

**Let's talk about ...**



**Palliative Care & Hospice  
Leadership Academy**

**December 5 & 6, 2018**

## TOPIC & GOALS

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Life-threatening diseases and end-of-life care trigger a multitude of feelings in all those concerned. Fear and anxiety can take many forms according to the culture of a person, a family, a religion, a nation.

Hospice teams are expected to address the feelings of patients and family, including fear and anxiety. But how do they deal with feelings that are hidden or treated as a tabu? And what about their own feelings? Are they allowed to surface, to become a topic of discussion? Can fear and anxiety be “managed”? Is there such a thing as a “professional” way of dealing with them?

In the Leadership Academy we will look at the various aspects of fear and its deeper meaning. We will discuss how insecurity and fears of team members and patients influence each other. Self-awareness exercises, lectures, discussions, best practice presentations and case work will give us the opportunity to look at the topics from many angles.

### Target group:

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Managers, team leaders, trainers and coordinators in hospice and palliative care settings

### Cost:

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Training: € 100,-.

Accommodation and full pension (2 nights) free for participants from CEE/SEE countries. Extra nights € 50,-.

There will be a limit of 2 participants / country unless there are enough places in the Academy.

**To register** pls fill in the attached form.

### For more information pls. contact

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## Schedule

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### Tuesday, Dec 4 – 2.00 to 6.00 pm

Optional pre-session

#### **Dementia care in Austria: overview of successful projects**

PROMENZ – self-help group and self-representation

Dementia friendly communities

Dementia Leadership training

Hospice & palliative care in nursing homes

### Wednesday, Dec 5

10.00 Start of the workshop

#### **Breath & Anxiety / body work**

*Alexandra Schwendenwein*

#### **Fear – a multi-faceted phenomenon / self-exploration**

*Sepp Fennes*

#### **Encountering fear & anxiety as an “expert” in family settings**

*Ingrid Marth*

18.00 End for the day, snack

### Thursday, Dec 6

9.00 Start of the workshop

#### **Anxiety as a task for the multiprofessional team**

#### **Case work**

*Dr. Christian Metz*

**Presentations from the group** (so far: Csaba Degi, Marie Mackova)

16.30 End of workshop

**Moderator:** Petra Rösler, Kardinal König Haus