



# Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health  
in Newbury & Marlborough  
[www.wendybramham.co.uk](http://www.wendybramham.co.uk)

## A Matter of Life and Death

*Confronting mortality, dying and death as part of living*

### Josefine Speyer

Saturday, 16<sup>th</sup> June, 2018, 10 am - 5.30 pm  
St George's Hall, Andover Road, Newbury RG14 6NU

*"Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. Death is the secret teacher hiding in plain sight, helping us to discover what matters most." Frank Ostaseski*

*Today, many more people live to old age and tend to die outside the home. This means that many people today do not experience a family member or close friend dying until they are into their mid-life, and it is even less common to have seen a dead body. Society as a whole has never been less exposed to death. As a result, fear of the unknown means that people sometimes avoid people who are ill or dying, and do not feel able to support them. From Dying Matters website*

**Introduction** Death is a subject that touches everybody. Yet in our society, talking about death, especially our own or of people close to us, is mostly avoided. In psychotherapy too, dying and death have largely been ignored. In our training as psychotherapists preparing for dying and the psychological implications of facing death were not included, though hopefully this is changing.

Death is a very emotional subject and usually these emotions are rather complex as relationships are complex and often unresolved. As we age, we know that our bodies will eventually stop working. We know we are going to die eventually. Dying is a built-in factor. Likewise, ending and separation are part of the psychotherapeutic process from the beginning. Difficulties in attachment will show up in ending. What kind of difficulties come up? What can we learn from these? What can be learnt from facing our own mortality? How can we make use of this knowledge in our work with clients? Together I hope we will be able to think about some of these or other questions arising and that this will help shed some light.

During the morning we will think about death from a personal point of view, and in the afternoon we will consider issues arising in our work, with time to reflect on and discuss areas of concern. A model of preparing for death will be presented which also correlates in some ways with facing and working through endings in psychotherapy.

We will

- think about what might be involved in preparing for our own death
- talk about how personal experiences have formed attitudes to dying and death
- reflect on our work with clients who are faced with death, either their own or that of someone close to them
- learn about end-of-life experiences and after death communications and their use in alleviating distress in the dying or bereaved
- think about the possible issues involved in achieving a 'good' ending or a 'good' death

**Josefine Speyer** is a UKCP registered Integrative psychotherapist, supervisor and death educator based in London. She holds death education workshops, Natural Death Salons and death cafés. She was a co-founder of the Natural Death Centre (1991) of the Befriending Network (1994). She was co-editor of the Natural Death Handbook (2005) and a contributor to the 2012 edition. After death communications following her husband's death in a car accident in 2001 led her to research these phenomena. A paper "Psycho-spiritual transformation through bereavement" was published online with Dr. Mary Murray, Royal College of Psychiatry, London, in 2011. She is a contributor to Rosalind Bradley's book 'A Matter of Life and Death', (Kingsley, 2016).



**This seminar will be open to all psychological therapists and health professionals.**

**"Early bird" price before 16<sup>th</sup> May 2017: £90, or after £99. Includes refreshments and parking but not lunch. CPD certificates and handouts supplied.**

**Venue: St George's Hall, 206 Andover Rd, Newbury, RG14 6NU**

**TO BOOK: [www.wendybramham.co.uk](http://www.wendybramham.co.uk) (seminars tab) [seminars@wendybramham.co.uk](mailto:seminars@wendybramham.co.uk) or 07599 369566**

