

International Work Group on Death, Dying & Bereavement

Newsletter

DECEMBER 2024



Esplanade Park, Fremantle

Message from Lauren Breen, Chair, Perth IWG Planning Committee



G'day, mates!

The team has been working hard getting this meeting ready for you! We are excited about welcoming you "Down Under" from 22nd–27th June, 2025. We have many things to share with you, to entice you here, and here are just a few highlights:

Registration

First and foremost, the registration website is ready. Please log into the IWG website (<https://www.iwgddb.com>) to register.

Plenary Speakers

We have confirmed exciting plenary speakers to showcase issues relevant to the Australian context and that will resonate with you all, whichever part of the world you come from. Importantly, these speakers will not only help us understand problems, but will also provide inspiring and hopeful talks on what can be done about them.

Trauma, Grief, and Family Violence.

Dr Ann O'Neill



Dr Ann O'Neill

Ann brings a combination of lived experience, academic knowledge, and practice-based wisdom to her work on grief and trauma. She is a social worker, domestic violence survivor-advocate, and expert on extreme trauma. Her TEDx talk, *Turning Surviving into Thriving Through Hope*, provides a personal account of extreme losses and how she found courage, strength, and resilience. She uses her own experience selflessly and tirelessly help others while also improving understanding around the needs of victims of crime. Ann has received many awards for her service to the community through support for people affected by family and domestic violence. Ann educates and advises government departments, organisations, and individuals on issues of family violence, victims of violence, and how people can cope with trauma and stress in their lives and workplaces. She is dedicated to helping others in the wake of the tragedy through her social work, advocacy, research, education, and public speaking.

Transforming Indigenous Mental Health and Wellbeing

Karen Ugle and Belle Selkirk



Karen Ugle

These two speakers will tell us about Aboriginal-led approaches to transforming indigenous mental health and wellbeing. Karen has 20 years of experience working in Aboriginal communities as a psychologist. She led the development of a working model for Aboriginal suicide postvention. Karen has substantial expertise in psychological practice, research, policy and is a leader in mental health in Aboriginal communities. She is completing a PhD which involves developing a holistic model of psychological services for Aboriginal people in the southwest of Australia.



Belle Selkirk

Belle has over 15 years' experience working in the mental health field in a variety of roles including Clinical Psychologist, group therapist, mentor, and researcher. She has worked in both Indigenous and non-Indigenous programs in Australia and in Canada. She has extensive experience in providing both short- and long-term psychotherapy, with a particular focus on social and emotional wellbeing, complex trauma, anxiety, depression, suicide prevention, and suicide bereavement. Both Karen and Belle use innovative and Aboriginal-led approaches to empower Aboriginal peoples and communities.

Ecological Grief and Climate Change

Dr Claudia Benham



Dr Claudia Benham

Dr Claudia Benham will help us understand how ecological grief can enable climate action. Claudia is an environmental social scientist and human geographer who examines the relationships between environmental change, resource development, human wellbeing, and governance. She currently examines ecological grief, wellbeing, and resilience in the Great Barrier Reef. This project is the first comprehensive, interdisciplinary study to understand how ecological grief influences community wellbeing and identify local adaptation responses. The project will provide a basis for policy making that seeks to foster strong and resilient communities in Australia and globally.

Excursions

The Wednesday excursions provide the opportunity to sample some of the absolute best on offer here in Perth.

Option 1 is a tour of **Fremantle Prison**, a UNESCO World Heritage listed site that is the most intact of all Australian convict sites. Step inside, "do time," and explore the prison's history as a maximum-security gaol (jail) from 1887 to 1991. From bushrangers, thieves, and murderers to serial killers, bank robbers, and escape artists, the guides will share stories from 140 years of Western Australian criminal history.

Option 2 is a tour of **Kings Park and Botanic Garden** in Perth. Named by TripAdvisor as Australia's Top Attraction in 2024, the park is both one of the world's largest and most beautiful inner-city parks. It is home to over 3,000 species of the State's unique plants and flowers. Take photos of the spectacular view of the Perth city skyline and Swan River. In 2024, Architectural Digest named Perth's city skyline as the most beautiful skyline in Australia and 6th best in the world! Explore several memorials, enjoy a snack at a café, and treat yourself to a souvenir of your trip at the Aspects of Kings Park shop.

Option 3 offers an escape to the picturesque **Swan Valley** region. Enjoy wine tastings and cheese at three world-class wineries. Savour a glass of beer, wine, or cider and chips at a brewery and satisfy your sweet tooth with chocolate.

Gala Dinner

At Thursday's Gala Dinner, join us for a sumptuous meal at a private room of the world-famous **Little Creatures** Brewery. No matter the weather, we will enjoy as stunning views of the water, a backdrop to remember.

Pre-meeting Conference

The theme for the pre-meeting conference is "**Grieving While Growing**" and it will be held on Saturday 21st June. This full-day event will showcase a range of innovative projects and initiatives that privilege the voices and perspectives of grieving children, teenagers, and young people. Come along to hear from range of experts, including young people themselves. If you're an IWG Member working in youth-led initiatives and might be interested in being part of the program, please email the details to

Lauren.Breen@curtin.edu.au

Tour Opportunities

As for tour opportunities, perhaps you might wish to arrive in or depart from Perth in style. A journey aboard the iconic Indian Pacific will whisk you between Sydney, Adelaide and Perth in comfort and style. Named for the two oceans the train encounters on its journey, the Indian Pacific travels between Sydney and Perth on a spectacular 4,352km (2,704 miles) crossing. For more information go to: <https://www.journeybeyondrail.com.au/indian-pacific/>. If you're looking for additional tour opportunities before or after the meeting, we recommend companies such as AATKings (<https://www.aatkins.com/>) and Inside Australia Travel (<https://www.insideaustraliatravel.com/>).



Perth and Fremantle Attractions



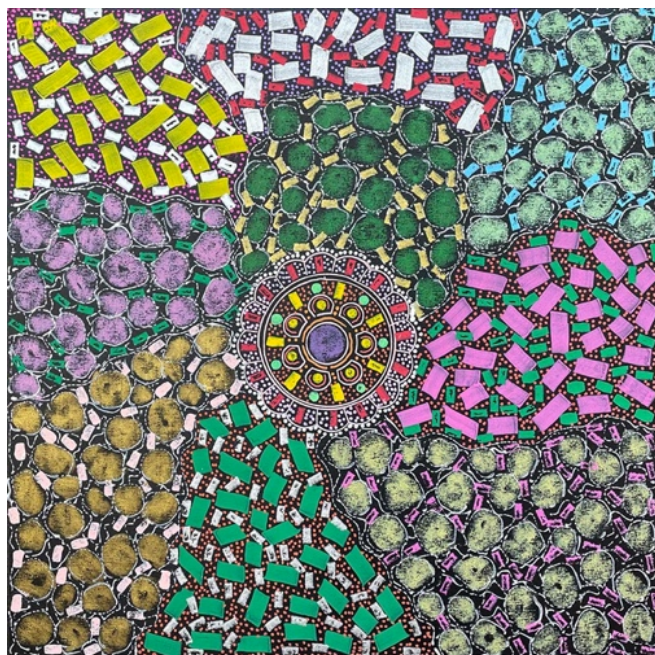
Fremantle Prison



Swan Valley Wine Region



Gala Dinner Venue: Little Creatures Brewery
Great Hall



Bush Tucker and Pencil Yam, Rachael
Nambula
Japingka Aboriginal Art Gallery, Fremantle
WA

Message from Board Chair, Philip Larkin



Dear members,
As the year draws to a close and holidays begin for many of us, I am delighted to share another edition of our Newsletter with you.

Board news

As you know, the board meets four times a year but in between members are working on specific board projects and this does not include the efforts of Chris as Secretary/Treasurer *ad interim* (not forgetting Janet as membership secretary) to keep us on track – not an easy task at the best of times! Our last board meeting was dedicated to identifying specific policies and procedures that needed to be updated, revised, revoked or reinstated and so, we hope, that for our next members meeting in Perth next year, we will have a package of proposals for you to consider and vote on. This has been a time-consuming and complex task, and we are far from finished, but I would like to thank Kathy Gilbert,

Rana Limbo and of course, Chris, for their dedication to this.

Forward planning

As part of this overhaul, we also needed to look at the structure and composition of the sub-committees of the board and their respective roles and functions. As I write, we will have our final board meeting of the year this Friday (December 13) and so I hope that in early 2025, I can send you a clear picture of various roles and responsibilities. My own role as Chair is only effective with the support of others, all of whom you know, and I hope all of whom know my deep thanks to them for their patience and guidance. As a relatively new member of IWG, I had a lot to learn and although I bring my own set of skills to the job, I think after this first year, I am just understanding what needs to be done and where we go from here. A key issue for us is sustainability and visibility. I believe we need to find platforms which showcase the work of IWG, its profile and its members. We need to bridge the academic and practitioner communities and find ways to contribute to debate and discourse on death, dying and bereavement as a group and not only as individuals. This will require skills and resources, some of which we have already and some we don't. Moving forward, we need a combined effort to consolidate the place of IWGDBB as the leading international organization in this field. We can only do that together.

XXXIV Meeting, Perth, Australia, June 22nd – 27th, 2025

Although I keep saying that we will be in Perth in June next year, I offer a gentle reminder that the actual meeting is a short commute down by the beach in Fremantle and plans are well underway.



After a heroic battle with technology, Chris has managed to open registration on the website (thank you Chris) so I encourage you to book early and avail of the best prices. I am very pleased that we have been able to largely match the costs of the Halifax meeting so we hope this will be an added encouragement to those of you who are interested in coming to Australia. Of course without Lauren Breen and her team (both local and IWG) at the helm, there wouldn't be a meeting, so please read her great update on planning in this Newsletter. All the information you will need with regard to the keynote speakers, the pre-conference, excursions and the Gala dinner are here. If you are still undecided, I hope some reflective time over the holiday and Lauren's enticing messages of welcome will help you finally make up your mind.

If anyone has any questions, issues or concerns with registration, please do not hesitate to contact Chris (info@iwgddb.com) or me (philip.larkin@chuv.ch) and we will do all we can to help you and point you in the right direction for help. I would also encourage you to think about colleagues who could be potential invited guests, particularly from the Australasia and Asia Pacific regions. Rising stars are key to our future sustainability and outreach so I hope that as many of you as possible will join us and propose others who could be future IWG members. My sincere thanks to everyone in Perth who is making this meeting possible.

The Colin Murray Parkes scholarship

The board has now agreed the terms of reference for the steering group for this fund at our last board meeting in September, endowed in the memory of

our dear friend and colleague, Colin, who died earlier this year. This scholarship, ably managed by Danai Papadatou, Ruthmarijke Smeding and Betty Davies (thanks to you all) will ensure that Colin's legacy remains strong in both hearts, minds and above all, our research endeavours. Please read the update in this edition of the Newsletter to familiarise yourself with the award. I remind you that we can all contribute to this fund and help to strengthen scholarship in death, dying and bereavement.

A contemplative moment for our members

As I hope you will remember, on September 28th, we were invited to join our Israeli friends and colleagues to be together at the sacred time of Rosh Hashanah, to reflect on the challenging times we have faced in this year and to join in solidarity with a wish for healing, resolution and a more stable world. As I look out of my balcony to the snow of the alps and the lights of Advent (a much bigger event here than Christmas), I am reminded of the immense privilege of peace that I experience and how for many, including those we know, lives have been traumatised. Our time together on that Saturday evening helped us to understand something of the humbling and powerful work of IWG members in being present to the suffering of all people across communities. Hearing the stories of love and loss from our friends, we were all invited to extend words of comfort and wisdom to each other. As a New Year begins for all of us, I hope that our belief in the blessing of peace shared that evening will help to reunite and find ways to engage in healing practices for ourselves and others.



I wanted to extend a deep and warm thank you to Ruti Malkinson, Simon Shimshon Rubin, Ely Witztum, Eti Ablin, Ronit Shalev and Ofri Bar-Nadav who hosted our meeting and to those of you who were able to join us. If you couldn't join us, the sharing is available at the following link:

<https://at.grief.org.au/iwg-catchup>

See if you can find a moment over the holidays to listen in.

And finally,

Despite the turmoil in our world at the moment and the unknown, I invite you at this time of rest and reflection, to look to the future with those closest to you in new and wondrous ways, be hope-full and believe that every little step forward, however small, always counts. On behalf of the members of the board of IWGDBB, our best wishes for a fulfilling and dynamic 2025.

Phil Larkin
IWGDBB Chair

Message from Secretary/Treasurer *Chris Hall*

Dear Members,

With our next meeting in Fremantle, Western Australia, in June 2025, now is the time to consider inviting a Guest to attend.

Why do we have an Invited Guest category?

1. According to the IWG by-laws, this is the first of two steps in becoming a member of IWG (the second step is attending a meeting as a "membership candidate").
2. Invited guests are given the opportunity to experience an IWG meeting and decide if they want to pursue membership. Not all Invited Guests are expected to proceed to the membership process.
3. The "guest" category also allows professionals with expertise in death, dying, and bereavement, especially those in the host country, to attend our meetings regardless of whether they ultimately pursue membership.



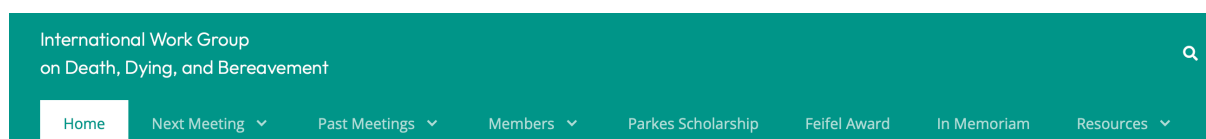
Ideally, you would also be attending the Fremantle, Western Australia meeting; however, this is not required.

For further information on Invited Guests, including what you need to do, read our

Invited Guest/Membership Candidates FAQ available at <https://www.iwgddb.com/wp-content/uploads/2024/02/Membership-FAQ.pdf> or email info@iwgddb.com.

Are your Membership dues up to date?

The IWG membership year runs from 1 October to 30 September. I would encourage you to login to the IWG website (www.iwgddb.com) and ensure that you can view all the following menu items:



Only members who are fully paid up can see all these options. Non-financial members are also not included in the online Membership Directory, which you can find under the Members menu item.

If you cannot see these menus, then go to the top of the page and select – **Purchase Your Membership**

The Perth 2025 Meeting

As previously mentioned the IWG 2025 meeting registration page is not available on the IWG website. In addition to this information you will also find a Draft Meeting Program so that you can plan your arrival and departure from the meeting. On site registration commences from 2:00pm on Sunday 22nd June. The meeting concludes on Friday at 1:30pm, however lunch will be served until 2:00pm.

Because of time changes and jet lag, we suggest you ideally arrive in Australia a few days before the meeting commences. This will enable you to relax and familiarise yourself with your hotel and its surroundings before the start of the meeting. When you register you can nominate an early arrival and departure of up to three days.

On the website you will also find information on VISA requirements, electricity and plugs, transfers from the Perth Airport to Fremantle and how you can claim back any local taxes that you might have paid while staying in Australia. If your institution requires a formal letter of invitation in order to attend the meeting, details on how this can be requested is also available within the FAQ.



Message from Newsletter Editor

Irene Renzenbrink



One of the joys of international travel for IWG Members is catching up with our friends in the countries where they live. At the end of a Mediterranean cruise in October this year I had the

good fortune to spend time with Danai Papadatou in Athens. After a lesson in using the Underground, we had lunch overlooking the Acropolis. Although she is now retired Danai continues to be in great demand as a conference speaker and in the Congratulations section you will see that she has received yet another lifetime achievement award.

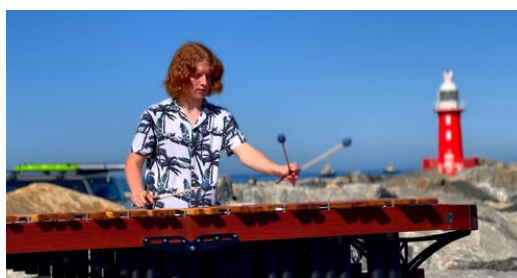
The countries I visited during the cruise included Greece and some of its islands, Turkey, Sicily and Malta. At the Valletta Waterfront in Malta I was intrigued to find a fibreglass sculpture in the form of a Paper Hat. I discovered that this was a monument inaugurated in 2008 to commemorate the 310 Maltese boys who travelled to Australia between 1950 and 1965 in search of a better life.

Unfortunately, little was known about child migration at that time and many of the children suffered great harm in the institutions to which they were sent. To learn more about this I found an article in the Journal of Maltese History by David Plowman, University of Western Australia. A Fragment of the Maltese Exodus: Child Migration to Australia 1953 -1965.



Child Migrants Memorial, Rune Jacobson, David Drago, Valletta, Malta

On a joyful note and to preview the meeting in June, we are going to experience a performance by Ben Cromie, a drummer, percussionist, composer and teacher based in Perth, Western Australia. He is currently studying a Bachelor of Music at the Western Australian Academy of Performing Arts (WAAPA). Ben is passionate about playing music of all genres across a diverse range of percussion instruments. As a versatile

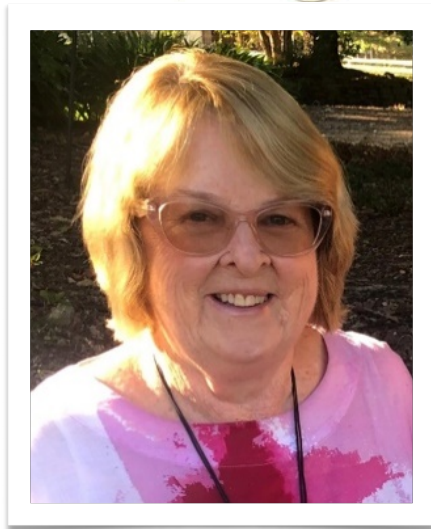


Ben Cromie (<https://youtu.be/SPmyi3LyJk>)

percussionist, Ben regularly performs with the Western Australian Youth Orchestra, Metro Big Band, Defying Gravity Percussion Ensemble, Roaring 20's Jazz Orchestra, WAAPA's Symphonic Wind Ensemble, and WAAPA Symphony Orchestra. You can also catch Ben performing in musical theatre and small groups in the Perth music scene.



Congratulations



Congratulations to IWG Member, **June Allan** who was recently chosen by the Australian Association of Social Workers as their Life Membership recipient for 2024. The citation is as follows:
"Dr June Allan is a highly respected social worker and academic, known for her influential contributions to social work theory and practice. With a background in critical social work, she has been deeply involved in promoting reflective practice and critical analysis within the field, encouraging practitioners to consider their work's social and political dimensions.

Dr Allan has authored numerous publications and developed resources widely used in social work education. Her work has helped shape the next generation of social workers, particularly through her commitment to social justice and empowerment for marginalised communities.

June designed and taught a Loss, Grief and Trauma course at the RMIT University in Melbourne for many years and was an early Board Member for Grief Australia as

well as making significant contributions to the literature on death, dying and bereavement.



Congratulations to **Danai Papadatou** who received the "Vittorio Ventafridda Award 2024" at the 6th Maruzza International Congress on Paediatric Palliative Care held in Rome 16–18 October 2024. Professor Vittorio Ventafridda was a renowned pioneer in palliative care in Italy in the 70s.

In the report on the webpage of the Foundation(<https://www.childrenpalliativecarecongress.org/congress-2024/congress-report/>) which organised the conference it says:
"During the evening's proceedings the Maruzza Foundation President presented the Ventafridda Award 2024 to Prof. Danai Papadatou from Greece for her endeavours and commitment to promoting and developing palliative care in her country and beyond, specifically in the area of psychological support for children with serious illness and bereavement counselling for families and siblings." Danai was given a full papyrus page along with the award which described her contribution in paediatric palliative care and bereavement support.



The Inaugural Colin Murray Parkes Scholarship (CMP Scholarship)

As you will have read in the message recently sent by the CMP Scholarship Committee, applications for the inaugural Scholarship are being accepted – from now through February 7, 2025 (note the extension in submission date).

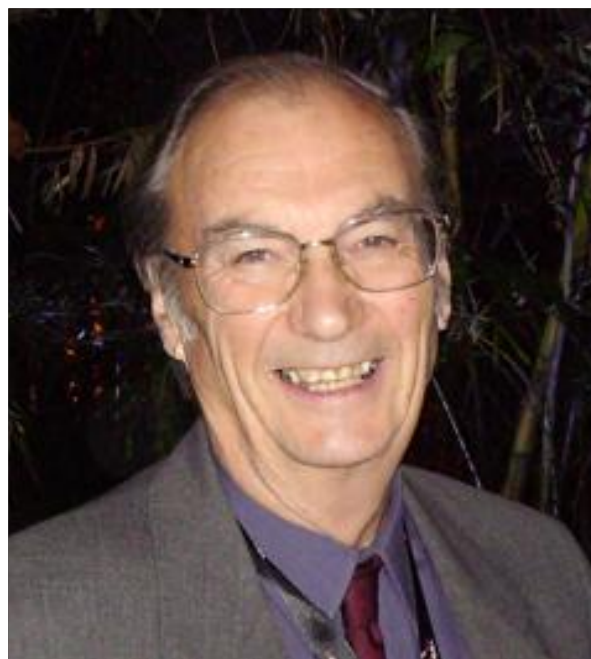
The recipient of the Scholarship will be notified no later than February 28, 2025). The recipient will be expected to submit a progress report to the Scholarship Committee at IWG Perth 2025 and will deliver a presentation of the completed project during the IWG meeting that follows IWG Perth.

The Scholarship of \$1000 US would be helpful for a variety of projects, such as helping with a literature review, drafting a project proposal, conducting interviews for a project in process, writing up findings from a project nearing completion, or any other project related to thanatology for which you could use a financial boost.

Additional details were provided in the recent email from the CMP Scholarship Committee. That message is also now included on the IWG website. The Application Form is also available on the Website.

We look forward to your submissions!

If you have any questions, please contact Ruthmarijke Smeding (rmsm1@posteo.net), Danai Papadatou (dpap@nurs.uoa.gr) or Betty Davies (betty_davies@yahoo.com)



Colin Murray Parkes 6/3/28–13/1/24





What IWG Means to Me *Patti Anewalt*

Several years before attending an IWG meeting, I had heard about the organisation and a few of the meetings. But back then I was raising my four children (the last two being twins) so their schooling, activities and eventual weddings precluded a lot of travel plans. I was actively involved with the National Hospice & Palliative Care Organisation (NHPCO) from 2003 through 2017. As a member of their Bereavement Professional Steering Committee I served two 3-year terms representing bereavement for the National Council of Hospice and Palliative Professionals part of NHPCO. In this capacity I attended and presented regularly at all the conferences and held meetings of hospice bereavement professionals from all over the country. That was before the days when Zoom meetings existed! In the years following my involvement with NHPCO I became more active with ADEC – attending conferences, serving on committees and on the board.

These relationships and experiences led me to hear about IWG. My first meeting

was in Bergisch Gladbach in 2010, thanks to Sandy Bertman's sponsorship. Meeting with 76 members from over 18 countries was a great experience, as was the opportunity to tour Fritz Roth's unique Putz-Roth funeral center. It was such a shock hearing he had died so soon after our meeting! I met Danaï Papadatou at that meeting. Her work with grieving children and teens in schools was similar to the work I was doing. She had just finished a video portraying two or three years of work outside Athens after a bus crash resulted in student injuries and deaths. She graciously offered to send me a copy, which I have used on several occasions in my own teaching on the long-term impact of tragedies on entire school districts. That's but one of so many examples of the camaraderie and connections that occur at each of these meetings.

I am often asked what an IWG meeting is like. Since the first time I attended, the best description I have is that I feel like a kid in a candy store. It is such a luxury to spend 5 days exploring and focusing on an area of interest in our field without all the distractions and stress we deal with on any given workday!

I have found each meeting has its own distinct experience. Gathering in a completely different part of the world each time certainly contributes to how unique each meeting is. I find the work groups fascinating and stimulating. There is a respectful diversity of perspectives that always lends itself to lively discussions. Despite our common interest in the field of death, dying and bereavement there is such variation of experiences, cultures and contributions. Visiting other parts of the world and



learning from each other's traditions is like none other. I treasure the collaboration and friendships I've developed over the last 14 years.

On a personal note, after 30 years at Hospice & Community Care as founder and director of the Pathways Center for Grief & Loss, I am now semi-retired. I still work part-time, helping with our family grief series during the school year, developing some staff training, providing some community education and running a monthly loss of spouse support group. It has freed me up to spend time visiting (and at times babysitting) my children and grandchildren. Also, I have a large extended family. My mother died when I

was 33 and my father remarried a widow who had six sons. So now I have nine siblings who are all married with spouses and children. We gather for a long weekend every other summer so what you see in this picture is that blended family. My dad and stepmother used to proudly brag about having 10 sons and 23 grandchildren – and that was before they died, and the family has continued to grow! I am the oldest of everyone in this photo – us 10 children and spouses are wearing the teal T shirts. Our children are in the blue T shirts and their children are wearing red T shirts. It's a different kind of camaraderie and sense of connection, that's for sure. As you might imagine, it's wild when we get together!



Patti's Family Reunion 2023

Book Review



***The Craft of the Secure Base Coach: Enabling Transition* (2025). Abington, Oxon and New York. Routledge Taylor Francis Group**

**Reviewed by: Mary L. S. Vachon, RN, RP, PhD,
Psychotherapist in Private Practice, Adjunct Professor,
Dept of Psychiatry (Retired), Temerty Faculty of
Medicine, University of Toronto**

In their excellent and masterful book, *The Craft of the Secure Base Coach: Enabling Transition*, IWG member, Jakob Van Wielink and his colleagues: Klaartje Van Gasteren, Marnix Reijmerink, Anne Verbokkem-Oerlemans, Leo Wilhelm and Riet Fiddelaers-Jaspers write about their coaching experience at The School for Transition in Huissen, Netherlands. They write from the coaching perspective but acknowledge taking "a new and combined approach to the professions of coaching and counselling to provide a guide for professionals wanting to better assist individuals and teams in periods of transition" (unnumbered page). The book will be an invaluable resource for coaches, psychotherapists and consumers experiencing transitions, which inevitably involves loss, grief and change.

The book is written from the perspective of the secure base coach, who has done his or her own work with their personal experiences of attachment, attunement, grief and loss; has integrated this wisdom into their practice and is actively engaged in life-long learning and integration, learning along with their clients. As coaches and therapists, we are changed through our interactions



with our clients. The book is divided into two parts *Being a secure base coach* and the *Practice of secure base coaching* (p. 8).

The Craft of the Secure Base Coach: Enabling Transition, synthesises the literatures on change and chaos, attachment, attunement, resilience, integration, loss, grief, meaning-making and calling. The work of IWG members is referred to and many colleagues endorsed the book. The work of Margaret Stroebe and Henk Schut (2010) on the Dual Process Model is integrated into the sections on loss and grief. The model of the School and the book is the Transition Cycle which helps the coach and client "gain insight into the boundary experiences on your life-line" (p. 26). It is the lens through which the



coach and client examine experiences in their own life-lines.

The Transition Cycle involves: contact and welcome, attachment and resilience, bonding and intimacy, loss and separation, grief and integration, meaning and calling. "The themes on the Transition Cycle are recurring: they come into play when people start and end relationships—with other people but also with things material and immaterial: objects or places with special meaning, that for us carry beliefs, dreams, and ideals" (p. 26). The themes on the cycle are strongly interconnected. They are interconnected not only around the circle in which they are presented but also across the circle via the spokes. The concept of going back to the life-line for both coach and client is used throughout the book. There is a very helpful diagram of the Transition Cycle in the final chapters of the book for the coach to use for self-reflection and feedback from others, again reflecting the life-long learning of the coach (therapist). Throughout the book rich and insightful examples are used to illustrate points. Excellent diagrams provide clarity of concepts. Each chapter ends with: Important Points, Self-Reflection for the Coach and often exercises to be done with the client and or team as well as personal reflective exercises for the coach. I found these reflections and exercises to be helpful. I particularly liked the fact that the authors used the senses in their exercises integrating body work, movement, meditation and music. Given that trauma research shows trauma is encoded in the body in various ways, utilising the senses helps to release the trauma (Van der Kolk, 2015, Siegel, 2015, 2017).



IWG members have enjoyed Jakob's musical additions to Irene Renzenbrink's Celebration of Life for IWG members. Readers will enjoy the authors' specific suggestions for music to evoke experiences during the reflective exercises provided for clients. The book is very engaging. As an "expert" in the field of death, dying and grief, going through my own grief, meaning-making and calling, I found myself pausing, pondering and reflecting on my own experience and with compassion hoping that Jakob found his experience of reaching out to the IWG community during his mother's illness and all of the work that he has done during his career and for this book was helpful to him in his grief, meaning-making and calling.

Some of the concepts I found to be worthy of specific reflection were: caring, daring and sharing, safe harbor and the use of the life-line throughout the book, both for the client and coach. The authors make the point that *anything* can be a secure base, if it offers a balance of caring and daring and that secure bases are one's sources of inspiration. "After all, what inspires you gets you moving. Even a negative and even traumatic experience can, become a secure base if, in the learning recollection of the experience the positive prevails. Edith Eva Eger says, for example, about her experiences in Auschwitz: "not only did I survive it, it gave me the gift of being able to guide others. I turned Auschwitz into a classroom" (Reijmerink et al 2019, p. 158).

The authors recognize that "resilience is built in connection with your environment

and in your bond with your secure bases. They help you trust that, after moments of adversity, better times will come again. This confidence – in your own abilities and qualities – helps you to show perseverance when it serves yourself and others. By sharing peaks and troughs in your life with others, you can experience – if you choose to – that your life path is unique in that your life in and of itself is meaningful "(p. 150). They speak of taking these risks not only in your own life but within the team and provide excellent exercises for doing so.

As well, they discuss the importance of engaging in conflict with one other in teams and in our personal lives in order to discover new truths together, learn from this and move onwards with this new knowledge and experience. "When caring and daring walk hand in hand, the psychological safety can be created in which excellence becomes a reality." (p. 161). The authors use the model of a Window of Excellence which has high caring and high daring in the context of psychological safety. The move into excellence will involve some measure of vulnerability, genuine curiosity and asking questions

Using the Transition Cycle, they write of interweaving loss so that growth can follow. "There is no integration without acceptance. Grieving is a consequence of the choice to accept separation, to face the reality of loss. As, a necessary step on the path to finding joy (again] in

bonding with others" (p. 206). Rituals form an important way of saying goodbye to open the way to wholeness. They stress that only when we close the door to the past can we be fully present to the future.

Every (significant) change, every crisis, is an opportunity to learn, develop and grow. The four phases of the Window of Crisis and Transition show this very clearly. There are exercises to engage as a team exploring: *life before the crisis*, *Surviving*: what happened to you/your team/ your organisation during the crisis? *Living through*: what was the most painful for you in this crisis? *Life+*: how would you describe life post crisis...What do you have at your disposal now that wasn't there before this crisis? What is the + of LIFE now?... (pp. 178–9). *Life+*. "Why the '+'? This final phase is an incredible opportunity, bonded with others, to focus your mind's eye on learning, development and growth" (p. 164).

The School for Transition has its own ethics and code of conduct which carries out what it teaches other to do. The final chapter of the book discusses the basic values, the code of conduct and their concrete implementation. Clearly this is an organisation that attempts to practice what it preaches. This is a book well worth reading and recommending to colleagues and clients.



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'Letting go is different from leaving
behind.
And holding on is different
than refusing to move on.
To let go is to allow what was,
resonate within you, as you move
on.
Holding on is allowing yourself to
move on, while what was,
will reverberate in you forever...'

Henri-Louis Bergson

Henri Bergson (1859–1941) was one of the most famous and influential French philosophers of the late 19th century–early 20th century.

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