



Asia Pacific Hospice
Palliative Care Network



HOSPIS
MALAYSIA

WORKSHOP ON GRIEF & BEREAVEMENT CARE 14 – 15 DECEMBER 2019

Venue : Auditorium (Level 1) - Hospis

Saturday, 14 December 2019 : Day 1

0800-0845	Registration
0845-0850	One-minute Self Preparation
0850-0920	Introduction and Sharing of Expectations <i>Exercise 1: Getting to know you</i>
0920-1030	Understanding Brief & Bereavement <i>Exercise 2: My experiences with Death</i>
1030-1045	Coffee
1045-1115	Overviews of Bereavement Experiences <i>Exercise 3: Experiences of Bereavement</i> <i>Mini-lecture</i>
1115-1145	Overview of Bereavement Care <i>Exercise 4: Bereavement Care Mini-lecture</i> <i>Exercise 5: Nature of Bereavement Care</i>
1145-1245	Theories of Bereavement <i>Mini-lecture</i> <i>Exercise 6: Applying theories into Practice</i>
1245-1300	Questions & Answers
1300-1400	Lunch
1400-1530	Pre-death Bereavement Care <i>Exercise 7: The unforgettable case</i> <i>Mini-lecture</i>

Sunday, 15 December 2019 : Day 2

0815-0845	Registration
0845-0850	One-minute Self Preparation
0850-0900	Recap of Day 1 main theme
0900-0920	Assessment of Bereavement Outcomes <i>Mini-Lecture</i>
0920-1000	Role Play of Assessment in Bereavement Risk and Outcomes <i>Exercise 9: Role Play</i> <i>Interview approach on outcomes assessment</i> <ul style="list-style-type: none"> i. <i>Engagement and contracting plus practically assessment</i> ii. <i>Exploration</i> iii. <i>Facilitation</i>
1000-1030	Prevention of Persistent Complex Bereavement Disorder <i>Exercise 10: Expert meeting</i>
1030-1045	Coffee
1045-1100	The ADAPTS (v3.0) Model for Bereavement Intervention
1100 – 1145	ADAPTS Targeted Intervention A: Anomalous Emotion <i>Exercise 11: Working with Anomalous Emotion (anxious mood, depressed mood & anger)</i>
1145-1230	ADAPTS Targeted Intervention D: Dysfunctional Cognition <i>Mini Lecture</i> <i>Exercise 12: Working with Dysfunctional Cognition</i>
1230-1250	ADAPTS Targeted Intervention A: Adjustment Challenges <i>Exercise 13: Working with Adjustment Challenges</i>
1250-1300	Questions & Answers

FACILITATORS

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