

Workshop on Distress at the End-of-Life Care: Fostering a Culture of Care and Support for Professionals and Teams

The purpose of this workshop is to shed light into the nature of distress that professionals experience when caring for people at the end of life, and to explore ways by which their suffering can be mitigated, transformed or accepted in a workplace that promotes a culture of care for its members. Health and social care professionals will learn to distinguish aspects of distress that are healthy and unavoidable from aspects of distress which are sustained by dysfunctional personal and team coping patterns. Key conditions that enhance self-care and promote team resilience will be discussed and examples will be presented.