

PERSONAL AND PROFESSIONAL GRIEF AND CHALLENGES:

A Nurturing retreat for Nurses

**GOLD COAST HINTERLANDS
05-07 AUG 2024 | 20 CPD HRS**



CONFERENCE RETREAT SYNOPSIS

As Nurses, we are expected to carry on our work or cope, irrespective of the trauma we witness daily. In our personal lives as the Nurse in the family, people look to us to take the lead in a family crisis and “fix it”. The time to reflect on our sense of grief and loss is negated. We tend to swallow our feelings until we can deal with them later, but sometimes later never comes.

In our undergraduate education, we have very little content on counselling a bereaved person, which often makes us feel stressed and inadequate in dealing with the situation. We are also not given adequate education on managing our grief response to the trauma we witness.

This retreat provides you with the unique experience to explore the implications of grief and trauma in both the professional and personal life of the Nurse.

We will examine two main concepts. The first is self-nurturing and healing from our personal grief or challenging experiences. The second is your work with patients and your relationships with family and friends who have experienced trauma, bereavement, or grief – enhancing your counselling and communication techniques.

HOW WE WILL NURTURE YOU?

This unique retreat offers not just education but also a supportive environment with caring and experienced facilitators to assist you explore these difficult topics.

The group will join together to learn practical strategies to manage challenging situations in their personal and professional lives. In addition to the conference program, attendees will have the opportunity to explore a number of activities to assist them in managing stress and preventing burnout.

Each day, Attendees can join the Facilitators and other attendees on one of the many beautiful, serene rainforest walks, explore different forms of meditation and unpack topics that can only be done in a supported learning environment such as this.

This Nursing Retreat has been developed by two experienced facilitators who look forward to working with you in the breathtaking natural environment of [O'Reilly's Rainforest Retreat](#).

Although this retreat is predominantly for Nurses, other health care professionals are also welcome to attend.

WHO IS THIS CONFERENCE RETREAT FOR?

This is a conference retreat is for all Nurses irrespective of clinical specialty. The content applies to a new graduate, enrolled nurse, registered nurse through to director of Nursing. The skills you will learn at the conference will be valuable to you in a variety of challenging situations. This retreat offers not just education but includes a supportive environment with caring and experienced facilitators to assist you explore these difficult topics.

LEARNING OUTCOMES

- Gain an understanding of the importance of self-nurturing and the development of your own stress management plan
- Explore anxiety, panic attacks and the link to adrenal fatigue
- Investigate the effects of bereavement and grief on physical and mental health
- Learn techniques to enhance your counselling skills

YOU WILL ALSO LEARN

- What to say and not to say to a bereaved distressed person
- The effect of chronic work stress and the link to poor physical and mental health
- The pathology of panic attacks outlining the fight and flight response
- The signs and symptoms of a panic attack and adrenal fatigue
- The personality traits that are associated with anxiety and panic attacks
- The link between gut health and mental health
- The concept of burnout
- The effects of shift work on the nurses/ paramedics, mental and physical health
- About grief and bereavement and how it affects us
- How to use the 'five minute framework' and how to counsel family members or clients.
- Counselling tips
- How to avoid traps in challenging situations.
- About prescription drugs have side effects of depressed mood
- How to utilise the science of mindfulness for your own benefit

THE PROGRAM

DAY ONE: MONDAY, 05 AUGUST 2024

1300 – 1330: REGISTRATION, WELCOME AND AFTERNOON TEA

1330 – 1400: EXPLANATION OF THE RETREAT ACTIVITIES | SUE WALKER AND ANNE EVANS-MURRAY

During this session we will discuss the goals of the retreat days to come.

1400 – 1615: ANXIETY, PANIC ATTACKS AND ADRENAL FATIGUE FROM CONSTANT STRESS | ANNE EVANS-MURRAY

Exploration of the physical and mental effects of stress and how it can affect the nurse. Discussion of how chronic work and home stress that nurses have which is linked to poor health. Exploring the link of personality traits to the exacerbation of stress, anxiety and panic attacks. Exploration of the link between gut health and mental health.

1615 – 1700: PERSONALITY PROFILE – ABCD MODEL | ANNE EVANS-MURRAY

Analysis of the personality profile assists us to recognise our specific needs, and whether our needs have been met. This session will address the link between unmet needs and feeling stressed and unhappy.

1700 – 1800: GROUP GET TOGETHER (ATTENDEES ONLY)

Watch the sunset with drinks and canapes as we get to know each other as a group. Dinner this evening will be at your leisure and not included in the conference program. O'Reilly's have some great dining options to choose from.

DAY TWO: TUESDAY, 06 AUGUST 2024

TIME TBA: OPTIONAL ACTIVITY

Join the Facilitators on a pre-breakfast walk.

0830 – 0900: MEDITATION PRACTICE | SUE WALKER

In this session we will explore art therapy as a form of mindfulness and the benefits of same

0900 – 0930: EXPLORATION OF ART AND MINDFULNESS

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0930 – 1030: GRIEF AND BEREAVEMENT | ANNE EVANS-MURRAY

This session will discuss grief and bereavement and how grief affects us. We will examine what we need to recover. Often a nurse is caring for others, and family members and this may hinder their own recovery from grief and eventually leads to adrenal fatigue and burnout.

1030 – 1100: MORNING TEA

1100 – 1200: GRIEF AND BEREAVEMENT CONTINUED | ANNE EVANS-MURRAY

This session will continue with further exploration of disenfranchised grief, and complex grief. It will examine the tasks the bereaved person will experience, and look at the time-frame of grief.

1200 – 1330: COUNSELLING TECHNIQUES AND 'THE FIVE MINUTE FRAMEWORK' | EVANS-MURRAY

This vital session will explore the practical techniques we can use when counselling a person. The interesting and important concept of the 'five minute framework' of counselling will be discussed. The presenter will further build on the needs of the bereaved, such as validation and expression to assist with healing. This is a more practical session and examples will be given on 'what to say and what not to say' when assisting someone either in your family or at work with grief.

1330 – 1430: LUNCH

During the lunch break, we will provide you with seed mix so that you can be involved in the bird feeding activity. Lots of fun and the birds are gorgeous.

1430 – 1530: STRATEGY WORKSHOP | ANNE EVANS-MURRAY AND SUE WALKER

In this session we will expand on the concepts discussed from the previous sessions in a group environment. It comprises of a fun activity as you watch the two facilitators communicate with each other in challenging situations, you are invited to join in only if you feel comfortable. This session is meant to be entertaining and educational showing you how to say no, to deflect criticism, how use your counselling skills in difficult situations.

The strategy workshop will commence with a brief explanation of assertiveness strategies which will be explored further using the practical component. It will explore how the nurse needs to develop personal boundaries at work and in personal life.

Please note: you will NOT be forced to do role play.

1530 – 1600: AFTERNOON TEA

1600 – 1700: CONTINUATION OF THE STRATEGY WORKSHOP | ANNE EVANS-MURRAY AND SUE WALKER

This session will continue the strategy workshop and will include the Emotional Freedom technique and I'm ok exercise. It will also explore developing neural pathways that assist during challenging situation.

1730 – 1800: OPTIONAL MEDITATION CLASS

If you wish you can join the Facilitators, other attendees, and your guests for a dinner. A great chance to mingle, network and chat with other attendees.

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1900: OPTIONAL GET TOGETHER

If you choose you can meet the presenters for a light dinner and drinks at the Sunset Bar. This cost is not included in the conference program but is an opportunity to get to know each other. Please let organisers know that you will be attending.

DAY THREE: WEDNESDAY, 07 AUGUST 2024

0900 – 1030: BURNOUT IN SPECIALITY AREAS AND WARD SITUATIONS | SUE WALKER

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. We will explore the effects of burnout on the psychological health of health care workers and the issue of suicide in our field. Let's explore how to prevent burnout and if it has occurred what can we do.

LET'S EXPLORE MINDFULNESS AND MEDITATION | SUE WALKER

In this session, we will learn about the superpower of mindfulness. We will explore the concept and learn a few exercises that you will be able to practice to allow you to focus your awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

1030 – 1100: MORNING TEA

1100 – 1200: THE EFFECTS OF SHIFT WORK ON PHYSICAL AND MENTAL HEALTH | SUE WALKER

In this session the presenter will examine the effects of shift work on the physical and mental health of the nurse. There will be a short discussion on the different types of rostering and advantages and disadvantages of 10 to 12 hour shifts.

1200 – 1230: PROFESSIONAL BOUNDARIES | SUE WALKER

How to be professionally close but retain you're your personal distance.

1230 – 1330: LUNCH

1330 – 1415: RECOGNITION OF CHALLENGING SITUATIONS THAT CAN AFFECT MENTAL AND PHYSICAL HEALTH | ANNE EVANS-MURRAY

We will explore the use of prescribed drugs that the nurse may be taking that has been linked to the development of anxiety and depression.

1415 – 1500: DEVELOPING A PERSONAL SELF-MANAGEMENT PLAN | ANNE EVANS-MURRAY

We will finish with the main points identified in the retreat and discuss development of a personal development plan.

Conference conclusion and goodbyes as we are splitting up into groups

1500 – 1700: SELF-DIRECTED EXPLORATION OF STRESS MANAGEMENT TECHNIQUES

During the afternoon session, attendees in group two can take advantage of optional pre-booked spa treatments, find a serene spot to complete self-directed reading activities from the online library, and take a meditative walk to relax.

1730: OPTIONAL

If you are staying the night, we will organise a meet up at the café bar.

OUR PRESENTERS

Anne Evans-Murray, R.N., BHlthSc, MACCCN, Grad.Dip Ed, MEd, Dip Counselling, GradCertCritCare, CertIV Training and Assessment, CertIV in Mediation

Anne has extensive experience, with 26 years lecturing for Gold Coast Health District and Griffith University where she lectured for the Masters of Critical Care course.

Anne is a Professional Member of the Australian Counseling Association (PMACA) and The Australian College of Critical Care Nurses (ACCCN). She has written three books; "ECG's Simply - Cardiac Arrhythmias Made Easy", "Interpretation of Chest X-rays Simply" and "Uncomplicating Life, Simply".

Anne is also a frequent presenter at workshops, seminars and conferences throughout Australia and New Zealand on subjects such as high dependency nursing, cardiac arrhythmias & ECG interpretation, chest x-rays, Assessment of the Deteriorating Patient, leadership skills, self-development, assertiveness training and counselling skills.

She also conducts accredited advanced life support (ALS) training for Nurses and Doctors. As well as these activities Anne also has her private counselling practice and is a frequent presenter at educational events throughout Australia and New Zealand.

Anne has a commitment and passion for empowering people through increased knowledge with the hope that such knowledge will lead to an improvement in patient outcomes and enhance their performance satisfaction.

Sue Walker, RN, BN, BN (ADMIN), MPH (PALCARE), MACN

Sue is the director and co-founder of the Nurses for Nurses Network. Sue is a key contributor to the online education platform [Nursing CPD](#) – a Continuing Professional Development platform to assist Nurses in meeting their annual CPD requirements.

As a Registered Nurse, Sue holds Degrees in both Nursing and Health Administration, a Master's Degree in Public Health, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, and Training and Assessment. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, and Clinical Supervisor.

Sue has extensive experience as a clinician, educator, and senior manager. She has presented at local and international conferences on many topics including, key issues in healthcare, such as the psychological impact of the work that Nurses do and how the work requirements to deliver healthcare impact the health of the clinician. Other topics presented comprise of Nursing Leadership, Emergency Management, Mental health, Aged Care, Advanced Life Support, Assertiveness, Grief and Loss, and Workplace Bullying.

Sue is passionate about making a difference in how the community and Nurses experience the healthcare system.

"Nurses are the backbone of the healthcare system and work in difficult environments that can take advantage of their commitment to ensuring the best possible care is delivered. To continue to meet professional and community expectations Nurses and Midwives need to acknowledge their unique contribution to health care delivery and assert their collective strength to safeguard the community and ensure their ongoing professional needs are recognised and met.

Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession. The knowledge and skill of the individual Nurse will have the greatest influence on the happiness and health outcomes of each and every client".

CONFERENCE INCLUSIONS

- An extensive Conference program based on current best practice
- Conference Presenters who are a recognised experts in their field and are excited to be able to share their skill, knowledge, and passion with Conference Attendees
- Welcome function on the first night
- A Conference pack that includes a notepad, pen, and additional information to support a fantastic Conference experience
- Morning tea, lunch and afternoon tea as outlined in the program
- A Conference Transcript that identifies each session held at the Conference including the session synopsis and session presenters
- A Certificate of Completion identifying the CPD hours attached to the Conference Program for you to include in your CPD Evidence Portfolio

CONFERENCE REGISTRATION - \$890.00

Please Note: Conference registration does not include accommodation or travel costs.

After you have registered and paid for the event, you will receive an email containing a promocode to use for your accommodation.

VENUE:

O'Reilly's Rainforest Retreat

3582 Lamington National Park Rd, Canungra QLD 4275

(07) 5502 4911

oreillys.com.au

The Nurses for Nurses Network strongly recommends customers take out travel insurance at the time of registration for an event to cover any unforeseen circumstances that may prevent them attending and thus incurring any financial loss.

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