 **NHS Education for Scotland**

**Transcript of ‘Working with loss at a time of loss: the grief we are carrying from the COVID years’ film clip recording**

**Speakers**: Barbara-Anne Wren, Consultant Psychologist and Director, Barbara Wren Psychology Ltd

**BW:** So, hello everybody. Thank you for inviting me to speak at the conference. I'm really looking forward to it. The programme looks so excellent, so rich.

My name is Barbara Wren and I'm a psychologist and I've worked for the last 25, 30 years designing and developing interventions for staff working in health and social care to improve staff experience and to improve organisational and team culture. And as part of that work, I've done a strand

of work in palliative care. So, I've worked with a lot of different palliative care professionals and palliative care teams and I'm very interested in thinking with those groups about the impact of working in palliative care and then designing interventions to support palliative care staff. And from the experience, I think that there are predictable risks in the work and that we really can continue to do a lot to design work to help people to manage the risks. And I've written about this in a chapter in a book that's coming out, The Handbook of Palliative Care, which is coming out by Wiley earlier this, this later this year. I'll be drawing from that chapter in that talk, but I'll also be in the talk that I'm doing. But I'm also going to be contextualising the talk in the context of the three years that we've all just lived and worked through, which is the context of Covid, which has been a context of loss. And I think that's added a double burden, to staff who are working with loss. And we're at a unique point now, three years down the line where people are tired. And I'll be talking a bit about how I've seen that play out in staff groups and teams and how we can look after and protect staff.

The film was produced in November 2023 and can be found at <https://www.sad.scot.nhs.uk/events/2023-conference/> or <https://vimeo.com/884321369>

For more information visit [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk) or contact [supportarounddeath@nes.scot.nhs.uk](mailto:supportarounddeath@nes.scot.nhs.uk)

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