

**Society of Professional Social Workers (Inc)**

PO Box 6573, East Perth, Western Australia 6892

www.spsw.net.au

ABN 90 404 582 393

*Workshops and events presented by SPSW are open to all human service workers*

## **Hopeful Voyager: Navigating Your Way through the Ambiguous Losses of Mental Ill Health**

**PRESENTED BY**

**Dr Kanthi Perera, BSW, 2005 Churchill Fellow**

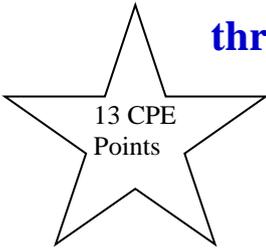
**Friday 28<sup>th</sup> August 2020**

**8:45 am – registration for 9:00am prompt start – 4:30 pm**

**North Metropolitan TAFE Training Room A346  
Cnr Richmond and Oxford Sts  
Leederville**

Morning/Afternoon Tea and Lunch Provided

**Government restrictions and social distancing will be observed as  
required**



SPSW is delighted to present this workshop by Dr Kanthi Perera, a Social Worker in the mental health sector. Kanthi has been the recipient of a number of awards – especially a Winston Churchill Memorial Trust Fellowship in 2005 to study innovative programs that address loss and grief in the context of mental illness. The focus of which was to minimise the distress and trauma experienced by both the person with the diagnosis and by their family.

Ambiguous loss is a specific kind of loss that lacks clarity, defies resolution, and is rarely acknowledged or supported by the wider community. Research on stress and trauma has found that no other form of loss is as unmanageable and traumatising as the stress of ambiguous loss (Boss 2006, Perera 2016)

This workshop is based on the findings of the doctoral research of the presenter, completed in 2016. A copy of the book written by Kanthi, *Hopeful Voyager: Navigating your way through the ambiguous losses of mental ill health*, is included in the price of this evidence based, interactive workshop. Recommended price is \$28.95.

### **By the conclusion of the workshop, participants will be able to:**

- Understand the concept of ambiguous loss
- Appreciate how ambiguous loss relates to stress and trauma
- Develop a theoretical framework for understanding the impact of ambiguous loss on a person and his/her family when mental distress joins the family circle
- Identify specific skills of working with people experiencing the trauma and stress of ambiguous loss
- Identify how their own self-awareness will impact on their work with people experiencing ambiguous loss.

### **The workshop will also introduce Anna Richards.**

Anna had been living with undiagnosed bipolar disorder all her life when at 57 years old she was given a diagnosis. She sought solace and meaning in consumer activism, acting as a change agent, using her considerable skills in training, facilitating, and promoting reform in the mental health sector.

*Please see accompanying registration form to register early; prevent disappointment as SPSW workshops are generally over subscribed*

**All welcome - SPSW workshops and events are open to all human service workers**