

SOME EXAMPLES OF PROGRAMMES:

I have included a sample 2 day programme, 1 day programme and morning/afternoon session.

2 DAY PROGRAMME

The Nature of Loss;

How to identify grief

The dimensions of loss

Use of experiential exercises on loss

Resilience and vulnerability - links with a sense of control, stress, attitudes to change (change exercise)

Theories of Bereavement;

5 theories - The Dual Process Model; Worden's Tasks; Continuing Bonds; Narrative and Meaning-making; and Systems theories.

Working with Loss:

Case studies

Explore the Individual's history of loss (the loss line exercise)

Thoughts about death and dying

Summary of learning.

Day 2

Complication in the Grief Response:

Factors which increase vulnerability

Hidden losses - experiential exercise

Disenfranchised grief

The relationship with attachment theory.

Tools for working with complication:

Suicidal risk and awareness

Bereavement risk assessment - introduce tools

Psychological assessment - introduce tools
Crisis intervention theory - use of case study
When to refer on.

Different Kinds of Grief:

Refugees
Older people and losses in later life
Loss of a child
Children's responses to grief
Carer's experience when the patient is dying (anticipatory grief)
Losing your partner.
Summarise and discuss themes with the group.

The Context of Grief:

The role of communities
Loneliness and social isolation
Social Work/professional role - how to support
The Dying Well initiative
Counselling and therapy

Summing Up:

The importance of Assessment
Skills for Caring
Review of Skills-Knowledge-Awareness in Bereavement and Loss
Review of the Learning Objectives

Evaluation

1 DAY PROGRAMME

The different experiences of Loss - experiential exercise
The Nature of Loss - characteristics of grief, change and loss and links to stress and control

The Theories of Bereavement

Linear models
Worden's tasks
The Dual Process Model

***Narrative and Meaning-making
Continuing Bonds.***

***Differences and overlaps
Use of a Case study.***

Working with Loss and Bereavement:

Small group work - case scenario

Summary of learning.

Areas to Develop:

***Listening skills - helpful hints
Therapeutic environment - scenario
Resilience and vulnerability - how to assess
When to refer on
Resources.***

Review of Learning Objectives

Evaluation

AFTERNOON/MORNING SESSION:

Counselling Skills in Bereavement and Loss:

***Overview of Basic Listening Skills
Empathy - the pitfalls and strengths
Different counselling approaches - strengths and weaknesses
Family focussed therapy***

Nature and Purpose of Supervision:

***Developing professional resilience - working with difficult conversations
Reflective practice.***

Beginnings and Endings in Therapy

***Communication skills - what to be mindful of when endings are difficult
Definition of bereavement counselling - summary of what helps.***

Summary of Awareness and Learning

For each session I include a personal profile, discuss ground rules and the working contract. I elicit audience expectations and give out a sheet for participants to write down their learning objectives and I give out evaluation questionnaires at the end of the course.