

Quality and affordable therapeutic retreats,  
seminars and counselling services



## Supporting people in their experiences of grief and loss

with Dr James Arkwright

### Seminar Overview

Grief and loss are universal human experiences, created by all manner of circumstances as diverse as a death of a loved one, relationship break-ups, redundancy and job loss, financial crisis, illness, injury, unmet expectations and failure, and so forth. Often people are consumed by grief and when this occurs it is not uncommon for those offering support (such as therapists, counsellors, ministers, field workers, and others in professional helping roles) to also feel overwhelmed, unsure of how much difference they are really making for the person(s) who are grieving.

In this seminar, James discusses, facilitates skills practice and demonstrates how to explore people's responses and sense-making, in respect to their:

- Stories, behaviour, actions, body responses and 'felt-sense'
- Emotional responses, such as fear, despair, anger and hope
- Relationships with others and sense of faith/spirituality

James illustrates how these particular explorations of people's grief experiences lead them to see themselves differently, including being better able to identify theirs and others' unspoken actions of desire, resilience, passion

and creativity. When this occurs, James believes people feel heard, understood and supported, enabling them to (re)establish purpose and meaning. Often, people reach new understandings about themselves, others and the world they live in, which in turn can become positive and transformative.

It is anticipated that the seminar will enable participants to reflect on and appreciate their own grief journeys in new ways, as well as feel more prepared and confident to support others in their grief experiences.

### Seminar Details

**Date:**

Saturday 23rd May 2015

**Price:**

\$75.00 (GST incl)

**Registration:**

[www.lifeaplenty.nz/workshops-and-seminars](http://www.lifeaplenty.nz/workshops-and-seminars)

**Facilitator:**



**Dr James Arkwright**

James is a counselling educator who has over twenty years' experience in counselling, teaching and research relative to loss and grief. His style is to be transparent about his own life experiences, while drawing on much professional experience so as to provide a learning environment that is practical, relevant, safe, stimulating and engendering of increased knowledge and skills.

**Venue:** Waipuna Hospice, Te Puna Station Rd, Tauranga

**Schedule:** 9am–4pm, morning & afternoon tea provided

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