



NHS Education for Scotland

Bereavement Education Conference 2022: 'Blessing or a Curse? Bereavement and Digital Legacies' - promotional clip

Speaker: Professor Elaine Kasket - Counselling Psychologist & Author

I'm Elaine Kasket. I'm a Counselling Psychologist, but I am also a longtime expert in death in the digital, and that scholarship has culminated in a book called 'All the Ghosts in the Machine, the digital afterlife of your personal data'.

My workshop at the conference exists because there are kind of two camps of misconception about death, dying and grief in the digital age. One is that technology doesn't change anything at all about all those things, and one is that technology has changed everything about all of those things, and so no matter which camp you're in, the truth is somewhere in between. And in this workshop, my aim is to help and social care professionals of all types that are involved with dying and bereavement. To feel more confident and skilled and research informed about the landscape of grief and bereavement in the technological age in which we're living.

I would love attendees at this workshop to come away with a couple of different sets of learning points, one more about principle and one more about practice on the principle side, we have a lot of myths and assumptions about grief in the digital age, and I'd like people to come away with those debunked and also with a clearer and richer sense of what bereavement in the digital age was really looking like.

On the practical side, obviously we're in psychological and emotional territory, but we're also in practical territory, legal territory, ethical territory and understanding a little bit about those aspects too, is really important for navigating the psychological and emotional side of grief in the digital age. I'm hoping that attendees armed with a bit more knowledge on all of those fronts are going to be going away, feeling much more confident and skilled in their ability to help bereaved people.

The film was produced in October 2022 and can be found at <https://www.sad.scot.nhs.uk/events/2022-conference/> or <https://vimeo.com/753884388>

For more information visit www.sad.scot.nhs.uk or contact supportarounddeath@nes.scot.nhs.uk

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