

*Unresolved loss and grief
is hard to deal with*



Care Concern Service



*Ambiguous Loss & Grief
Workshop*

16 June 2009

Catholic Outreach

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of Our Lady of the Mission

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Workshop Overview

Ambiguous loss is a term coined by Professor Pauline Boss (1999) to describe losses with no validation or clarification.

Ambiguous loss may be experienced when a person is physically missing but psychologically present because it is unclear if they are dead or alive.

It is also experienced when a person is physically present but psychologically absent or inaccessible due to chronic mental illness, dementia, head injury or addictions.

“Research on stress and trauma has found that none is as unmanageable and traumatising as the stress of ambiguous loss” (Boss, 2006).

Program

- 9.30am Registration
- 10.00am Understanding the Concept of Ambiguous Loss
- 11.00am Morning Tea
- 11.30am How Stress and Trauma relate to Ambiguous Loss
- 12.30pm Basic Strategies of Coping with Ambiguity
- 1.00pm Workshop Conclusion

Please join us for lunch following the conclusion of the workshop.



Kanthi Perera M.S.W. Senior Clinical Social Worker

Kanthi Perera is a Senior Social Worker with the North Metropolitan Mental Health Service and conducts workshops for community groups.

Ms Perera received a Churchill Fellowship in 2005 that enabled her to travel to US and Canada to study ways of helping people through grief and loss.

She also worked and studied with American academic Professor Pauline Boss who set up the services to help families of victims whose bodies were not found after the September 11 attacks to cope with unresolved grief and never knowing what happened to their loved ones.

Now back in Perth Ms Perera is eager to pass on that learning as a service to the community, in keeping with the Churchill Fellowship ethos.

Registration

To register for the workshop and luncheon please telephone Miriam at the Catholic Pastoral Centre reception on 9422 7900 by 8 June.