

Fast-track learning for you!

Dealing with Strong Emotions in End of Life Care

Hospice and palliative care settings tend to be the centre of 'good will' and benevolence where we expect our help and support to be peacefully accepted and appreciated. Hence patients' and families' strong emotions and particularly anger can take us by surprise and make us feel very uncomfortable.

This session will help you to:-

- Look at beliefs about anger and how they influence our behaviour.
- Recognise different forms and functions of anger.
- Explore grief related anger and how to cope with this.

At the end of the session you will:-

- Be more aware of your beliefs about and attitudes towards anger and strong emotions
- Be able to 'respond' rather than 'react' when confronted with strong emotions
- Have some skills in your toolbox to deal with people's strong emotions in a constructive way.

Monday 13th December
1.30 – 3.30pm Cost: £20.00

Speaker: Catherine Proot, Psychological Specialist in Palliative Care,
St Nicholas Hospice Care

Venue: St Nicholas Hospice Care, Bury St Edmunds, IP33 2QY

Payment by credit/debit card (by phoning 01284 715591) or by cheque (made payable to St Nicholas Hospice Care). Envelope to be marked Education Department and sent to the above address.

learning
for life

**St Nicholas
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To book your place email rachel.brown@stnh.org.uk giving your full name, job title & employer name, address & phone number