



Bill Wilson Center

an agency of Uplift Family Services

Life Change Workshops - 2020

Provided by the Bay Area CISM Team / Centre for Living with Dying Program of Bill Wilson Center

Managing Loss and Change: Survival Tools ~ January 21 ~ 1 - 3 p.m.

Loss is a fact of living. Grief is the natural, human response to any loss or change. Issues such as death, living with a serious illness, job loss or change, separation, divorce; violence and sudden or traumatic incidents confront us both personally and professionally on a daily basis. Explore life affirming coping tools. Identify how to recognize stress and grief responses in yourself and others, as well as identify positive action steps for healing.

Critical Incident Stress Management (CISM): Basic ~ January 30 & 31 ~ 8:30 - 5:30 p.m.

Learn the dynamics of critical incident stress (CIS) as an occupational hazard while developing CIS response and defusing techniques. Develop coping skills to identify CIS in yourself and co-workers. Also, citizen and responder CIS Responses will be addressed and practiced.

What to Say After "I'm Sorry" ~ February 18 ~ 1 - 3 p.m.

Very few of us are taught what to say or do in the event of loss, illness or trauma. We may want to help, but may not be sure what works. Explore simple and profound techniques for being present to a co-worker, friend or family member in a positive, helpful way; learn useful techniques for self care.

Critical Incident Stress Management (CISM): Advanced ~ February 20 & 21 ~ 8:30 - 5:30 p.m.

Refine CIS debriefing and defusing techniques for both individual and group responses by scenarios, examples and role plays. Refine skills in team morale development, training, and practice tools for debriefing the debriefed.

Art of Compassion ~ March 18 ~ 9 - 4 p.m.

Explore strategies for survival in care giving disciplines. Individuals who work closely with people in grief and loss situations are confronted continually with emotional pain. Learn to deal effectively with pain while providing meaningful support.

Resolving Unfinished Business: Healing Loose Ends of Loss ~ March 25 ~ 1 - 3 p.m.

Unfinished business is a coined term to describe any unresolved feelings, issues, relationships or acts related to change or loss in our life. Because life is full of constant movement and change, it is important to bring completion to what is left undone in order to move forward with total energy and commitment. Examine tips to actively resolve the feelings of guilt, anger, resentment, regret, sadness and helplessness that often are the result of unfinished business.

Trauma and Death Notification ~ April 21 ~ 8:30 - 5:30 p.m.

Giving trauma notification can be taxing on responding personnel. The goal of this course is to make a difficult job more manageable and reduce the impact on the personnel in the aftermath. Learn effective responses in the aftermath of acute trauma and specific tools for managing your stress response, as well as building meaning in your professional life.

Ceremonies of Leave-taking: The Act of Saying Goodbye ~ May 12 ~ 1 - 3 p.m.

Many of us feel the need to say "Goodbye" to people or situations that have changed or who are no longer a part of our life. The death of loved ones, job change, relationship loss, internal growth and releasing of old patterns call for an action step. Explore practical skills in organizing a ceremony of leave-taking to help you adjust and build a *New Normal*.

Register through West Valley College's Title IVe Collaborative at <https://t4etrainingcollaborative.org/>

Most classes are held at the Campbell Community Center, One W. Campbell Avenue, Campbell

Basic and Advanced CISM Classes & Death Notification Class are POST Certified. All classes are BRN and BBS CEU certified.

Presented by The Centre for Living with Dying - a Bill Wilson Center Program

BWC provides services that meet the cultural and linguistic needs of our whole community. We value our unique ethnic diversity as well as the LGBTQ community and non-able body community. Our clients, staff, and volunteers reflect our community.

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