

Counselling

A Person with a Terminal Illness

Two Study Days for Nurses

These study days are suitable for those who work with people who are terminally ill.

It will be especially useful for those who find themselves struggling for words when a person is experiencing a sense of deep sadness and hopelessness.

Organised by

Ausmed Conferences

Attendance at this program earns you

10.5 CNE Points

as part of the
Royal College of Nursing,
Australia
Lifelong Learning Program.



This educational event has been endorsed by APEC No. 04083036 as authorised by Royal College of Nursing, Australia according to approved criteria. The College recommends that nurses should aim to achieve 30 CNE points per year.

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Dates: *Wednesday, 30th January and Thursday, 31st January 2008*

Venue

***Nurses Memorial Centre
Suite 11, 431 St Kilda Road
Melbourne, Victoria***

An electronic copy of this program can be found on-line at
www.ausmed.com.au



Counselling a Person with a Terminal Illness

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Day One: Wednesday, 30th January 2008

Melbourne

8.30 **Registration and Tea/Coffee**

9.00 **Life Long Learning**
Royal College of Nursing, Australia

Your facilitator for these study days is:

Molly Carlile

RN, FRCNA, FAICD, AFCHSE, MAIPC, MACA
Molly is a RN, counsellor and educator with extensive clinical and leadership experience.

She is a passionate and motivating speaker who inspires her audiences to critically reflect on their professional practice and find creative approaches to their ongoing personal and professional development.

9.10 **The Counselling Role for Nurses**

Overview of historical and newly emerging counselling roles for nurses.

- * Valuing communication that is more than just a social conversation.
- * Clarifying the difference between interviewing and counselling.
- * What about time constraints?

9.15 **Counselling as a Therapeutic Relationship**

- * Exploration of a therapeutic counselling model for nurses.
- * Understanding individual identity and change processes at the end of life.
- * Being empathetic about the big emotions associated with pending death.
- * What is reflective questioning and why is it important?
- * Other types of useful questions.

10.30 **Morning Tea and Coffee**



11.00 **Practical Strategies and Skills for Busy Nurses**

Here and now focused counselling entails:

- Sustained unconditional positive regard
- Respect (developing a therapeutic relationship)
- Understanding (exploring personal significance)
- Enablement (managing issues)
- Keeping within professional boundaries.

12.30 **Lunch Break**

1.30 **Coping with Difficult Therapeutic Conversations**

- * Handling the defence mechanism of avoidance.
- * Learn when and how to break bad news.
- * At what stage should you intervene if a person is crying?
- * How to address questions which make you feel uncomfortable, e.g. a poor prognosis.
- * Appropriate responses when someone in your care asks: "Am I going to die?"
- * Helping someone to deal with anticipatory grief.
- * Instilling hope - nurturing resilience and helping patients find meaning in the face of impending death.

3.00 **Afternoon Tea and Coffee**

3.30 **Loss, Grief and Bereavement**

A reminder of the wide range of losses people may experience.

- * Examples include the loss of property due to natural disasters, loss of body image as a result of mutilating surgery, traumas or disabilities, loss of employment and loss of homeland due to migration.
- * What is grief?
- * How has our understanding of grief evolved?
- * What is involved in the grieving process?

4.15 **Close of First Study Day**

All Ausmed's educational programs can be found
on-line @

www.ausmed.com.au

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Day One: Tuesday, 31st January 2008

Melbourne

9.00 Experiencing Loss and Experiencing Grief

Some people face losses and deprivations with a strong sense of meaning while others lose meaning or experience meaninglessness in their suffering.

- * Which assessment techniques help nurses to better understand these aspects of personhood?
- * What influences how a person grieves?
- * Which factors may complicate a person's ability to mourn their losses?
- * Can a complicated grief process be predicted?

10.10 Case Study

This presentation will use a hypothetical case study to illustrate how nurses can use counselling skills to assist terminally ill people cope with loss and grief.

10.30 Morning Tea and Coffee



11.00 Integrating Grief and Loss Counselling into the Nurse's Role

- * What is your "duty of care" in facilitating informal or structured approaches to grief support?
- * Reflections on the psycho-social impacts on patients and their families in the face of terminal illness.

The influence of cultural, spiritual, religious and social traditions on the type of counselling support offered to grieving people.

12.30 Lunch Break

1.30 Counselling on the Run

Making the most of brief counselling encounters - when it's all the time you have.

- * The role of ritual in the expression of deep sadness.

- * The role of the "Rites of Passage", e.g. funerals, life milestones, revisiting the scene of loss etc. in facilitating 'goodbyes' and creating meaning for grieving people.
- * Knowing about referral possibilities such as the National Association for Loss and Grief (NALAG).

3.00 Afternoon Tea and Coffee

3.30 Palliative Care: the End-of-Life Gold Standard

The right to die with dignity - what makes palliative care such a valuable approach?

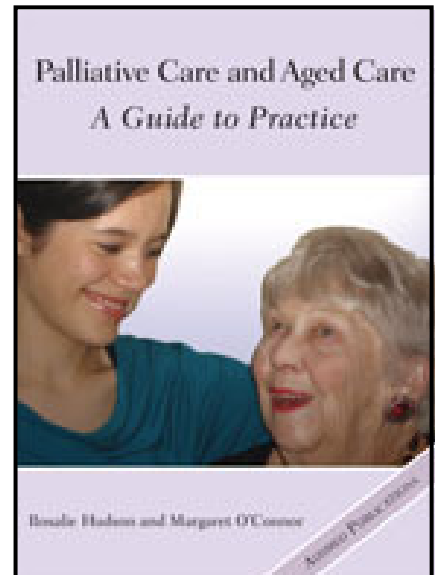
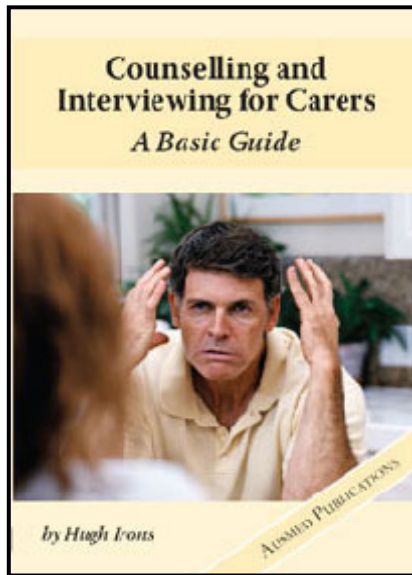
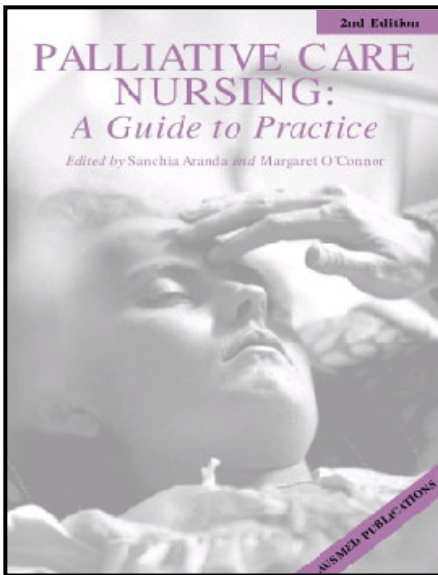
- * How to integrate nursing care and counselling into holistic care for those who are terminally ill.
- * Strategies for preventing nursing staff burnout, apathy and loss of compassion.
- * What about mentoring and clinical supervision?
- * Information about continuing education counselling programs.

4.15 Close of Program and Evaluations

Aims and Objectives

These study days are designed for nurses who wish to understand more about the skills required when counselling those who are terminally ill. At the conclusion of this program, the participants should be able to:

- Comprehend the differences between interviewing and counselling, and their differing goals.
- Better understand the elements which made interviewing effective and counselling a worthwhile therapeutic experience as part of the nurse's role
- Improve their knowledge of the dynamics involved in the counselling process and some of the challenges which may be encountered.
- Be aware that mini-counselling can be a viable activity.
- Identify how to access a range of resources relevant to grief and loss support.



Conference Registration Form — Fax, Email, Internet, Telephone or Post

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Counselling & Terminal Illness—Melbourne

Registration for this event to be held at The Nurses Memorial Centre on Wednesday, 30th and Thursday, 31st January 2008.

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Registration for ____ person(s)

The cost of this event is:

\$320 plus 10% GST @ \$32 = \$352

- Enclosed is a cheque or money order.
- Credit card (Mastercard, Visa) **If paying by credit card please add \$5 to pay for bank fees.**

My credit card number is (16 digits):

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Registration
 Select which option suits you best.
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- **Online:** www.ausmed.com.au
- **Post :** Ausmed Conferences, PO Box 4086, Melbourne University, Parkville, Vic 3052.
- **Fax :** (03) 9375 7299
- **Tel:** (03) 9375 7311
- **Email:** ausmed@ausmed.com.au

To obtain a Tax Invoice prior to paying simply register online and click the invoice option.
 Registration includes lunch, refreshments and education notes.

Venue: Nurses Memorial Centre, 431 St Kilda Road, MELBOURNE

We recommend public transport. Tram numbers 3, 5, 16, 64 and 67. Alight at Tram Stop 23.
 Accommodation—contact Ausmed.

Refunds and cancellation:
 A standard handling charge of 10% is deducted from the registration fee upon written notification of cancellation. We regret no refund can be offered if notification occurs less than **two weeks** prior to the event.



Send registration and payment to:
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