

## **Workshop on Enhancing Self Competence in Working with Death, Dying and Bereavement**

When working with death, dying and bereavement, helping professional may at the same time experience challenges at his or her own personal context: Challenges on existential quest, dealing with the emotional heaviness, triggering of own grief related experiences etc. It is hence important to help the helping professional to be personally prepared for the work. Different means are used to facilitate personal reflections on this topic, e.g., experiential activities, videos, group sharing and discussions, brief lectures etc.