

Healing Loss: A Residential Workshop for Montefiore Associates

Next Workshop: March 29-31, 2017

Many of us serve as caregivers, both in our work with patients and in our own families. Caregiving can have a profound effect on our personal and professional lives and can bring love and gratification. It also can bring stress and other emotional burdens, especially if we do not have the opportunity to take care of ourselves, and can bring grief when we lose people we care for.

The Montefiore Healing Arts Program and Human Resources are pleased to offer “Healing Loss,” a 3-day residential workshop at a nearby retreat center.

- A powerful experiential and educational program providing participants with the opportunity to identify and work through some of the losses, grief and changes that often occur in caregivers’ lives, both personal and professional
- Led by experienced facilitators in a safe, supportive and confidential setting
- Will offer ways to release some of the emotional ‘baggage’ and ‘unfinished business’ that can get in the way of our being truly present for ourselves and others
- Participants will leave with new tools for self-care and healing, to help build resilience when facing stress in the future

Dates (Wed.-Fri.): March 29-31, 2017

**Location: Stony Point Conference Center
Stony Point, NY**

**Facilities: All meals and sleeping accommodations are provided.
Please note that participants sleep at the retreat center
Wednesday and Thursday nights.**

Cost: This workshop is free of charge to participants

Objectives: Participants will be able to:

- 1) Recognize grieving patterns and be able to identify those patterns in their own lives and practices
- 2) Determine and interpret their own grieving stage and whether or not grieving is being processed healthfully
- 3) Identify practices to support self-care and resilience and the importance of emotional presence with others
- 4) Identify ways in which these theories can be integrated into their life and caregiving style

This workshop is limited to 24 participants and registration is required. Continuing Education (CEU) credits are available.

Application forms are available at: www.montefiore.org/healingarts-events

To learn more contact HealingArts@montefiore.org or 718-920-6576; stop by the Caregiver Support Centers at Moses or Weiler; or contact Dr. Peter Selwyn at (718) 920-8434 or pselwyn@montefiore.org.

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