



Course Outline

Loss and Bereavement (2 Days)

Minimum and Maximum Learners: 06 - 16 Duration: Two Days Timings: 10:00 - 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.

Benefits of Attending

- ✔ Feel confident and ready to put your learning into practice.
- ✔ Take away a practical toolkit with proven techniques and ideas you can use straight away.
- ✔ Create a Personal Action Plan to apply your learning in your workplace.

Training Style

This course is highly interactive and uses engaging, 'brain-friendly' methods such as exercises, quizzes, group discussions, skills practice, storytelling and practical tools to support real-world application.

You'll receive a **Welcome Pack** with pre-course activities, a **Learner Workbook** during training, an **E-Book** on this topic and a **Bonus Pack** afterwards with extra tools and follow-up activities to help you put learning into practice. (*email required)

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

- ➔ Basic Counselling Skills for Health and Social Care Professionals (2 Days)
- ➔ Dementia: Normal Ageing, Brain Change and Dementia Awareness
- ➔ Developing Personal Resilience in an Ever-Changing World
- ➔ EDI: An Introduction to Equality Diversity and Inclusion (Front-line Staff and Volunteers)
- ➔ EDI: LGBT+ Awareness
- ➔ HIV Awareness
- ➔ Interpersonal Communication Skills
- ➔ Mental Health Awareness
- ➔ Providing Telephone Support

