

## 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 is designed to build on fundamental bereavement care skills and encourage participants to foster an innovative approach to memory-making throughout the perinatal bereavement care journey. The session delves into the key elements of high-quality bereavement care from the parents' perspective. It underscores the importance of sensitive and empathetic communication in enabling families to make informed choices and addresses the impact of trauma on the cognitive memory-making process. The workshop acknowledges the experience of parenting a baby who has died, shifting the focus from postnatal memory-making to integrating these opportunities throughout the entire bereavement care journey.

Practical workstations offer participants a chance to hone the skills required for facilitating meaningful memory-making experiences with bereaved parents. The workshop also addresses the emotional challenges faced by healthcare professionals, providing strategies for self-care 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 workshop all participants will receive a copy of the materials used and links to various helpful tools and resources.