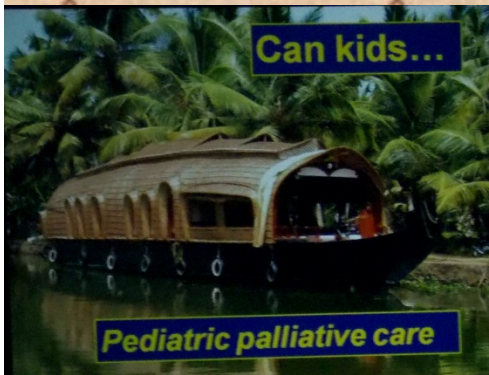


CanKids Pallium India Training Workshop on Pediatric Palliative Care Counseling



CanKids organized its 3rd Pediatric Palliative Care Workshop specifically focusing on counseling & communication in New Delhi, on the 15th & 16th July, 2011. This 3rd workshop was a step ahead towards improving our services specifically focusing on Pediatric Palliative counseling & communication to build a greater knowledge of current psychological care practices with a special focus on ways to promote the psychological well-being of child cancer patients and their families in Indian setting. Through this workshop, we explored the challenges most relevant to working with cancer-affected children in distress. The workshop was provided by experts like **Ms. Aneesa Joseph** (main speaker), MSW from Pallium India, **Dr. Anjay B.** CanKids Pediatric Palliative care physician, and Guest speaker **Ms. Shalini Narayan**, Psychologist, Fortis Hospital. It was attended by 45 participants (approx.) from different organisations like CanKids, DNip Care, GCCI, Holy family hospital and other individuals.



Ms. Aneesa interacting with the audience



Ms. Aneesa Joseph
(Main Speaker)

What is counseling?

- Counselling, according to Brammer and Shostrom is defined as a way of **relating and responding** to another person so that he/she is helped to explore his thoughts, feelings and behavior to reach a **clear self-understanding**. Also, the person is helped to find and use **his/her strengths to be able to cope** more effectively with making appropriate decisions, or taking appropriate action.

Introduction to palliative care counseling -Dr. Anjay

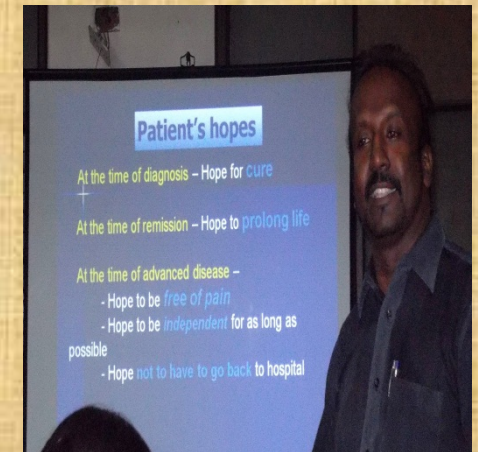


Pain Management
- Ms. Aneerja



When to reach the experts
- Ms. Shalini

The primary topics of discussion and highlights of the workshop were: Understanding what palliative care is all about- “It’s not about dying, It’s about helping children and families to live to their fullest while facing complex medical conditions” or “**Adding life to days rather than adding days to life**”, The concept of Pain and incorporating counseling in pain management, “**Pain is under-reported , under recognised and often under-treated, but We Can Change These**”, How to disclose/break the bad news for “how you tell it makes a lot of difference” and Bereavement Care - how to deal with it & do’s and don’ts. Also sessions on When to reach the experts/hand over the case and Self care - “**Look Within Yourself**” or **burnout** were much sort after and appreciated by the attendees. The workshop was a huge success and a great learning experience for all the attendees as one of our participant from DNip care provided us his feedback saying “**It was an excellent experience, while I learnt the basic facts about preparing/equipping the care givers or volunteers to take care of the patients.**”



Breaking bad news
- Dr. Anjay



Some of the attendees