

## FFWPU UK: Best Practice To Care And Support Our Grieving Members

Michael Balcomb

June 15, 2024



How do you speak to or care for someone who has gone through such a traumatic experience as losing a loved one, a parent, a spouse, a child...

On June 15th the Seonghwa Caring Ministry hosted a webinar on best practice to care for those who are grieving. We were blessed to have as our main speaker our Norwegian sister Margoth Tove Kalstad. Margoth spoke from her many years' experience as a psychotherapist and bereavement groups facilitator. She gave us some valuable tips and reflections on how to best approach those who are bereaved or grieving for various reasons. Those reasons may be varied from when grown-up children leave home, losing a good job, moving to a new home and leaving behind loved ones...

She emphasised listening, listening, listening. Not any kind of listening. A listening that is empathetic, active, unconditional a listening when I don't interrupt the person with my own story. We cannot fix their problem they are the only one who can fix themselves. We can support the process by listening and showing that we care. Margoth told us that we need to be ready to sit in the dark with them and bring the light to them.

Margoth gave us so many valuable guidelines on how to best care for our grieving members. After her talk, Margoth answered many of our questions. The Seonghwa Caring ministry is most grateful to Margoth for sharing with us her invaluable advice and support. She is also offering individual help to anyone going through bereavement or any life challenging situation. If you wish to find out more about our ministry or if you wish to listen to the full recording of Margoth's talk, please contact us by visiting our Seonghwa Caring Ministry webpage and we will send you the link to the unlisted YouTube video.

[Seonghwa Caring Ministry Page](#)

# BLESSED FAMILIES



The FFWPU-UK Seonghwa Caring Ministry aims to create a support network for its members who are going through bereavement. We wish to provide emotional and spiritual support, as well as practical advice and guidance.



IN MEMORIAM



HOLY OAK MEMORIAL WOODLAND



SEONGHWA PREPARATION



SEONGHWA GUIDANCE



SUPPORT TEAM



GRIEF SUPPORT RESOURCES

## Please feel free to contact anyone on our team:

The team consists of Françoise M., Franklin F., Mr Hayashi, Anne K., Toyoko D. and Annerose A. You can email them at [seonghwa@ffwpu.org.uk](mailto:seonghwa@ffwpu.org.uk)

## To donate:

If you wish to donate towards the work of the Seonghwa Caring Ministry, these are the details of the account:

**Name of Account:** Family Federation for World Peace and Unification

**Metro Bank**

**Account Number:** 39573067

**Sort Code:** 23-05-80

**Reference:** please write: SHM + the first initial of your first name + the first five letters of your last name. E.g., SHM-S-Smith means a donation for Seonghwa Ministry from Sam Smith.

Many thanks for your support,

*The Seonghwa Caring Ministry team.*



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Business Hours:

Monday to Friday  
09:30 - 17:30

comms@ffwpu.org.uk

43 Lancaster Gate  
London

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WEEKLY NEWSLETTER

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# BLESSED FAMILIES



**If you are going through hard times and are unsure where to turn, please do not hesitate to contact our Seonghwa Caring Ministry support team. We are here to listen and help you to get the support you need.**

**Please feel free to contact anyone on our team:**

[seonghwa@ffwpu.org.uk](mailto:seonghwa@ffwpu.org.uk)

**Our sister Margoth Tove Kalstad is offering her valuable professional help to our bereaved families and to any members going through challenging life situations.**

Margoth is a licensed Gestalt psychotherapist and has worked as a psychotherapist since 2008. She is also a qualified and trained bereavement facilitator and has worked with bereavements group since 2012. Apart from this, Margoth is a qualified and trained suicide prevention volunteer since 2019 and still a volunteer at the SOS- suicide prevention service/hotline with senior level responsibility.

Margoth offers the following services:

1. - Bereavement support:
  - Individual support (free, no payment)
  - Group work once we have at least 4 + members (free, no payment)
  - Training others to become bereavement group facilitators and
  - Build up a support group for these facilitators
- 2 - Crisis support, area of suicide prevention talks (no payment)
- 3 - Counselling/psychotherapy (donation according to individual financial situation)



If you wish to contact Margoth, you can email her at: [mtkalstad@gmail.com](mailto:mtkalstad@gmail.com)

For emergency, please contact her on WhatsApp: **+47 90195386**

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