

Working Therapeutically with Grief

Half-Day Workshop with Dr. Erin Hope Thompson

Wednesday, March 20, 2024
9 am to 1 pm

The Loss Foundation is committed to delivering the most effective bereavement support and partakes in multiple research projects exploring bereavement, both in-house and in alliance with world class universities. All training it provides is related to the evidence-base for gold-standard bereavement support. This workshop, designed specifically to help mental health therapists become familiar with the nature of grief and how to work with it therapeutically, will cover:

- o A broad understanding of bereavement and its associated difficulties
- o Factors impacting a person’s experience of grief
- o Psychological models relevant in grief work, using case studies
- o Working with the meaning of loss
- o Working with resistance and avoidance
- o Therapeutic exercises for grief and difficult memories
- o Embracing compassion-focused therapy in working with grief
- o Supporting ourselves: Personal resilience when supporting others

At the end of the workshop, participants will be able to:

1. Describe grief and how it can be conceptualised and experienced
2. Use both theory and practical exercises with their clients

There are a maximum of 50 spots available for this workshop.

CBTI is happy to provide this 4-hour continuing education opportunity to the mental health care community in Manitoba at a reduced cost of \$50.00. In support of truth and reconciliation efforts, all proceeds from this event will be donated to Mama Bear Clan.

A Certificate of Attendance will be provided for the amount of time you participate, and the CE credits will be registered with CPA.

[Click here to register](#)

Presenter:



Erin Hope Thompson, PhD

Erin is the Founder and Director of The Loss Foundation. She founded the charity upon recognising how scarce grief support is in the UK, and the charity now supports thousands of people nationally.

Erin works across the NHS, charity and private sector across a range of mental health areas, but she is most passionate about building and improving services to support people when a loved one dies. She was awarded **an MBE for Services to Bereaved Families** on the Queen’s Honours List in 2022.

In 2017 Erin was named as one of the 35 top business women under 35 in the UK by Management Today. In the same year Erin was awarded the prestigious honour of a **Winston Churchill Fellowship**, which involves investigating inspiring practice in other countries, and returning to the UK with innovative ideas for the benefit of people across the UK. Her area of expertise was bereavement.

In 2019 Erin was invited to join the **Wall of Honour at the Royal Society of Medicine**, a place where doctors, nurses, surgeons and other professionals from across the spectrum of medicine and healthcare are recognised for their dedication, both to their patients and their work.