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| **ISA ISPID  Abstract Submission  Nº: 151**   |  | | --- | | Topics: **Implementing best practices** | | Type: **Workshop** | | **DISTANCE AND CLOSENESS: *About the effects of own coping with loss on therapists-  and health professionals performance   & Self Management / Care*** | | **de Groot, drs. Paul**1; **de Groot-Noordenbos, mrs. Mariëtte** 2 *1 - De Verbinding,Practice for Occupational & Health Psychology. 2 - UMCG.* | | **Objectives of the session** **Workshop:  Distance and Closeness**  In this workshop we will give you insight into the Dual Process Model  and we will give you tools  to deal with bereaved people in the loss state,   to recognize transference and counter transference signals  to deal with pitfalls and  to manage distance and closeness  This workshop will take 90 minutes, is for **executive professionals** only, maximum 15 participants.   **Content of the session** **The Dual Process Model of Coping with Loss (DPM)** ( Stroebe, 1999), as described by Johan Maes (2007), is a new way to consider the bereavement process,  among the more traditional view of stages  ( Kubler-Ross, Bowlby and Worden).This additional view of  coping with bereavement sees bereavement in a more circulair way.(see figure).     The model is based on two types of **stressors**: **The loss**; the reality of the event, the loss of someone / something  ( attachment theo    **The secondary consequences of the loss / the event**; the awareness that life goes on without the loss  ( stress / transition theory).  **Method and extent of audience participation** This means that a grieving person may be strongly oriented towards loss and the deceased, switching to a focus on reality and the future the next. Mankind has both orientations at one’s disposal; however individually we all have our own preferred, unique grieving style, which may be either more loss or restoration oriented. This may be a **source of tension** in relationships in case of **shared loss and bereavement** . Sometimes partners with different preferred grieving styles may not be able to fully meet each other’s bereavement needs.  **Proposed content area and why it is important to participants** Considering the different focus of the loss- and restoration orientation and the associated mental state of the bereaved person, it is important to keep in mind that we are making a distinction in the used interventions when dealing with bereaved people, as therapists and professionals!In the loss orientation the focus of contact is called **“being”** ( presence, essence, closeness, giving meaning, involvement) and in the restoration orientation **“doing”** (intervention, effectiveness, problem solving, distance). | |  |  |  |  | | --- | --- | | **CONTACT** | | | Name: | **drs. Paul** | | Lastname: | **de Groot** | | E-mail: | **groeel@home.nl** | | Country: | **Netherlands** | | Institution | **De Verbinding,Practice for Occupational & Health Psychology** | | Cellphone: | **+31063268482** | | City: | **Groningen** | |