PAUSE

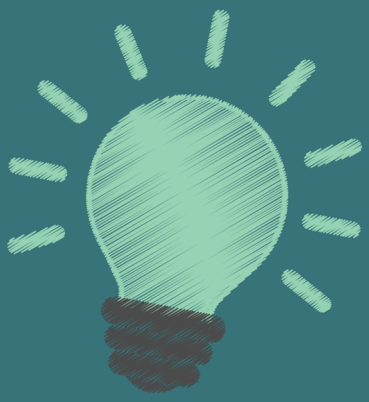
Peer-Supported Grief Care for Teams

Workshop Overview

DOES YOUR ORGANIZATION WANT TO IMPLEMENT THE PAUSE MODEL?
HERE IS THE INFORMATION YOU NEED TO HELP YOU GET STARTED

For next steps email: education@champlainpalliative.ca

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WHY DID WE DEVELOP THIS WORKSHOP?

Every day, healthcare teams care for people through illness and at end of life. While grief is a natural response to this work, staff often feel they need to hide it or there are no dedicated workplace opportunities to grieve together.

Without organizational practices to acknowledge and support workplace loss, grief can become disenfranchised. Grief that is unseen and unacknowledged may impact the wellbeing of team members, organizations, and care delivery.

PAUSE is a peer-supported grief debriefing model developed to guide your care team from silent grief to shared healing.

OVERVIEW OF THE WORKSHOP

We are committed to helping as many teams as possible have access to this workshop and the resources needed to sustain grief debriefings in your organizations.

PAUSE Workshops are 2-3 hours in length. The amount of time depends on the size of the group and if it is held virtually or in-person.

We provide:

- Slides with speakers notes (for future education of peer facilitators)
- One page handout to help guide a PAUSE
- Evaluation templates

All workshops and related electronnic resources are provided at no cost.

The Four Main Parts of a PAUSE Workshop:

1. Grief education focused on normalizing grief in healthcare environments.
2. Explanation and discussion of the five parts of the PAUSE Model.
3. Practice the PAUSE peer-supported grief care method in small groups.
4. A practical discussion of how to implement the PAUSE method.

PAUSE: Peer-Supported Grief Care for Teams

1. Purpose



Explaining the reason for the sharing circle: providing time, space and opportunity to discuss grief.



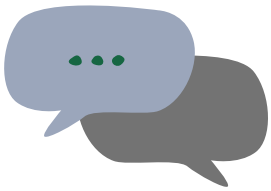
2. Acknowledge

Setting the expectations for the group and recognizing the importance and uniqueness of grief experiences.

3. Understand



Supporting the group in recognizing what's happening with their bodies, emotions and/or thoughts. This is the "heart" of the debriefing.



4. Share

Guiding the group as they share their experiences, memories, and/or questions relating to the death.

5. Explore



Encouraging the group to reflect on their grief-related needs in the short and long-term, both individually and as a group. These needs might include strategies for day-to-day wellness.

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https://nadinevalkcoaching.com

Benefits of Grief Sharing Circles:

- Minimizes disenfranchised grief
- Improves team wellness
- Supports team cohesion and resilience
- Reduces stress and absenteeism

ONE PARTICIPANT SAID...

Thank you! We learned a lot and, most of all, gained confidence in supporting the staff in our units.

AND ANOTHER ONE SAID...

Today was wonderful and there was a lot of engagement. The team is excited to begin implementing the grief sharing cirlces.



QUESTIONS?

For more information about grief education and resources, contact the Champlain Hospice Palliative Care Program

education@champlainpalliative.ca