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## *Understanding Ambiguous Grief and Trauma in Family Carers*

Not all losses are the same. The finality of death is clear for most people; and deaths are typically by rituals that help people process feelings of grief. When families are coming to terms with a loved one's disability, the implications of the condition or disorder are sometimes not known, nor are there any events or ceremonies to help acknowledge to the community that a loss has occurred.

Where behaviours of concern or conditions such as asthma and epilepsy are present, some families experience events in which they perceive their loved one, themselves or others to be at risk of injury or death. For families with such experiences, trauma and stress related symptoms often develop. Furthermore, symptoms of trauma can be re-triggered with subsequent behavioural incidents and health emergencies.

Designed for professionals who work with family carers of people with intellectual disability and complex needs, participants of this seminar will:

- Develop an understanding of ambiguous grief and how processing these feelings can get complicated.
- Build skills for responding effectively to ambiguous grief and identifying those individuals who need additional support
- Increase knowledge of a range of trauma and stress-related that family carers are at risk of developing.
- Build skills for identifying symptoms of trauma in families and for responding in helpful ways.

This seminar combines the teaching of theory with practical exercises that engage participants professionally and personally in their learning. Case studies are offered and participants' professional experience with clients may also be drawn upon.