

Thinking Outside the Memory Box

A workshop for healthcare professionals who provide perinatal bereavement care

- Full day workshop 9.30am -4.30pm

Overview

This workshop builds on fundamental bereavement care skills and encourages participants to adopt an innovative approach to memory-making throughout the perinatal bereavement journey. It emphasizes the importance of sensitive, empathetic communication in enabling families to make informed choices and explores how trauma affects the cognitive memory-making process. The workshop recognizes the experience of parenting a baby who has died, shifting the focus from postnatal memory-making to integrating these opportunities throughout the entire journey. Practical workstations allow participants to develop the skills needed to support meaningful memory-making experiences. It also addresses the emotional challenges healthcare professionals face, offering self-care strategies to manage emotional stress and burnout.

During the workshop participants will:

- Gain an overview of the different types of pregnancy loss and baby death, and the key elements of effective bereavement care from the **parents' perspective**
- Develop an understanding of the effects of grief and trauma on the brain, and its impact on the cognitive memory-making process
- Recognise the significance of memories in helping individuals cope with grief and navigate the bereavement journey
- Explore innovative and compassionate approaches to support bereaved parents to create meaningful memories, throughout the bereavement care journey, beyond traditional memory making activities.
- Demonstrate practical skills in facilitating meaningful memory making interactions with bereaved parents
- Recognise the emotional challenges healthcare professionals face when providing bereavement care and implement self-care strategies to manage emotional stress and prevent burnout while supporting bereaved families

Following the training all participants will receive a copy of the materials used and links to various helpful tools and resources.

To book or for more information, please [contact us](#).

Saving babies' lives. Supporting bereaved families.
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