

Workshop Title
Ambiguous Loss: Living in Limbo
Detailed Workshop Description
<p>This workshop will look at the complex nature of grieving for a loved one who is physically or psychologically absent. A brief introduction to the area will be followed by a description of the work I've been involved in over the past 2.5 years related to ambiguous loss. The workshop will examine ambiguity, the theory behind ambiguous loss, why this loss is different and harder to cope with than a death loss, 2 types of ambiguous loss, emotional impact on families and friends, changes in clients over time, how to help clients better cope with this on-going and often traumatic loss, and specific counselling techniques found to be effective with ambiguous loss. The final part of the presentation will deal with self-awareness and boundaries for the counsellor.</p> <p>The presentation will last approximately 2 hrs, followed by time for questions. I will include one or more exercises that participants can engage in over the course of the presentation.</p>
Learning Objectives
<ol style="list-style-type: none"> 1. Gain greater knowledge of the theory and meaning of ambiguous loss 2. Understand the difference between death grief and the complex grief associated with ambiguous loss 3. Become aware of the personal challenges inherent in working with this clientele 4. Understand the skills required for working with families facing an ambiguous loss
Target Audience
<p>Generic counsellors, family therapists, human justice, bereavement, and health care workers with a basic understanding of grief and bereavement counselling approaches and several years of experience.</p>
Presenter Information
<p>Sylvia Keall Sylvia is a certified teacher and registered social worker who has been employed as a medical social worker in the areas of palliative care and bereavement for over 25 years. Following retirement as a Palliative Care Coordinator for the Five Hills Health Region 2.5 years ago, Sylvia has worked on contract with the Greystone Bereavement Centre in Regina, in partnership with the Ministry of Justice, in the areas of ambiguous loss and general bereavement. Her expertise includes counselling, program development, research & writing, and presenting to the public and professionals on issues related to loss. Sylvia has been fortunate enough to attend a workshop in New York, a three day training session in Virginia, and a one day visit to London, England's Missing People's organization to augment her understanding of ambiguous loss. As well, Sylvia has been a sessional lecturer with the Faculty of Social Work at the University of Regina for many years.</p>