

Grief & Bereavement Workshop

Course Description

This interactive half day course is aimed at health and social care professionals who come into contact with people who have been bereaved in their day to day work, or who would like to develop their knowledge and understanding of grief.

The course will provide you with a (basic) knowledge and understanding of bereavement/grief and will help you develop confidence in supporting people who have been bereaved.

Contents include:

- Definition of grief and bereavement (and palliative care)
- Normal response to bereavement – emotional, physical and social impact. How people experience grief – including adult and children.
- Theories – How we can understand grief.
- What might make grief more difficult?
- How we can best help people? What to say?
- Looking after ourselves.

Learning Outcome

By the end of the workshop you will be able to:-

- Define grief and bereavement.
- Describe the major theories of grief.
- Provide candidates with tools for well-being.
- Facilitate conversations around grief.

Venue & booking Information:-



2 Grove Road, East Cliff, Bournemouth, BH1 3AU

Registration: 8.45am

£45.00 per delegate including refreshments.

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