About Mark

Mark comes to Alex Gow Funerals with a varied background in psychology (BA Hons. University of Queensland). Most of this work has been spent in family counselling, individual counselling, and therapy with children.

He also has extensive experience writing and running group work on various topics such as anxiety, psychosis and parenting.

In addition, Mark spent five years working in mental health where his experience ranged from working with young people with first-episode psychosis, to older people experiencing chronic schizophenia, depression, anxiety and personality disorders.

Theoretically, Mark is eclectic, recognising that 'one size does not fit all' when it comes to the complexity of people's lives. He draws on a variety of theoretic models to inform his work such as Cognitive Behaviour Therapy, Systemic Theory as well as Existential ideas.

However, central to all of his work is a mindfulness that people need to first be heard and understood before any therapeutic change is possible.

"In terms of delivering educational workshops, I try to be three things. Relevant and interesting to people's work needs, organised and punctual, and not boring!"

"Within this role I want to be a resource that organisations can utilise to improve their service, whether that be associated with organisational culture, teamwork and communication, or the general working knowledge of individual workers."

Guaranteed not to be boring!

If you are interested in booking a FREE presentation or workshop please contact Mark by email or phone to arrange a convenient time and an appropriate topic.

Contact Information

Email: m.lowry@alexgowfunerals.com.au

Ph: 3851 7800

Alex Gow Funerals

56 Breakfast Creek Rd, Newstead, Qld 4006

FREE

Presentations & Workshops

- Grief & Loss
- End-of-Life Care
- Supporting Families
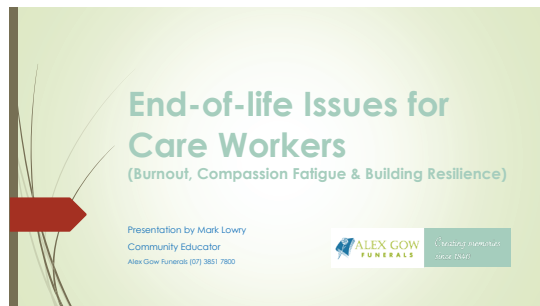- Funerals & the Funeral Industry
- Art Workshops

with Mark Lowry
(Community Educator)

ALEX GOW
FUNERALS
...still family owned

All FREE of charge!

30-40 Minutes Duration

End of Life Issues for Care Workers
(Burnout, Compassion Fatigue & Building Resilience)

This presentation looks specifically at the issues that staff working within an end-of-life situation face and discusses how to minimise and manage the impact of this demanding work.

The History of Funerals & the Funeral Industry
(Is a funeral really necessary?)

We take a historical look at the funeral in general and the growth of the funeral industry itself. We also ask whether the funeral ritual is relevant any-more, and look specifically at Dr Alan Wolfelt's six reconciliation needs of mourning.
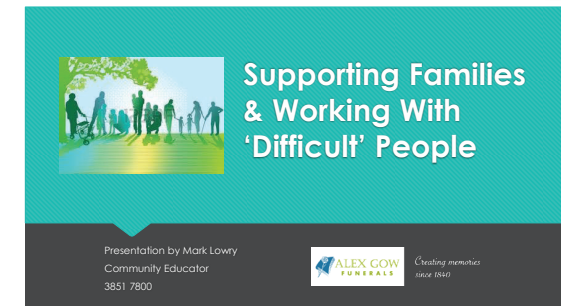

The Changing Face of Grief & Bereavement

Within this presentation we take an overview of how our understanding of grief and bereavement has changed over time. Specifically, we look at how theories of grief have changed throughout the 20th Century and where our thinking is currently.

Fun Art Workshops

We are also offering different art workshops throughout 2017. These include card making, zen tangles and colouring in, paper-clay flower making and water colours. These workshops generally run for 60-90 minutes, can cater for 10-15 people, and are designed to be interactive, inclusive and fun, fun, fun!

Supporting Families & Working with Difficult People

This presentation came out of feedback from staff at different organisations asking about how to better support families of residents, and how to deal with 'difficult' family members. We primarily look at best practice ideas for working with families in difficult & stressful situations, but we also briefly consider the fact that 'difficult' people exist in all walks of life in all situations and that often the best we can do is to better manage their difficulties rather than changing them.

What Happens to My Loved-One After They Have Died?

This is a presentation that explains what happens to a loved-one from the moment they come into our care to the moment they leave. We follow the process of transferring, caring for, and preparing a loved-one for burial or cremation within our funeral home. We also look at how a funeral is planned & arranged with family members, focusing on the requirements and logistics necessary for conducting a successful farewell.