

# Loss and Bereavement

Maximum Participants: 16

Duration: Two Days

Timings: 09:30 – 16:30



## Suitable for

All health and social care professionals who may deal with loss or bereavement through their work, including:

- Day care staff
- Domiciliary care staff
- Health care assistants
- Nursing staff
- Residential care staff
- Team Leaders and Managers
- Voluntary Sector Staff/Volunteers

## Aim

To explore our responses to loss and identify the ways in which bereavement may affect staff, service users, relatives and friends. You will consider how to support yourself and others at this difficult time.

## Learning Outcomes

By the end of the course, you will be able to:

- List the different types of losses that may lead us to grieve
- Recognise what makes it difficult for us to discuss loss and bereavement
- Describe the grieving process and the stages of grief
- Explain how bereavement may affect clients, family carers/friends and staff.
- Identify the additional problems people with learning disabilities may face concerning loss and bereavement
- Explore and relate to your personal experiences of loss and bereavement
- List strategies for supporting others through the grief process
- Outline different cultural approaches to death, loss and bereavement
- Identify responses that are helpful and unhelpful during loss and bereavement

You will also leave the course with:

- A sense of achievement
- A toolkit of techniques and practical ideas for releasing your potential
- A Personal Action Plan to take your learning further

## Training Style

All courses are interactive, using diverse participatory, 'brain-friendly' training methods including: exercises; games/quizzes; handouts and workbook; small/large group discussion; skills practice and trainer input.

All courses are accompanied by a **Welcome Pack** (including some essential pre-course activities to prepare for learning) and a **'Bonus Pack'** after the training with additional tools, and follow-up activities to support transfer of learning to the workplace. (\*email required)

## Other Courses to consider (Visit my website for details of these and other courses)

- ⇒ Care Matters: Basic Counselling Skills
- ⇒ Dementia Awareness
- ⇒ Diversity: LGBT Awareness
- ⇒ Diversity: Valuing Difference when Working with Others (for front-line staff)
- ⇒ HIV/AIDS Awareness
- ⇒ Interpersonal Communication Skills
- ⇒ Supervision and Support

## Mike Phillips Training

Releasing potential through learning and development



*"Excellent course. Well thought out. Sophisticated balance of group work/individual work."*

*"The course gave me more understanding of how to be helpful to others."*

**Course Participant**  
Metropolitan Support Trust

*"Excellent mix of visual, words and music."*

*"Mike dealt well with a subject normally considered difficult and made in interactive and fun and created a supportive environment."*

**Course Participant**  
London Borough of Brent



## website

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