

Abstract Title:**When We Die: Therapists in the Shadow of Death.**

A conversation about vulnerability, mortality, and preparedness in clinical life.

(90 mins)

Abstract:

This workshop explores the often unspoken “shadow” of therapist mortality—how clinicians confront or avoid the reality of their own death and the impact this has on professional practice. Participants will engage in reflective and creative exercises, including an imaginal prompt imagining their therapist’s death and a drawing activity personifying death as a companion. The session will address practical considerations such as wills, clinical executors, client communication, and digital legacy—areas frequently neglected in clinical planning. By integrating emotional and ethical perspectives with practical tools, the workshop invites therapists to deepen their awareness of vulnerability, presence, and authenticity in therapeutic work. Through dialogue and creative engagement, attendees will consider how openly acknowledging mortality can enrich their clinical relationships and ethical responsibilities. This experiential session draws on hospice-informed insights and aims to foster preparedness, courage, and greater integration of death’s role in clinical life.

Bio:

Fleur Newton-Edwards, TSTA (Psychotherapy), holds a Postgraduate Certificate in Palliative Care and specialises in grief, trauma, and end-of-life work. With a rich background in supervision, education, and hospice care, she brings warmth, depth, and compassion to her practice—guided by integrity, presence, and the power of meaningful human connection.

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