



We are delighted to offer a workshop on

***The price we pay for love –
understanding loss and resilience***

Friday 26th June 2026

£90 per person

**£70 per person for students and for those working for charities, churches and the NHS
Cost includes refreshments. Please bring a packed lunch**

At St. Andrew's Church Hall, Rushmere St. Andrew, Ipswich, IP5 1DH

From 9.00am for prompt 9.30am start to 4.00pm (5½ hours CPD)

Facilitated by Dr Jan Fish

Jan is an accredited counsellor, supervisor and trainer with experience of teaching counselling and psychotherapy at certificate, degree and postgraduate level. Jan has managed community and hospice bereavement counselling and groups and currently supervises and teaches in these settings.

This day is suitable for student & qualified Counsellors, Supervisors, Ministers & Church Leaders, Pastoral & Youth Workers, Teachers & Teaching Assistants together with anyone with an interest in this subject.

The day will be interactive and experiential, exploring:

Grief and bereavement – what does recent research evidence tell us?

Supporting individuals to adjust to the stress and distress of loss and change.

How can we promote resilience and post traumatic growth?

Ambivalent grief - The impact of ambivalence on bereavement, relationship loss and divorce.
The different impacts of loss depending on our relationship – loss of partner, sibling/twin, child.
Ambiguous loss – Coping well with challenges of life losses – i.e. carers of those with dementia.
The challenge to our identity during illness or redundancy.

This training is face-to-face.

Should you require further information please contact *Inspire* on 01473 217694 or email:
contact@inspirecounselling.org.uk

www.inspirecounselling.org.uk