

Dignity Therapy Training

Experiential 3-day workshop 11-13 February 2026

McKellar Education & Training Centre

45-95 Ballarat Road, North Geelong



What is Dignity Therapy (DT)?

Dignity Therapy invites participants with a life-limiting condition to reflect upon who they are, what they have done and learnt in life, and what they would like to say to the people who matter the most to them. From a guided interview, a printed legacy document is created for the participant to share with chosen family and friends. It affirms the personhood of participants, while helping them recognise the legacy they leave and offering a way of 'saying goodbye' to family and friends through the legacy document.

The workshop

The workshop will cover: model of dignity which underpins DT; interview process & skills; transcription using AI; editing, review and formatting of the interview transcript to create a legacy document; complications and challenges that may be encountered; research evidence for DT; some practicalities of providing DT.

Over the course of the three days participants will gain experience in each facet of Dignity Therapy as they conduct a mini Dignity Therapy interview with a partner, which they will then transcribe, edit and finally present to their partner. Some 'homework' of 1-2 hours will likely be required at the end of days 1 and 2.

Pre-requisite skills

At the core of Dignity Therapy is the critical skill of empathic listening, accompanied by the ability to sit compassionately with what is often deeply emotional content while gently and skilfully guiding an interview.

These foundational skills are essential for all participants in the training.

Transcription and editing are typically the most time-consuming aspects of DT, requiring moderate skill with word processing and formatting, and (for optimal efficiency) interaction with an AI interface for transcription.

The presenter: Russell Armstrong (DT Project Manager with Barwon Health)

Russell trained in DT with its developer Prof. Harvey Chochinov in 2012. He has personally provided DT to over 100 participants, seeing the profound benefit it offers to them and their loved ones. Since 2014 he has co-led, trained and mentored a team who have provided DT to a further 250 participants.

When: Wednesday 11 to Friday 13 February 2026

Time: 08.30am to 4.30pm

[It is important to attend all three days to complete the training.]

Cost: \$750 (includes manual and all training materials, morning and afternoon teas).

Generous bursaries are available for staff from Barwon South West Region health services.

Free for new and current Barwon Health volunteers.

Bring lunch or purchase from the nearby cafeteria. Please consider a mug/keep cup for drinks.

For more information or to register, please contact

russell.armstrong@barwonhealth.org.au and 0478 318 490

or visit <https://events.humanitix.com/dignity-therapy-3-day-workshop-geelong-feb-2026>

Russell only works part-time, but leave a message and he will get back to you ASAP.