models of bereavement, this workshop will consider grieving as a process of reconstructing rather than relinquishing our bonds with those who have died, and the circumstances that can interfere with this. Creative narrative, emotion-focused and performative methods will be presented and practised for re-introducing the deceased into the social and psychological world of the bereaved. Participants will leave with several tools for helping clients appreciate the role of the loved one in their construction of their own identities, and re-accessing and revising frozen dialogues with the deceased.

### **Responding to a major incident**

*Russ Hargreaves and Keith Lane*

The UK seems continually poised for a major incident. Public services including the NHS, Armed Forces and Government have honed their plans for such an eventuality. Is your organisation ready? This workshop will look at how can we ensure that your organisation is placed at the heart of our response to a crisis.

### **Taking care: cultivating curiosity and self-compassion through mindfulness**

*Paul Christelis*

People in the helping professions are at risk of stress, burn out and 'compassion fatigue'. By cultivating a present-focussed, friendly attitude towards ourselves, we can manage these potential hurdles and cultivate a state of openness, resilience and deep joy. This workshop will invite participants, via a few simple mindfulness practices, to take better care of ourselves so that we may be more available to others.

## **'Tell me something about yourself': an introduction to narrative methods**

*Yasmin Gunaratnam*

This workshop will introduce participants to ideas and methods that are aimed at eliciting narrative and stories. The workshop will include exercises in narrative interviewing and reflective writing. We will also discuss the ethics of listening and attunement to social differences. How does difference come to matter in the telling and receiving of stories of loss and bereavement?

## **The Adult Attitude to Grief scale – a tool for practice**

*Linda Machin*

This workshop will look at the theoretical background to the Adult Attitude to Grief scale and its ability to identify both levels of vulnerability and the capacity for resilience in bereaved people. In practice the AAG scale can be used to help the bereaved individual tell their story, to assess their grief reactions, and to determine the best type of support to offer. Case studies will be used and participants will have the opportunity to practise using the scale.

## **The healing power of nature: helping children cope with loss through the use of nature**

*Caroline Jay*

Caroline will share her personal story of loss and how it led her to use nature to offer support to families and carers when a child dies or is bereaved. She will offer an insight into her newly published *Seeds of Hope Bereavement and Loss Activity Book* and there will be an opportunity to try out an activity, share thoughts and participate in group discussions.

Additional workshop options for Cruse delegates only. 

## **Community engagement**

*Lisa Nightingale and Jean Costello*

This workshop will look at different ways to engage with the community and improve publicity to raise the profile of Cruse locally.

## **Delivering '5 in 5': email support**

*Helen Butlin*

This interactive workshop will present the guidance and the standard on setting up and providing email support in Cruse Areas, and offer a chance for people to ask questions and discuss solutions. There will be a chance for people to work in small groups to explore their ideas about how Cruse Areas can work towards offering email support.

## **Delivering '5 in 5': ongoing telephone support**

*Helen Butlin*

This interactive workshop will present the guidance and the standard on setting up and providing ongoing telephone support in Cruse Areas, and offer a chance for people to ask questions and discuss solutions. There will be a chance for people to work in small groups to explore their ideas about how Cruse Areas can work towards offering ongoing telephone support.

## **Groups that work: the structure and process**

*Paul Finnegan and Alex McMeekin*

This workshop looks at three types of group interventions currently operating in Cruse Northern Ireland. It will outline the process for setting up bereavement groups, typical recruitment methods, resources required, delivery and monitoring of sessions and the evaluation of impact.

# Cruse Conference 2015

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save £30**

[www.cruse.org.uk/conference](http://www.cruse.org.uk/conference)

**1**

## BOOK YOUR PLACE

Please select as appropriate:

- FULL CONFERENCE (residential, two days)
- Tuesday 7 July (one day)
- Wednesday 8 July (one day)

**2**

## SELECT YOUR WORKSHOP/ SEMINAR OPTIONS

**Choose one from each session (from the list below)**

Workshops have limited capacity. If booking by post, please rank three preferences in order, for each session. Your top available choice will be allocated.

**co** = Cruse delegates only

### Tuesday 7 July: MORNING

- Art therapy workshop to support people working with bereaved clients
- Continuing bonds: exploring grief with photography
- Delivering '5 in 5': ongoing telephone support **co**
- Depression and assessment of risk of suicide after bereavement
- Demystifying mental health issues: Cruse and Mind, working together, sharing experience
- Groups that work: the structure and process **co**
- Managing bereavement in the workplace
- Perinatal loss: the wider impact
- Taking care: cultivating curiosity and self-compassion through mindfulness
- The healing power of nature: helping children cope with loss through the use of nature

### Tuesday 7 July: AFTERNOON

- A grief like no other, surviving the violent death of someone you love
- Community engagement **co**
- Complicated grief: the Early Intervention Project
- Delivering '5 in 5': email support **co**
- Drug and alcohol related bereavement
- Perinatal loss: the wider impact
- Responding to a major incident
- Taking care: cultivating curiosity and self-compassion through mindfulness
- 'Tell me something about yourself': an introduction to narrative methods
- The Adult Attitude to Grief Scales – a tool for practice

### Wednesday 8 July: MORNING

- A grief like no other, surviving the violent death of someone you love
- Art therapy workshop to support people working with bereaved clients
- Bereavement bookclub
- Community engagement **co**
- Continuing bonds: exploring grief with photography
- Delivering '5 in 5': ongoing telephone support **co**
- Demystifying mental health issues: Cruse and Mind, working together, sharing experience
- Learning to notice and use metaphor and pictorial metaphor in your encounters...
- Reconstructing the continuing bond: accessing the back story of the relationship (Part 1)
- The healing power of nature: helping children cope with loss through the use of nature

### Wednesday 8 July: AFTERNOON

- Bereavement bookclub
- Complicated grief: the Early Intervention Project
- Delivering '5 in 5': email support **co**
- Drug and alcohol related bereavement
- Groups that work: the structure and process **co**
- Managing bereavement in the workplace
- Measuring the impact of services for bereaved children and young people
- Reconstructing the continuing bond: accessing the back story of the relationship (Part 2)
- Responding to a major incident
- The Adult Attitude to Grief Scales – a tool for practice

Please complete all sections of the booking form (both sides).



