



**Hosted by Karen Howe and Melanie Temple, IPT UK North East Regional Reps**

**Date: 19<sup>th</sup> October 2022**

**Time: 10:00am – 4:00pm**

## Wellbeing

We hope that this event will be thought provoking and offer a chance to share experience of working with the particularly emotive subject of loss and bereavement.

Over the day we will be touching on lived experience of including loss a child, loss by suicide, drowning with some touching on themes of rape and sexual abuse.

Therefore, we ask that you are mindful of taking care of yourselves during and after the event. Should you need to take some time out at any point then please take this but would ask that if you are not returning then please can you let Mel or Karen know so that they know you are okay.

## Guest Speaker

Piers Lane is a funeral celebrant and bereavement support worker. With over 35 years experience since supporting his first bereaved family, he has conducted many hundreds of funerals and life celebrations, bringing him into daily contact with families and individuals at some of the hardest times of life. As well as the more usual end-of-life narratives, he has wide experience of supporting families through tragic, sudden and violent death, as well as the loss of babies, children and young people. Bereavement by suicide is an area of special interest and experience.

A few years ago, Piers started a group called Love & Loss which offers a safe space for people to talk with others about their experience of losing someone they love. He hosts the group in person locally to where he lives in West Yorkshire as well online for health and care workers in the north east and north Cumbria as part of the NHS wellbeing hub.

## Agenda

*Times are subject to change:*

1000-1015	Welcome & IPT Business
1015-1030	Introduction to the Day. Introductions and wellbeing
1030-1040	<b>Video-After life</b>
1040-1050	Beginning to think about our experience of working with bereavement. What does working with bereavement bring up for me? Thinking about the Impact of working with bereavement?
1050-1105	<b>Feedback.</b>
1105-1200	<b>Piers Lane</b> – The Lived experience of loss

	<b>Break out rooms-</b> Scenarios from lived experience. IPT-How we work with different aspects of grief within the IPT model. Sharing our experience.  <b>Feedback</b>
1200-1230	<b>Lunch</b>
1230 - 1430	Welcome Back- Introduction to working with loss and suicide  <b>Audio-</b> Lived experience of bereavement from completed suicide  <b>Whole Group feedback</b>  <b>Scenarios</b> Group work- How might we adapt our practice when working with bereavement from suicide?  Mel Temple- Complex Case presentations. Suicide and PTSD Complex Mental Illness with Bereavement
1430-1445	<b>Break</b>
1445 - 1545	<b>Piers Lane-Love &amp; loss</b>
1545-1600	<b>Summary of the Day.</b> What will we take forward?  <b>Close</b>

## Zoom Invite:

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IPT UK Admin is inviting you to a scheduled Zoom meeting.

Topic: North East Regional Meeting "Thinking about ways of working with Bereavement"

Time: Oct 19, 2022 10:00 AM London

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