

RETREAT OUTLINE

GOAL: To provide an environment for and facilitate participants in identifying and exploring the personal effects of multiple loss.

- OBJECTIVES:**
1. Participants will report an increased understanding of their own grief journey.
 2. Participants will report an increased comprehension of the complexities of AIDS Bereavement.
 3. Participants will state that their awareness of their own responses to loss, and those of others have been heightened.
 4. Participants will state they have a greater comfort level when preparing to work with the bereaved.
 5. Participants will report they have learned new skills and have greater competency for working with bereaved individuals.

DAY 1:

WARM UP AND GROUP BUILDING

9.00 - 12.30 Introduction: By facilitators, welcome to the retreat, goals outlined, brief comments from facilitators on value of check-in

Check-in from participants, name, where from? How are you coming into the four days?

Housekeeping, groundrules, overview of the retreat

Large group timeline exercise; probe question: "What does this mean for you in terms of grief?"

Break

Establishing small working groups (pods)

Establishing group guidelines for the four days - discussion of notion of "safety", wants and don't wants (in pods)

Large group discussion of guidelines

Large group exercise: Identifying the manifestations of grief using an holistic health framework

LUNCH 1 HOUR

1.30 - 5.00 Self in the room: the necessity for counsellors to be self-aware re. their own grief

Theory as container: Grief journey, 3 questions, attachment, tasks, multiple loss, the emotional body, common avoidance patterns

Break

WHO AM I? - TASK 1: accepting the reality of my loss(es)

Grief cloak exercise - debrief in pods

Comments to Large group; Anything to check out?

Questions to facilitators

"My learning as a counsellor from this experience is..."

Check - out from the day, attending to the physical

DINNER

Evening: Rest and relaxation, informal networking

DAY 2:

WHO HAVE I BEEN?

9.00 - 12.30 Check in: How are you?
Any unfinished business from yesterday?
Anything from your dreams?

Loss History exercise (in pods)

"Real play" - taking an inventory (work in pairs)

Break

Theory: Contracting, Goal Setting, Projection, Transference, Counter transference

Discussion (in pods): How can I work with these issues? What supports can I seek?

LUNCH 1 HOUR

1.30 - 5.00 Video - a child's grief
Debrief in pods (Heart connection)

Break

Large group sharing: "What I learned about grief was..."

"Inside/Outside" exercise and debrief (pods)

Comments to Large group

Anything to check out?

Questions to facilitators

"My learning as a counsellor from this experience is..."

Check - out from the day, attending to the physical

DINNER

Evening: Rest and relaxation, informal networking,
Homework - Arts and Crafts: Make a loss object or coping strategy object if you have not brought one.

DAY 3:

TASK 2: FEELING THE PAIN

9.00 - 12.30 Check in: How are you?
Any unfinished business from yesterday?
Anything from your dreams?

Sharing the stories: using the loss object to talk about the loss(es),
(pods) Debrief in pods

Break

Large group sharing

Full size body map exercise (sharing in pods)

LUNCH 1 HOUR

Facilitated individual emotional release work

Pod debrief

Break

Large group sharing
Anything to check out?
Questions to facilitators
"My learning as a counsellor from this experience is..."

Check - out from the day, attending to the physical

DINNER

Evening: Rest and relaxation, informal networking,
Arts and Crafts: Group exercise: Make a legacy object

DAY 4:

WHO AM I BECOMING? TASK 3: REORGANIZATION

9.00 - 12.30 Check in: How are you?
Any unfinished business from yesterday?
Anything from your dreams?

Opportunity for facilitated individual emotional release work

Sharing of coping strategies and of losses integrated and gains (pods)

Break

Large group exercise: From the present, stepping into who I have been, back to the present (how AIDS has changed me), then a step into the future (supports that I have in place, gains that will sustain me)

Debrief in pods

Large group sharing

LUNCH 1 HOUR

Large group exercise: Legacy circle

Questions to facilitators
"My learning as a counsellor from this experience is..."

Break

Closure theory

Using full closure model to end the retreat (Large group)

Attending to the physical

Evaluations and good-byes