



**Rowans**  
Hospice

Notice distress, hear concerns, respond helpfully

## SAGE & THYME Foundation Level workshop

**Course Duration** Three hours

**Course Cost** £45 per person to include all course materials and refreshments

**Target Audience** These courses are suitable for anyone who works in a place where you might need to support people who are bereaved; facing some form of loss; or who for some reason are anxious or worried. This includes all sorts of environments, clinical and non-clinical.

**Course Aims** To learn to listen and respond to individuals who are distressed or concerned.

**Venue** Rowans Hospice, Purbrook Heath Road, Purbrook, Waterlooville, Hampshire, PO7 5RU

### Course Benefits

- Offers time and space to reflect and explore the current theories on grief and loss in the hope to help support those you are working with.
- Gives you a memorable structured approach for getting into and out of a conversation.
- Demonstrates how you can empower people who are worried or distressed to find their own solutions.

### Course Information

This workshop is run by three facilitators. It uses a mix of small group work, lectures and rehearsals to teach participants how to have an evidence-based, structured conversation with someone who has concerns or is distressed.

After a short introduction, the workshop uses small groups to establish what the participants already know about how to pick up and respond to concerns.

This is followed by a short lecture on research findings and policy relating to effective communication skills. The SAGE & THYME model is introduced as a model to help participants translate the research and the policy into their interactions with distressed or worried people.

The small groups will then reconvene to reflect on the SAGE & THYME model.

After a short break, the SAGE & THYME model is demonstrated in two rehearsals involving an acted conversation between a patient and a healthcare professional (demonstrated by two facilitators), using scenarios suggested by the participants.

The workshop ends with a final group work exercise reflecting on what the participants have learnt.

**For course dates and to book visit:** [www.rowanshospice.co.uk/training](http://www.rowanshospice.co.uk/training)