

Family as a Whole: Family-Focused Grief Therapy as a Versatile Intervention in End-of-Life Care

Agenda setting, use of circular questions and delivery of integrative summaries are key techniques that enhance outcomes from family meetings. Rather than clinicians being the source of empathic support, it needs to be fostered from family members. Screening of family functioning helps discern which families are dysfunctional or in greater need. This one-day workshop is specially designed for health and social care professionals who are interested in applying family-focused grief therapy in end-of-life care. It will describe a program of preventive family therapy for families at risk to prevent prolonged grief disorder and depression. Participants will learn practical skills to maintain safety, reduce conflict and facilitate openness of family communication through interactive role-play exercises.