

Creative Listening / Accompaniment Skills & Comforting the Bereaved Workshops



Date: Monday 21st February and Monday 7th March 2022
Time: 10.00am start, finish 4.00pm
Venue: Both training days delivered via Zoom
Cost: £60 per person per day (£110 per person for both days), Free to Quiet Waters volunteers

Creative Listening / Accompaniment Skills workshop will be presented by Maureen Smith and Comforting the Bereaved workshop will be presented by Sheila Rae. These days complement each other but would also work as stand-alone training days. CPD certificates will be available.

The workshops are suitable for anyone wishing to learn how to properly listen and accompany another on their journey through life and who wish to increase in confidence when drawing alongside the bereaved. The course would particularly benefit those working within a pastoral care setting. The aim is to equip those willing to invest their time and compassion in the lives of others with the necessary understanding, awareness, attitudes and skills.

Creative Listening/Active Listening & Accompaniment - Aim/objective • to raise your awareness so you understand the difference • the benefits of active listening • and the skills to be identified and developed

Comforting the Bereaved - Aim/objectives • Define bereavement terms • Identify myths associated with grief • Identify some theories related to grief • Describe normal grief reactions • Discuss typical grief stages • Identify specific types of losses • Develop the confidence to draw alongside the bereaved

Both courses will involve presentations, group work, discussions, demonstrations and students will have ample opportunity to practice the skills in order to apply the principles introduced on the course.

How do I register and pay?

Complete our online booking form (link below) and pay by cheque or BACS. Payment must be made prior to attending. If you need further information regarding registration or payment please email office@quiet-waters.org
Places are limited, so it is advisable to book early to avoid disappointment. [Click here to book.](#)

About the Presenters



Sheila Rae

Before retiring in 2009, Sheila worked in the NHS as a Clinical Nurse Specialist in Palliative Care. She is a volunteer with Quiet Waters where she leads and supervises the Bereavement Listening Team and is a member of the Board of Trustees. Sheila is an elder in St. Michael's Parish Church, Linlithgow and is responsible for the training and support of the church Bereavement Team.



Maureen Smith

Maureen is a volunteer counsellor at Quiet Waters, where she has volunteered since gaining her Diploma in Counselling in 1995. At that time, she was teaching pupils with Additional Support Needs, and also lecturing in Psychology for the Open University. She too retired, first from teaching, in 2009, and then from the OU in 2015. This has enabled her to become more involved with a movement called the Focolare, which is an inter-denominational, and multi-faith-based movement, embracing practical ecumenism whose charism is based on Jn 17:11 "that all may be one...". She runs a Word of Life group in Larbert.

